

Margaret Difilippo, Waretown NJ, (48:02). Female Senior Grand Masters Winner was, Deborah Holtom, Howe Island ON, (50:04)

Men's 5K Run winners were, Douglas Weeks, Key West FL, (17:21); and Steven Chadwick, Key Largo FL, (17:58). Male Masters Winner was, Tadd Morris, Camp Hill PA, (19:24). Male Grand Masters Winner was, Hugo Cortes, Key Largo FL, (21:45). Male Senior Grand Masters Winner was, Michael McLaughlin, Vero Beach FL, (22:06)

Women's 5K Run Winners, were, Natasha Yaremczuk, Paris ON, (18:33); Laurretta Bailin, Amesbury MA, (20:00) Female Masters Winner was, Laure Grube, Marathon FL, (22:09). Female Grand Masters Winner was, Jackie Scoville, Torrington CT, (24:20) Female Senior Grand Masters Winner was, Deborah Holtom, Howe Island ON, (25:56).

Female Walker Winners were, Cory Walter, Marathon FL, (31:13), and Phyllis Quinby, Tavernier, FL. (36:38). Female Walker Masters Winner was, Donna Curry, Key Colony Beach FL, (38:03). Female Walker Grand Masters Winner was, Linda Windish, Edisto Island SC, (39:18). Female Walker Senior Grand Masters Winner was, Lynda Cavanagh, Wakefield RI, (39:30) Male Walker Winners were, Ken Watkins, Tavernier, FL, (34:46) and Donald Cronk, Newport, Ctr. VT, (36:35) Male Walker Masters Winner was Norman Shotwell, Pentwater MI, (38:57) Male Walker Grand Masters Winner was, Robert Cavanagh, Wakefield RI, (39:30) Male Walker Senior Grand Masters Winner was, David Chinchar, Key Colony Beach FL, (40:18).

See attached results for the 10K and 5K Age Group Winners. This year 15K winners were also eligible for the 10K and 5K awards

A great many volunteers from many organizations helped with this event raising funds for KAIR (Keys Area Interdenominational Resources), 100% of the proceeds of this race go to KAIR. KAIR is a non-profit organization providing food and emergency services to those in need in the middle Keys. KAIR seeks to serve those individuals and families in Marathon and the Florida Keys who have found themselves in crisis. Working in partnership with other agencies and organizations, every effort is made to return people to self-supporting, productive lives. Get more information on KAIR at <http://www.kaironline.net>

Thanks to all the volunteers that made this event possible and the City of Marathon, County Sheriffs, Collectors Corner, Key West Southernmost Runners, 2L Race Services, LLC, and all the people and businesses that helped.

#### **Wednesday March 6, KWSR Scavenger Social at Smokin' Tuna**

Donna once again did a great job planning a fun but tough Scavenger hunt. Extra point questions were asked after the teams came back, testing their knowledge of where they had been to collect shamrocks with prized points. The overall winners was determined by a Rock-Paper-Scissors, run off, with new Board member Beth Moyes, defeating Derera Ling for the win.



#### **March 9, 6TH Annual Menendez Miler 5K, Key West,**

KWSR with Sunset Rotary hosted the 9th Annual Menendez Miler on Saturday, March 10th. The event had a great turnout, over 250 Runners and walkers with weather that was beautiful for a morning run. The Menendez Miler benefits a local student who exemplifies the motto, "Conch Pride, Dont Leave home with out it, founded by Bobby Menendez.

Kids Ruled the day with 10 year old, Jack Shvero, winning the 5K Run overall top finisher spot with a amazing time of 20:17, and the top female award went to 11 year old, Nicole Matysik, running a great time of 22:15.

Both these young runners have been amazing us with their times, but this is the first race when the youth took both top positions. Another young man to watch is Owen Allen, who took 4th overall place with a time of 20:33.

Male Masters Runners (over 40) were lead buy Donald Fedrison Jr from Williamsburg, MI., with a time of 21:07, while the Female Masters title went to Aurora, Canadian runners Lynn Chua, with a time of 22:18 just seconds behind Nicole.



