

by Everett. The plan was working and each runner was situated to set a personal best. But what Coach White Witness coming out the forest passing by mile marker 2 dumfounded even this veteran coach; the order had completely reversed with Everett leading the pack followed close behind by Julian and then Brock. Coach and I had front row seats for this remarkable event. Even though their number #1 runner was suffering from a minor cold, Brock knew that he had to maintain a personal best pace in order to push his teammates to a place that they had probably did not know existed, which would end up being over ½ minute off their last team race at the Ferguson Falcons High School CC Invitational on 9/13/12. As Brock pushed, Everett and Julian must have realized that they were about to achieve this amazing moment as they sprinted to the finish line with Everett finishing at 18:00.60 followed by Julian at 18:01.60 and Brock at 18:11.10. But it didn't stop there, Tyler Hancock cross the finished line at 19:01.60 followed by Connor Chaney only 14 seconds behind both of whom erased 13 and 30 seconds off their times respectively. This astonishing effort by the entire team awarded them second place victory to Shorecrest Prep by only 1 point; a monumental task by Key West. This noteworthy day kept paying out dividends with Matthew Diaz beating their number 6 spot by 5 points with a time of 19:27.90 (33 seconds off his last race) and J.T. Keane placing 4 point ahead of their # 7 spot with a time of 20:05.20.

Astonishingly, it was only a week later the team moved the preverbal bar a little higher! The date was October 5th, 2012 and it was their turn to shine at the Varela Viper Invitational XC at Thompson Park, Miami, Florida. Brock Guzman, Everett Wagner, Julian Ramirez, Tyler Hancock, Connor Chaney & Matthew Diaz brought home the First Place prize w/ an average time of 18:38 scoring 6th, 8th, 10th, 22nd, 24th & 32nd. The day also shined on Jerry Burgess at 19:59 and J.T. Keane at 20:00 running personal best times. It is equally important to note that the diligence and hard work of the Girls teams also paid remuneration. Each of them reached deep down in their competitive spirit finishing 4th with an overall average time of 24:00. This was the best girl team finish in an Invitational Meet for Key West lead by Tristin Milliken, Meaghan McCullah, Elizabeth Czerwinski, Catherine Richardson & Sydney Graft.

As this team and I learned more and more about the sport of competitive running through the vision of Coach White; it is now evident to us that it is more than just learning to run. Coach White continues to teach us how to improve upon our hard work and hours pounding the road with racing strategies prior and during the race. On a personal note concerning a somewhat discouraged runner stuck above the 22 minute 5K mark, or 7 minute mile, for nearly a year; triumphantly recorded a 21:27 (6:55/minute) after just 8 weeks training under the direction of Coach White.

Coach White understands and lectures the importance of each milestone knowing very well it will lead to revised personal goals and self-confidence. Breaking the 7 minute mile for me now opens the door towards the 6:30 minute mile if my body hold ups! As for the KW team, this was notably evident the next race on the October 12th, at the Junior Orange Bowl High School Cross Country Invitational at Larry & Penny Thompson Park in Miami, Florida. Eight of this band of XC enthusiast broke personal best records which also removed the legendary nickname of "19 minute bandit" from Tyler Hancock who ran an 18:38; a full 30 seconds off his last personal best along w/ 8 other teammates.

Brock Guzman	17:45.21	PR
Everett Wagner	17:48.02	PR
Connor Chaney	18:38.08	PR
Tyler Hancock	18:38.65	PR
Zachary Lightfoot	20:17.69	PR
Meaghan McCullah	23:17.67	PR
Catherine Richardson	23:29.83	PR
Sydney Graft	24:15.56	PR

Leading into November, Coach White is confident that Key West Cross Country now has a strong opportunity win at County, Districts, Regional, and yes, even compete at the State level as each team member strives to achieve something extraordinary this year.

Send your stories for next month by December 1st to don.n@juno.com

Chester Kalb is back and walking more ½ Marathons
Here are his first races after knee surgery in February.

Runner's World Half Marathon

When I finished the inaugural Runner's World Half Marathon in Bethlehem, Pennsylvania on Sunday, October 21, 2012, I completed in my first race since my total left knee replacement on February 20, 2012. Everything went wonderfully. The event was extremely well organized and fun to do. Of course that was expected as it was put on by Runner's World. It is surprising that it took so long for them to create an event. The course was hilly and challenging. Olympian, Shalane Flannagan, and ultra runner, Dean Karnasas were featured runners. Since Bethlehem, Pennsylvania is the home of Runner's World Magazine, all the editors were involved in the event. Many ran the races and my friend, Bart Yasso, who is the Chief Running Editor, served as the race director and did a tremendous job. The weather also cooperated as it was sunny with light winds and a temperature that ranged from 45 degrees to 58 degrees. The 8:30 AM start allowed the early morning cold to burn off. It was very nice to once again be racing. I am looking forward to my next race in Fort Desoto State Park next weekend.

