# Key West Southernmost Runners

www.Southernmostrunners.com

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KWSR Workouts

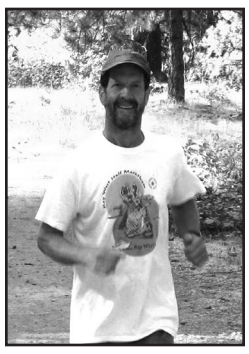
Lower Keys Long Run, 3-10+ Miles
Big Pine Key Sundays 7:30 AM
Call; 305-304-0091
don.n@juno.com

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 April, 2013**

**From the Editor and President**

Hello Southernmost Runners:
Full month, see all the news below or check out photos and Results on the website. Pick an upcoming race to help out.

**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**

**March 30, 8:00 AM. First Annual Smokin' Tuna 5K Run/Walk for Mote Marine, Key West.**
I'm sure that this new event will be a hit right off. With the experience of the sponsors and the enthusiasm of the volunteers. Don't miss after the race-Eco-Discovery Center KIDS FUN RUN ½ mile course. 11am-6pm – Mote Marine Laboratory Florida Keys Ocean Festival & Waterfront Craft Show. Fun for all ages celebrating our marine environment. Kids activities, Live Entertainment and featuring over 70 art, craft, food, vendors and exhibitors. Visit www.keysoceanfest.org for more info

**April 6, 8:00 AM. 17th Annual Earth Day 5K Run/Walk, Key West, call 305-293-1881**
This is another great annual event starting at White street pier. This race highlights Earth-Friendly Recyclable Awards and Proceeds to go to, Friends And Volunteers Of Refuges (FAVOR). FAVOR volunteers have been directly responsible for mountains of trash being removed from our beaches and wildlands. The application is on our website. Call 305-745-3027 for information

**April 20, 6:00 PM Road to Graduation 5K Run/Walk, Key West**
This is a regular run that we do annually for the Graduating class at Key West High School. This year it will be a evening run starting across from the Eco-Discovery center and running into Fort Zach and along the Truman waterfront.

**April 25, Thursday 7:00 PM. Duval Street Mile, Key West,**
Another new race that has been a long time in the planning, Info on the website or Call 305-304-1019

**April 27, 8:00 AM. 3rd Annual, Mary Immaculate Star of the Sea, Mariner's March 5K Run/Walk and 1/2 Mile Children's Fun Run, Key West.**
Once again we will be running down town from The Basilica School of St. Mary Star of the Sea. Come enjoy the family fun.

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

**WHAT HAPPENED**

**February 16, Everglades Ultra 25K, 50K, 50 Mile**
Great race, with some great performances by KWSR's Debbie Bertolini Ran her first trail ultra winning second over all female in the 50 Miler.
Susan Kochan won I participated in the 2nd annual Everglades Ultra. This was my first trail race and my longest race at 25K. I was a volunteer for the 1st annual and had so much fun in complete everglades immersion; I vowed to race it this year. The weather was a runners dream and the scenery was beautiful; it was well worth the five-hour trek from Key West. I am now in love with trail running and find myself seeking out any piece of nature to explore. I want to thank Bob Becker, the amazing Fakahatchee ranger staff and the volunteers that made this memorable experience possible. Here's a photo of me and my pals in our post race hoodies- who says racing isn't cool! Susan

**February 23, 6th Annual Blimp Road 4 Miler**
Once again the Pirates Wellness Center provided a great spot for the Pre and Post race festivities that benefits the St. Peter Church SeaBee Foundation, which provides educational scholarships for single parent families in the lower Florida Keys. Food and Drink were plentiful and a great numbers of runners and walkers enjoyed the race, raffles and awards on a rather warm February morning. Southernmost Runner, Doug Weeks ran through 3 miles with Albuquerque runner, Anthony Fleg, then pulled ahead and stretched his lead to 29 seconds to win the overall title with a time of 22:39. Ty Walinski from Key West, won the Male Masters award, with a time of 28:53. Local Big Pine Runner Helena Bursa ran in 3rd place over all, finishing in 26:48, winning the Overall Female Award. Local Summerland Key Runner Renda Ruppert, ran the 4 miles in, 32:44 to win the Female Masters award.

Walkers covered the 4 miles in great time with Ram Rod Key walker Larry Ferguson, 39:27, taking the Overall Award and Key West Katheryn Kilroy 47:21, winning the Overall Female Walkers award.
Pirates Wellness Blimp Road Run/Walk is one of the few races that award walkers with age group results and a Masters (over 40) Award. This year Walkers Tom Shull, from Knoxville, IL, won the Male Masters Walker award in a time of 48:53, and Judy Roell, from Pittsburgh, PA. took home the Female Masters Walker award in a time of 52:17.

**March 2, Marathon's Sombrero Beach 10K Run 5K Fun, Run/Walk and 15K Challenge**

The weather was cold and damp but, Over 500 Runners and Walkers from across and out of the country joined in 2 races Saturday morning, a 10K starting at 8:00 and a 5K Run/Walk following at 9:15. About 50 runners took the 15K Challenge and ran both events. The 15K Challenge was scored by adding the times of both the 10K and 5K, making the challenge of running 2 races back to back in under 2 hours. Double dipping was allowed cross races and many of the 15K challenge Winners also took home awards in the 10K and 5K events.

Top two finishers in in the 15K Challenge, were Douglas Weeks, Key West, (52:34) and Tadd Morris, Camp Hill, PA. (58:57). The Top Masters (over 40) runner was, Eric Camier, Angers. (1:06:22). Grand Masters (Over 50)winner in the 15K was Michael McLaughlin, Vero Beach, FL. (1:07:01) Senior Grand Masters (60+) 15K winner was, Rod Brest, Meadville, PA. (1:12:23)

Overall winners of the women's 15K were, Natasha Yaremczuk, Paris, ON (54:52) and Laure Grube, Marathon, FL (1:07:00) 15K Female Masters Winners, was, Jackie Scoville, 51, Torrington, CT. (1:13:07). Female Grand Masters Winner was, Deborah Holtom, Howe, 62, Island, ON. (1:16:00). Female Senior Grand Masters Runner, won the Grand Masters Award

Note how women in the Masters and Grand Masters categories did, both from higher age groups and exceptional runners, running well ahead of the runners in the lower age groups,

In the men's 10K Run, Peter Frezza, from Tavernier, was the overall winner in a record time of (33:51), followed by Douglas Weeks, from Key West, (35:13). Male Masters Winner was, Tadd Morris, Camp Hill PA, (39:33). Male Grand Masters Winner was, Michael McLaughlin, Vero Beach, (44:55). Male Senior Grand Masters Winner, was, Rod Brest, Meadville PA, (48:15).

The women's 10K Run winners, were, Natasha Yaremczuk,from Paris ON, (36:19) and Helena Bursa, Big Pine Key, (42:57) Female Masters Winner was, Laure Grube, Marathon, (44:51) Female Grand Masters Winner was,