Overall walkers were lead buy, Donald Cronk, from Newport Ctr., VT, for the males, 38:49, and Roz Moore, of Little Torch for the Females, 40:48.

Refreshments, Awards and numerous Raffle prizes, were given out by the Sunset Rotary, at Mc Coy Indigenous Park, after the race with few going home empty handed. A special thank you to the Menendez Family for their support each year.

**March 16, 8:00 AM. 1st Annual Big Pine Academy 5K, Run/Walk Big Pine Key,** New race up the Keys, Look for Results online and next month here.

#### **KWSR's ON THE ROAD**

**Chester is on the road again with 3 more Florida Races in the last month!**

#### **Daytona Beach Half Marathon**

I race walked the Daytona Beach Half Marathon on Sunday, February 17, 2013 in Daytona Beach, Florida. It was cold as the temperature was 34 degrees at the start of the race and no warmer than 45 degrees by the end of the race. The wind was 10 to 20 mph and the sky was sunny. It was the beginning of race week for the Daytona 500 and related motor races and was the first time the foot race event was held in conjunction with the motor events as the previous four years the foot race was held at the end of October. The award ceremony was held on the Victory Lane Stage. The race started on pit road of the Daytona International Speedway and had the participants do nearly a lap around the 2.5 mile oval track before exiting the Speedway and heading East on International Speedway Drive. After crossing the Inter-Coastal Waterway the course led to the beach where the participants did a tenth of a mile on the sand where the original automobile races were held in Daytona Beach. The course then proceeded back to the Speedway where the participants continued around the oval track to the finish line for the auto races which served as the finish line for the foot race. There were water/Powerade stations located approximately every 1.5 miles outside the Speedway that were manned by plenty of enthusiastic volunteers. The course was relatively flat except for two trips across the bridge over the Inter-Coastal Waterway that was high enough for sailboats to pass under. There was also a few small inclines and declines along the way. The roads had dedicated lanes for the participants and there was a large number of police stationed at intersections and riding motorcycles to ensue that traffic and participants remained separated. The event was extremely well organized and it was quite exciting that the foot race was treated as one of the races during race week. There were already hundreds of tailgating motor-homes on the Speedway grounds when the Half Marathon was being held. In fact race car drivers: Michael Waltrip, Kasey Kahne, Arie Almirola, and Jimmie Johnson ran the half marathon as a participants and did quite well. Later on Sunday Danica Patrick became the first woman to win the Sprint Cup pole which just added to the excitement of participating in the event. I enjoyed myself completely despite the cold.

#### **Gasprilla Half Marathon**

It was hot as I race walked the Tampa Gasprilla Half Marathon in Tampa, Florida on Sunday, February 24, 2013 as the humidity was 100% with fog, the temperature was between 70 and 75 degrees, and there was very little breeze. The course was relatively flat and completely closed to traffic, having a large amount of friendly police officers and others throughout the course ensuring the safety of the participants. Water/Gatorade stations were located every 1 to 1.5 miles and were manned by plenty of enthusiastic volunteers. As always has been the case in the many years I have participated, the event was very well organized and enjoyable. I have now completed 10 half marathons since my total left knee replacement on 2/20/2012. Everything is going exceptionally well and my times are slightly better than before the operation.

#### **Miami Beach Half Marathon**

Saturday, March 09, 2013 was a nice day to race walk the All State Miami Beach Half Marathon in Miami Beach, Florida as the temperature ranged between 62 and 72 degrees, the wind was 10 mph or less, and the skies were mostly sunny. Friendly police and service aids kept the participants safe and the roadways completely closed to traffic. The course was mostly flat; however, there were three low level bridges and three high level bridges to traverse. Water/Gatorade stations were located every 1 mile to 1.5 miles and were manned by plenty of enthusiastic volunteers. There were many places where music was played to encourage the participants. Spectators were spread out throughout the course. The event was very well organized and fun to do. I had my best half marathon time since February 13, 2011, which was 30 half marathons ago! Southernmost Walker, Chester Kalb

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: White Street Pier at 6 am.5 Miles

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](mailto: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 April 8th to [don.n@juno.com](mailto:don.n@juno.com)

**Check out Pictures and applications online from the [www.southernmostrunners.com](http://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**