

Key West Southernmost Runners

www.Southernmostrunners.com



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KWSR Workouts

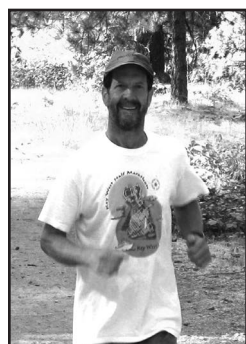
Lower Keys Long Run, 3-10+ Miles
Big Pine Key Sundays 7:30 AM
Call: 305-304-0091
don.n@juno.com

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



KWSR-SFRF February, 2013

From the Editor and President

Hello Southernmost Runners:

Our winter season us upon us with warmer then usual weather and a full complement of events. Check out the calendar and come run or give back to the community by volunteering.

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 it members to make our races happen. Call Don: 305-304-0091

WHAT'S HAPPENING

February 2, 8:00 AM, Anchors Aweigh 5K Buddy Run/Walk

This is a new race on the beach course from Salute'. Running with a Buddy can be rewarding, pick a friend and sigh up together to save \$5 on your registration.

February 6, KWSR Social-Run

Check the website for more information

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 out volunteers, that some of our members will be running.

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.sombreroeachrun.com/

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

WHAT HAPPENED

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

The 5th Annual A Positive Step 5K, was run on a crisp, first day of winter in Key West. Over 140 runners ran the course following the shoreline from the Southernmost Beach Café to South Roosevelt and back. Overall Race Winner was Timothy Gruber from Huntersville, NC. Winning in a time of 17:24. Overall Male Masters Winner, Roy Coley, from Key West, was the 2nd overall male finisher in 19:00. The women were lead by Key West runner, Gina Santaniello running the 5K course in 21:01. Female Masters Winner, Debra Bertolini, from Key West, was the 2nd woman finisher and ran a time of 22:25.

Walkers were lead by Overall Female Walker Winner, Key West, of Key West, walking an amazing time of 28:57. Kenneth Watkins from Tavernier was the Overall Male Walker Winner in a time of 30:59.



Billy Davis and the Positive Step crew, worked along with the Key West Southernmost Runners and Southernmost Beach Café to put on this event to benefit programs for at-risk youth here in Key West.

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

This is a great way to start the New Year. Runners from the mainland came down and took the top awards with Jon Williams from Miami winning in a time of 17:39 and Tammy Lifka from Glenn Ellyn, IL took home the women's overall award in 18:35. Male Masters winner was Ft Lauderdale Runner, Allan Walton, 20:01 and Female Masters winner was Courtney Stiles, 23:25, from Black Mountain NC. Walkers were lead all the way by local Tavernier Male Walker Winner, Ken Watkins, 31:06, and Phyllis Quinby Keeping the Female overall Walker award in Tavernier in a time of, 36:50

January 5, Ragnar Relay

Long and fun event with 6 hour volunteer shifts for our KWSR team. I'm looking for stories, from Keys runners that participated in the event, send me a story.

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

We had a great New Years Pizza Party on January 4th at Rick's Loft. Almost fifty club members attended and enjoyed each other's company. Thank you to the event coordinator Lauren and owner Mark Rossi for helping out the club and hosting this event.

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



No Name 5K leaders, Stefan Blatter, Joan Scholz, Nicole Matysik, and Helena Bursa

This race in it's 13th year had runners from across the country and a runner from Switzerland as the overall winner. Stefan Blatter, while visiting his former exchange student family in key Colony Beach lead the runners winning the race in 18:19 while local past winner Helena Bursa from Big Pine Key was the next finisher and overall Female winner with a time of 20:45. Hugo Cortes of Key Largo finished 5th Overall and won the first place Masters award in a time of 23:39, while someone that I have not seen on the roads for a while, Joan Scholz, 23:58, from Tavernier, won the overall female Masters award.

Larry Ferguson, Back in town lead the walkers for the Overll Walker award in an amazing time of 29:52, while Tavernier Walker Phyllis Quinby won for the women. There were age group awards for the walkers. Leading to many close finishes as well