Florida Halloween Halfathon

On Sunday, October 28, 2012 I race walked the Florida Halloween Halfathon in Tierra Verde, Florida. It is the second half marathon since my total left knee replacement and everything is going wonderfully. The course is as flat as can be made with a 3.1 mile loop and a 10 mile out and back. The course utilized paved bike paths and service roads that have been well maintained making excellent footing. The temperature was about 70 degrees throughout the event with mostly cloudy skies and a very strong 20 to 30 mph wind with higher gusts. Because the event was held in Fort DeSota County Park, there were many trees that helped break the wind in many places. Water and Gatorade stations were located about every two miles and were manned by plenty of enthusiastic volunteers. Only two police officers were needed to keep the course completely closed to traffic. The event was very well organized and fun and featured a Halloween starfish medal to all 627 finishers in the Halfathon. The event is one of four half marathon having Chris Lauber as the race director and I would recommend any of his event to enter.

Key Largo Bridge Run

I race walked the half marathon in the Key Largo Bridge Run in Key Largo, Florida on Saturday, November 10, 2012. The temperature ranged from 66 to 72 with overcast skies and a wind of about 10 mph. The course was out and back with the first two miles as well as the last two miles featuring an ascent and decent of the Key Largo Bridge on US1. The rest of the course was flat. The course utilized the north bound lane of US1 and was completely closed to traffic. Except at the start/finish line there were no spectators because spectators had no access to the course elsewhere. Water/Gatorade stations were located approximately every 1.5 miles and were manned by plenty of enthusiastic volunteers. In addition to the 185 finishers half marathon there were 125 finishers in the 10k and 437 finishers in the 5K. I was very impressed by the timing company, Accuchip Timing, as they had the results posted on their website and my finisher's certificate ready to be printed by the time I reached home at 1:30 PM that afternoon. The event was very well organized and fun to do.

KWSR's weekly group training run schedule is as follows:

Start Times and places have changed please note.

Mondays: 6 am / Green Parrot Bar / 3 miles easy pace (9:30-10:30/miles)

Tuesdays: 6 am / White Street Pier / 5 mile tempo run (mile slow, mile faster, mile slow, etc.)

Wednesdays: 6 am, White Street Pier / 5 mile. 6 pm / KW High School Track / Speed and form workout

Thursdays: 6 am / 5 mile run.

Fridays: 6 am / Green Parrot Bar / 3 miles easy pace (9:30-10:30/miles)

Saturdays: 7 am / White Street Pier / 4 mile social run up the beach and back / breakfast afterwards (non-race Saturdays)

Sundays: 7:30 am / White Street Pier / 10+ miles long slow distance run

Sundays: 7:30 am/ Big Pine Key Win Dixie Parking lot, 3.5-9.3 miles

Group Run.

Call Don for Big Pine Key Run Info 305-304-0091

If you have any questions about the group runs, please e-mail Dedra at: dr.dedra@gmail.com. The schedule is also always posted on the KWSR website as well. All runners are always welcome to join us any morning.

Check out Pictures and applications online from the www.southernmostrunners.com web site, all applications are in Adobe Acrobat PDF format. Race results from all our events are posted promptly.

Remember all memberships are now good for 1 year from the date you joined, Check on the website to see when you last paid or call me at 305-745-3027

Run On, Don



Race for a Positive Step

December 22, 2012

5K Family Fun Run/Walk, 8:00 AM

Start/Finish @ Southernmost Beach Cafe
South end of Duval Street, Key West
Entry Fee \$25, \$15, 15 and under Add \$5 race day
Free 1/2 Mile Kids Run

<p>Registration: Pre Race Packet Pick up Friday Dec. 21, Southernmost Beach Cafe 5-7 PM</p> <p>Race Day: Packet Pick up and Registration 7:00 AM</p> <p>Info Call: 305-304-1969, or southernmostrunners.com</p>	<p>Post Race; , Refreshments Raffle Prizes,</p> <p>Run Awards: Overall, Masters 1st & 2nd, M/F 9 and under 10-14, 15-19 then 10 yr Age Groups to 70+ Walkers: 1st - 3 M/F</p> <p>First 150 Registered receive Tee shirt</p>
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