

Key West Southernmost Runners

www.Southernmostrunners.com



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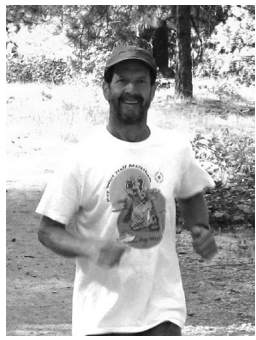
KWSR Workouts

Lower Keys Long Run, 3-10+ Miles
Big Pine Key Sundays 7:30 AM
Call; 305-304-0091
don.n@juno.com

Key West Track Wed. 6:00 AM/PM
Call; 334-477-9024 jenamckay@aol.com

Key West Group Runs, 3-8 miles
All Week 5-7:00 AM
Different Locations
Contact: dr.dedraling@gmail.com

Upper Keys Runners Islamorada
Monday & Thursday 6 Miler
6:30 AM
Wednesday Form at the Track
6:00 AM
Saturday Long run, 6:00 AM
Call: bill O'Brien 305-853-9353
keyscapt@bellsouth.net



KWSR-SFRF September, 2012

From the Editor and President

Hello Southernmost Runners:

Running the Keys is better than ever; we now have a short break and will be back racing in October. Till then think about trying a tri as we have 2 sprints available in the keys in September, Saturday, Sept. 1 for MaraTri6 and the September 15 FKCC Sprint Tri and Biathlon, you can check our website for links for more information on these events. I can tell you that both are a lot of fun and are very first time tri friendly.

Join in our group runs or start a group run of your own. Long run, on Big Pine Key is back to a larger group after a lull through the last month of summer. Check out the group run schedule below and join in.

I am back to running and will be at the KWHS track Wednesdays at 6 PM, come join me for a workout.

Running,
Don

Remember Volunteers are needed for every race, KWSR needs the support of its members to make our races happen. Call Don: 305-304-0091

WHAT'S HAPPENING

Saturday September 1, MaraTri6,

A great little sprint tri in Marathon that is growing with every running of the event. See more info at www.maratri.com

Sept 5, Wednesday, 6:30 PM KWSR Sebago Sunset Cruise Social

The club covers member costs, guests will be welcome for a discounted fee. Please let Donna know you are coming. Please RSVP to Donna Phillips, email: donna.mustludogs.phillips0@gmail.com : phone: 813-469-4112

September 15, 2012, FKCC Sprint Tri and Biathlon

Try a Tri, Great First time Tri or Bi for you or your team. Info at <http://fkccsprinttriathlon.com/>

October 6, 8:00 AM Montessori, 5K Run/Walk

This 3rd Annual event is organized with a hard working group of educators that know that physical activity is the key to a healthy body and mind. Join us at Higgs beach for the 5K Run/Walk and the Children's run.

October 20, 8:00 AM Poinciana PTA 5K Run/Walk

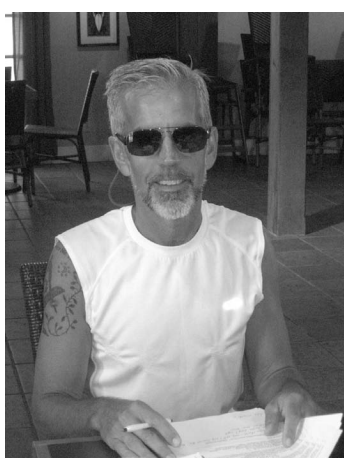
The Poinciana PTA is excited about their 3rd Annual 5K. Come run and enjoy this great course, through the awesome residential neighborhood where the students that attend Poinciana live!

See our website for information on all upcoming events. www.southernmostrunners.com

WHAT HAPPENED

August 5, Wednesday, KWSR Board of Directors meeting.

New KWSR's Gear and events were discussed. We have a lot of sponsors looking to have our help organizing events, here in the Keys. In order to do more events we need your help as volunteers and also need race directors and skilled volunteers to man the data entry, finish line, and results positions. If you are interested in helping out please get in touch any board member or me.



KWSR New Board members Donna Phillips and William Innes

KWSR's ON THE ROAD



KWSR, Ultra runner, Race Director and volunteer, Bob Becker, went west to help a fellow ultra runner compete in the baddest ultra of them all the Badwater 135, and tells us about it. Bob is in training for the Grand to Grand Ultra starting Sept 23. If you want to learn about a real challenge get more info at <http://g2gultra.com/> If you want to experience an ultra yourself check out Bob's ultrasports events at <http://ultrasportsllc.com/>

Race Report: 2012 Badwater 135 and the Keys Connection!

How's that? Death Valley, California and the Florida Keys? Here's the story: In May, Mike Morton of Tampa journeyed to Monroe County and won the 5th annual KEYS100, blowing-away the existing 100-mile record by more than 2 1/2 hours! Mike's time was an incredible 13 hours and 41 minutes—an 8-minute 12-second pace for a full one hundred miles. Then, on July 16 in the Death Valley desert, fulfilling a long-time goal, Mike Morton won Badwater, one of the world's great foot-races at 135 miles, in a time of 22:52:55. Less than two minutes off the course record, Mike was racing against some of the very best and toughest competitors in the world. (To further the Florida connection, 19 of the 96 runners who started this year's race have previously participated in the KEYS100. Seven of the competitors were from Florida, a huge percentage for a southeastern state.)

Badwater is an iconic race. It is on virtually every ultra-runner's "bucket list". With temperatures usually above