

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors

President
Don Nelson
305-304-0091
don.n@juno.com

Vice President
Donna Phillips
813-469-4112
donna.mustluvdogs.phillips0@gmail.com

Treasurer
Gina Valest
305-304-7984
ginavalest@yahoo.com

Recording Secretary
William Innes
305-735-4457
William.Innes@comcast.net

Corresponding Secretary
Eric Nelson
305-393-4077
enelley03@yahoo.com

Members at large:
Mark Bell
Beth Moyes
Susan Kochan
Megan Oropeza
Deirdre Robbins
Mike Russo

RRCA S Florida State Rep.
Editor
Don Nelson
305-304-0091
don.n@juno.com

KWSR Workouts

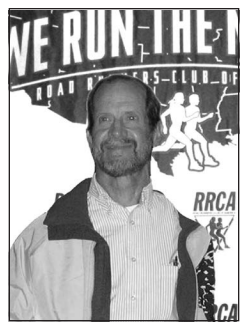
Lower Keys Long Run, 3-10+ Miles
Big Pine Key Sundays 7:30 AM
Call: 305-304-0091
don.n@juno.com

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 June, 2013 From the Editor and President

Hello Southernmost Runners:

We are coming to our June elections of new board members. This process starts with nominations at the May Meeting and continues with the elections of the new board members at the June meeting. The

membership votes on a slate of 11 board members and after the elections the new board establishes the 5 officer positions and the Members at large. All of the board members vote on club policy and are responsible for keeping the everyday workings and events on track.

Besides the board we rely on skilled volunteers for each event to do the tasks required to put on a safe and fun event. We follow the Road Runners Club of America's, Event Guidelines, and work with many non profit organizations in the Keys for volunteer support and publicity of our events. All of the funds beyond our operating expenses go to the Key West High School Running teams. Along with many additional donations from participants and Race Sponsors, this season so far we have donated over \$5000 to the Cross-country team and \$3600 to the KWHS Track team. The work you do at our events is responsible for keeping these kids running. Thanks for your membership and time as volunteers making all of this possible.

55th Annual RRCA Convention May 4th 2013,

I was honored by the Road Runners Club of America with the Presentation of the Outstanding State Representative if the year award, at the RRCA's 55th Annual National Convention Banquet Saturday May 4, in Albuquerque New Mexico. Another Florida National Award winner was, Club President of the Year, Brian Graydon, from Lakeland Road Runners club.

RRCA State Reps are volunteers that assist the National Office and the RRCA Board in carrying out the mission, vision and values of the organization.

What's the RRCA

Founded in 1958, The Road Runners Club of America is the oldest and largest national association of running clubs, running events, and runners dedicated to promoting running as a competitive sport and as healthy exercise. The mission of the RRCA is to promote the sport of running through the development and growth of running clubs and running events throughout the country. The RRCA supports the common interests of runners of all abilities during all stages of life by providing education and leadership opportunities along with programs and services that benefit all runners.

Other National Awards went to Road Runners of the year, Meb Keflezighi, open Male and Shalane Flanagan Open Female. Club writers Webmasters and Clubs from across the country were honored with other awards.

Key West Southernmost Runners was founded in 1996 with the support of the RRCA, and follows RRCA Guidelines to promote and encourage long distance running as a competitive sport and as a means of healthful exercise.

Among the programs of the RRCA are the Kids run the Nation, Volunteer acknowledgment Awards, runner Friendly Businesses and Community designations, and State, Regional and National Championship events. Upcoming RRCA Florida State Championship Events are the Gold Coast Runners, Fire Fighters 5K, September 8, and Space Coast Runners Space Coast Marathon, and RRCA Regional Championship Space Coast Half Marathon, December 1. Championship events are selected by a competitive bid process from our clubs, Bids for 2014 events are due by October. Find out more at: www.rrca.org.

Remember Volunteers are needed for every race,

KWSR needs the support of its members to make our races happen. Call Don: 305-304-0091



Our Winter Volunteer Coordinator Dennis, will be headed North for the Summer after the KEYS100. I would like to thank him for all of his support at our events this winter. If you see him before he goes

let him know that you appreciate his work for the club.

WHAT'S HAPPENING

May 25, 7:30 PM Southernmost Seminoles 5K
4th Year of this event and it will be better than ever, come join us at Higgs Beach for an evening run along the beaches of Key West.

June 5, 6:30 PM. Wednesday, KWSR Social and Board Elections.
Check the website for location to be announced.

June 8, 37th Annual Swim Around Key West
This is one of the oldest ongoing events in the Keys. Come join in the fun by joining up to support a Swimmer by kayak or boat. This event has contributed thousands of \$ to the Key West High School Cross Country team, in the past few years. To help, call Don at 305-304-0091 or Katie at 773-502-5087

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

WHAT HAPPENED

April 20, 2013 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 was an evening run starting across from the Eco-Discovery center and running into Fort Zach and along the Truman waterfront. Douglas Weeks running a 16:49 was the overall winner with Everett Wagner, 17:43 and Tristin Milliken, 23:07, were the top High school finishers. Tristin was also the overall female winner. Ty Walinski, from Key West was the Male Masters winner in, 22:08, and visiting runner Laura Campbell from Thibodaux, LA. was the Female Masters Winner, running a 25:17.

April 25, Duval Street Mile, Key West,
Ian Murray and Tristin Milliken are King and Queen of the road. They earned their respective titles by winning the inaugural Duval Street Mile on Thursday evening. The race was the newest event of the Conch Republic Independence Celebration and drew 171 runners eager to stride down Key West's most famous street.

The race was a fundraiser for Key West High School Cross Country, and the harriers were out in force, strutting their stuff in the street.

Milliken, 7th grader Nicole Matysik (2nd female finisher), and 9th grader Catherine Richardson (4th female) ran the Cheetah Girls to the Women's team title, while sophomore Everett Wagner (3rd overall), freshman Connor Chaney (7th) and junior Tyler Hancock (8th), running as the Galloping Guzmans B-team, captured the Male division. No Payne No Gain, comprised of Angie Payne, Roy Payne and freshman Miles Cooper, was the top Mixed squad, as well as the winner of the Fast Family category.

Murray sprinted out aggressively at the start and led wire-to-wire for his victory. Nathan Landrum kept pace for most of the race, but was overtaken by Wagner and a hard-charging Josh Chauvin in the final two blocks. Mason Marshall, a member of the 2005 Conchs State Finals CC team, placed a very respectable 5th.