

Key West Southernmost Runners

www.Southernmostrunners.com



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KWSR Workouts

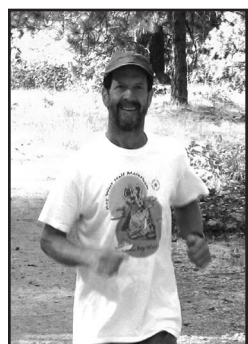
Lower Keys Long Run, 3-10+ Miles
Big Pine Key Sundays 7:30 AM
Call: 305-304-0091
don.n@juno.com

Key West Track Wed. 5:00 PM
Call: 305-304-0091, don.n@juno.com
Key West Group Runs, 3-8 miles
All Week 6-7:00 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



From the Editor and President

Hello Southernmost Runners:

Happy New Year,
Time to enjoy our winter season and full calendar of events, I have included our race calendar for 2013. Pick your races and remember to pick at least one to volunteer and give back to the club and the runners of the Key's.

We need your help to produce this full calendar. Make it a resolution to get involved and join in the rewarding experience of helping in the production one of our upcoming events.

Join me at KWHS track Wednesdays at 5 PM, all winter, you will be surprised what a little speed work can do for your race times.
Runon,
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

December 22, 8 AM. A Positive Step 5K Run/Walk

Time to Run the holiday Run for a great cause, starting and finishing at the Southernmost Beach Café, don't miss the great post race festivities.

Jan. 1, 8:00 AM, Village of Islamorada's Founders Park, Run Walk or Crawl 5K.

Once again we will be taking a crew up the line to Islamorada for this First Race of the Year event. If you can help out please call me otherwise come Run in the New Year in this beautiful upper Keys location. Register any daytime hours at the park or by mail.

January 9, 6:30 PM KWSR New Years Social at Rick's Loft

Once again we will be meeting for the first time in the New Year upstairs at Rick's Loft. Susan has arranged for Pizza, Salad and one free beer or wine on us. This is our way of thanking you for volunteering and a really great excuse to have fun! RSVP by January 7th to Susan, 305-304-0746 or slkochan@bellsouth.net

January 12, 8:00 AM 13th Annual No Name 5K Run/Walk

Sponsored by the Domestic Abuse Shelter and the Key West Southernmost Runners, this is a great Race in a great Place. If you haven't heard of it, No Name Key is a great place if you can find it. Come on out and enjoy the outback of the Keys, where the Deer and the people play.

February 16, Everglades Ultra, 25K, and 50K and 50 Mile USATF Championship Event.

Not in the Keys and not a KWSR event but a great ultra produced by one of our members with the help of some of our volunteers, that some of our members will be running, See more info below.

February 23, 9:00 AM 6th Annual Blimp Road 4 Miler

Pirates Wellness Center hosting for this event that benefits the St. Peter Church SeaBee Foundation which provides educational scholarships for single parent families in the lower Florida Keys. Pirates Wellness puts on a great event just a short drive from Key West, (MM21)

March 2, 8:00 AM. Marathon Sombrero Beach 10K Run 5K Fun, Run/Walk and 15K Challenge

Great times for all see what's new at www.sombrero beachrun.com/

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

WHAT HAPPENED

November 17, 8 AM. Mariners Hospital 5K Run/Walk

Saturday November 17, Over 250 Runners and Walkers toed the line near Coral Shores High School for the 9th Annual Mariners Hospital 5K. The day was perfect for the 3.1 mile run to Treasure Village Montessori Charter School, where a post race health fair and awards party waited.

Overall winner Peter Frezza, from Tavernier, running a 16:48 set a new course record by 9 seconds. Female Winner, Candice



Watkins, winning in a great time of 33:18. Female winner Kathy Holt, from Key Largo, won the Female Walker overall Award with a time of 39:36.

Great numbers of locals turned out for this annual event. Noteworthy were the numbers of young runners 19 and under, with over 40 local young runners racing.

The race benefits the Center for Excellence in Nursing at Mariners Hospital. Nurses and hospital staff turned out in numbers doing a great job, along with the Key West Southernmost Runners, putting on a fantastic event.

November 17, Florida High School State 2A Meet

At Congratulations to the KWHS Boys team taking 17th place Overall and taking over 1 minute off their team record meet time. Great racing by Everett Wagner, Brock Guzman, Connor Chaney, Julian Ramirez, Tyler Hancock, Matthew Diaz, JT Keane and the rest of the team that helped get them there and especially Coach Terence White, for his ability to make dreams come true.

November 24, Hog's Breath 5K Hog Trot Run/Walk

A record crowd of runners and walkers attended the 19th Annual Hog's Breath 5K Run/Walk, November 24. Good running weather gave good results for the more than 400 runners and walkers who covered the challenging 5K course, running from the Hog's Breath Saloon through the trails of Ft Zachary Taylor State park and back. 23 year old, past KWHS runner, Jason Patchett-Gillis, now from Lakeland, took the top spot with a time of 17:24. Jason's Father in law Todd Beaverson, from Moberly MO.,



was Overall Male Masters Winner, in a time of 17:40. In keeping it in the family, Female runners were led all the way by the Overall Female Winner, 27 year old Katie Beaverson, Jason's wife, in a time of 20:11. Overall Female Masters Winner was Key West Runner, Michelle Bailey, in 20:54.

Walkers were lead by a KWSR-walker, Kelly Maatta with a great 5K walk time of, 31:08 while Rod Goodchild, of South Bend IN, took home the overall Male walker award in a time of 31:58.

For 19 years the Hog's Breath has been supporting the Key West High School Running teams, through the Key West Southernmost Runners and their events

Hog's Breath Post race festivities are legendary with great raffles and refreshments, thanks to the great Hog's Breath Crew. Thanks go out to the Key West Traffic control officers, Truman Annex Property Owners Association, Ft Zachary Taylor State Park, the Key West High School Running teams and the volunteers of the Key West Southernmost Runners.

December 1, TRIKW

Once again KWSR manned the water stations and turn arounds. All went well, volunteers had a great time cheering the participants on, while many KWSR participated.

December 5, KWSR Holiday Social at Camille's.

Once again Camille's and KWSR does it with lots of fun and food to accompany the socializing of the Runners and volunteers of the Keys.

December 8, Rumrunners Run, Islamorada

I had worked with the Race Director to certify this Islamorada

Grosteffon, from Marathon, took home the overall female award for the second year in a row.

Walkers were lead all the way by Tavernier walker, Ken