

as discussion of correct race walking form. This is something that I hope local race walkers will get together on and train some Racewalking judges for the course of our events that have gone beyond fun walks.

Thanks to all the volunteers, from many groups, that worked this event to benefit the Domestic Abuse Shelters of Monroe County.

January 12, Bone Island Tri

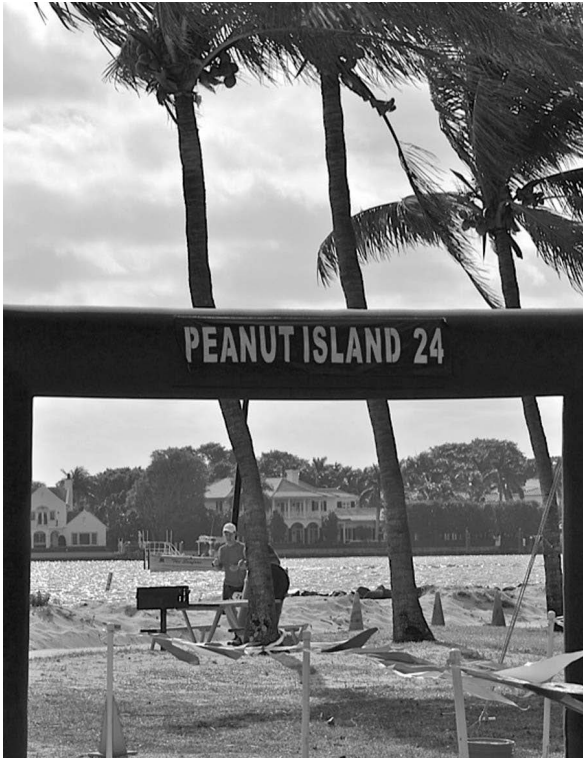
Many of our members are participating in this event as well as volunteering for the first ever Iron Distance Triathlon in the Florida Keys. Maybe we will see a story next month from some of our local participants.

KWSR's ON THE ROAD

Peanut Island 24
Fixed-time Ultramarathons
24, 12 and 6 Hour
Competitions
Race Director's Report

"What a beautiful place for a race." "Great way to spend New Year's". "Fabulous blue water views everywhere." "The kids had a ball!" "...The food was like being on a cruise."

These were a few of the repeated comments from runners at the 3rd annual Peanut Island 24. Add-in the excitement of an open boat ride to and from the island, cooperative weather, hot showers and good camping, and the venue proved itself again as a great place for a celebration and fixed-time race.



The 3rd Annual Peanut Island 24 —races of 24-Hours, 12-Hours and 6-Hours—concluded at 10:00am on New Year's Day, January 1, 2013, on historic Peanut Island off the coast of Palm Beach, Florida. Runners from 16 states and 3 countries competed this year. The majority brought husbands, wives or significant others, children, parents and friends to cheer them on and celebrate the race and the New Year. The parents of Greg Bergeron, 12-hour race winner, went on a greater than anticipated adventure on their drive to Peanut Island from Vermont. They did not expect their brakes to fail on the Florida interstate! Good fortune and even better reflexes saved the day—as did a rental car—and the elder Bergerons made it to the race boat and onto the island to join the fun at Peanut Island 24.

In the men's half of the 24-Hour event, Stuart Florida's Brad Lombardi charged out to the lead with Dave Krupski of Miami FL and Andrei Nana of Hallandale Beach FL close on his heels. In the end, Lombardi stopped at the 100K mark and Krupski decided that 100 miles was all he wanted to run. That left Nana all alone in the lead, and "Mr. Smooth" powered on to win the Men's title with 113.579 miles, an improvement of 20 miles over his effort here last year. Allan Perez of Silver Spring MD and Joe Ninke of Sebastian FL ran steady races the entire time, and became the other two male 100-mile-plus runners as Perez finished with 105.858 miles for second place and Ninke notched 102.469 miles for third place. Rockledge FL's Keith Kromash finished with 85.186 miles to claim the Master's title.

The women's side of the 24-Hour race proved more dramatic, as Krystle Martinez of West Palm Beach FL passed 50 miles in less than 10 hours, building a 4-mile lead over Charlotte Armstrong of Davie FL. But, Martinez's lack of experience beyond the 100K mark took its toll, as did digestive issues, and by 19 hours Armstrong was scant minutes behind Martinez as they crossed the 81-mile point. Within the next hour, Martinez said, "No mas", and stopped at 83.951 miles, leaving Armstrong with a commanding 8-mile lead over Lana Kovarik of Goose Creek SC going into the final three hours. Armstrong visualized her first 100-mile finish and with machine-like precision earned a 100-mile belt buckle with less than 20 minutes to spare. Armstrong's 100-mile split time was 23:40:20, her first 100 mile completion. Kovarik's 87.765 miles wasn't quite up to the 100.203 miles she ran in last year's event, but it was good enough for second place today. Martinez ended up in third, and Jodi Weiss of Highland Beach FL finished fourth with 77.779 miles, and claimed the Master's title.

In the 12-hour race, Greg Bergeron of Milton VT came south to thaw out from the winter cold and took first place, running 58.027 miles. The women's 12-hour winner was Karen Connolly of Delray Beach, FL, totaling 55.558 miles.

The 6-hour race was won by Georganna Quarles of Duck Key FL. Georganna ran a strong 34.571 miles, just beating the male winner, Dmitri Kozlov, of Toronto Canada, whose total mileage was 34.006.

The weather was breezy with strong gusts at times, sunny in the afternoon of the first half of the race, with partly cloudy skies the rest of the time. Temperatures hovered in the low 60s for the bulk of the race. This is a pancake-flat USATF-certified 1.2345-mile course, with one low hill of 15 feet or so that loops around the perimeter of the island. To the east is the Lake Worth Inlet to the Atlantic Ocean, the northern tip of Palm Beach and southern end of Singer Island. Looking south from the island over the waters of the Intracoastal Waterway is West Palm Beach, which entertained us at midnight with a spectacular fireworks display. To the west are the working marinas of Riviera Beach and cruise ships at the Port of Palm Beach. Immediately north of the island is an area of shallow water where people anchor their small boats, swim and party, and just above that is the Blue Heron Bridge, spanning

the Intracoastal on its path up the Eastern Seaboard. There are three modern restroom buildings located around the course (one with hot showers) as well as a campground available just off the course pathway. This venue is a prime location for running well. The path is wide, flat and smooth, and made of brick pavers laid over a packed sand foundation that some runners found a bit harder than an asphalt surface. There was one small trail detour onto a section of hard-packed sand and grass caused by a visit from Hurricane Sandy.

It really was a terrific day!
Southernmost Runner Bob Becker

More information about the event is located at www.peanutisland24.com.

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.dedraling@gmail.com. The schedule is also always posted on the KWSR website as well. All runners are always welcome to join us any morning.

Send your stories for next month by February 8th to don.n@juno.com

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

Key West Buddy Pass 5K February 2, 2013



**Register with a Buddy and SAVE!
Finish with a Buddy and WIN!**

Register: southernmostrunners.com

Race for Anchors Aweigh Club - Key West.

**anchorsaweighclub.com
(305) 296-7888**