



Milliken and Matsysik ran together most of the way, as has been their wont in recent events, with the high-schooler pulling away in the late stages. Abigail White, wife of CC Coach Terence White, strode in strongly for third.

The race, which was actually 5000 feet instead of the proper 5280,

started at United Street and galloped down the gauntlet of stores, galleries, eateries and drinkeries that have made Duval famous, finishing at Ripley's, believe it or not.

Smokin' Tuna Saloon hosted the post-race gathering, and Local Awards & Engraving donated a colorful array of photo tiles and laser-cut medallions. Key West Southernmost Runners managed the finish line, handling the stampede like clockwork, and drummed out a small army of volunteers to cover the intersections.

April 27, 3rd Annual, The Basilica School of St. Mary Star of the Sea Mariner's March 5K Run/Walk and 1/2 Mile Children's Fun Run, Key West.

The 3rd Annual Mariners March 5k Run/Walk was a great success with over 300 people entered in the race. It was a beautiful April morning in Key West with clear blue skies, a light breeze and a temperature of 73 degrees at the start. Top overall finisher was Douglas Weeks with a time of 16:15. Top female finisher was Joanna McCoy of Tavernier finishing in 18:22. Male Masters winner was Rudy Roque with a time of 20:15 and Female Masters winner was Jennifer Lopes finishing in 21:47.

All proceeds from the Mariners March 5k go to The Basilica School of St Mary's Tuition Assistance Program and over \$25,000 was raised for the school from the race. The 4th Annual Mariners March 5k will take place April 26, 2014.

May 18-19, KEYS100 and 50 Mile Ultra Run and Team Relay.

Key West Southernmost Runners will once again be the finish line greeters and do other volunteer duties along the course. Look for KWSR's KEYS100 stories from on the road next month.

KWSR's ON THE ROAD

Chester is on the road, running up East, this month!

Ocean City Half Marathon

On Saturday, April 27, 2013 I race walked the Ocean City Half Marathon in Ocean City, Maryland. The start at the Ocean City Boardwalk saw a temperature of 50 degrees, sunny skies, and a slight breeze for the approximately 1800 participants. The finish temperature was near 60 degrees which meant the weather was wonderful for the event. The course was a point to point route from Ocean City to Assateague National Wildlife Refuge which is known for its wild horses. The course was relatively flat except for a high level bridge between miles 12 and 13 leading onto Assateague Island. Water/Gatorade stations were located about every two miles and were manned by an adequate number of enthusiastic volunteers. Police and firefighters controlled the traffic at intersections and other key places throughout the course, which had a mixture of dedicated lanes, shoulders of roads, bike paths, and sparsely used rural roads. The event was very well organized and fun to do. The one negative aspect of the event was the bus transportation from the finish line to the awards ceremony at Seacrets Night Club. Each bus was used twice which meant the finishers in the last half the field, which included me, had to wait more than an hour before they could be transported. I was very happy with all the other aspects of the event.

Twin Lights Half Marathon

On Sunday, May 5, 2013 I race walked the Twin Lights Half Marathon in Gloucester, Massachusetts. The temperature remained in the low 50's with a light breeze and mostly sunny skies. The course was very challenging as it was very hilly for the 1200 participants. The roads were not closed to traffic and the participants had to remain on the right side of the mostly out and back course with their backs to the traffic which was somewhat heavy but fortunately traveled at a slow rate of speed. Water/Gatorade stations were located approximately every two miles. There was a sufficient amount of enthusiastic volunteers to take care of the needs of the participants. The event was very well organized; however, the awards were not very impressive. There were no finisher's medals and age group awards were small medals with no engraving; thus, every place received exactly the same award, a silver dollar sized medal showing an image of the twin light houses on a plain purple ribbon. A highlight of the event for me was my second place age group finish as a male runner in the 65 to 69 age group; even though I race walked the entire distance. It is normal for me to count as a runner in most of the events that I do as there usually is not a competitive walking division. As a result it is very unusual for me to earn an age group award. I enjoyed the event and the challenging hilly course.

Spring Half Marathon

I race walked the Spring Half Marathon in Shelburne, Vermont on Saturday, May 11, 2013. I really got lucky with the weather. The forecast called for an 80% chance of continuous rain; however, for some reason it did not rain except for a few drops. The temperature was in the low 60's with a 10 mph wind that was usually sheltered by the trees. The course was challenging with many ups and downs, including at least 8 up-hills that were fairly steep. There were about 9 miles of rural roads that were not closed to traffic, which was for the most part sparse, and 4 miles of gravel

trails. The view was impressive with Lake Champlain and farms. A few police controlled intersections and other volunteers were at the turns. Water/electrolyte stations were located about every 3.5 miles and manned by plenty of enthusiastic volunteers. I wish the stations were more numerous and closer together as I became quite dehydrated despite drinking two full glasses of liquid at each station. This was a small very well organized half marathon that only had 132 finishers in the 3 hour time limit. The age group awards were only for first place and consisted of a glass the said Race Vermont and nothing else. For the second week in a row I won an age group runner's award. This time it was first place because I was the only finisher in my age group. I enjoyed the event and the friendly people involved.

Chester Kalb, Southernmost Walker.

Pictures from my trips can be viewed on my blog: <http://southernmostwalker.blogspot.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: 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. 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

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

SATURDAY, MAY 25, 2013
7:30 PM, WHITE ST. PIER
 ATLANTIC BLVD, AT WHITE ST, KEY WEST




Thanks to all of our sponsors That make this event a success and support our local scholarships

Registration:
 \$20 (\$25 on Race Day)
 17 and under
 \$10 (\$15 on Race Day)

Pre Registration & Packet Pick up:
 Salute , Friday
 May 24, 5-7 PM

Race Day Registration & Packet Pick up
 On Site 6-720 PM

5K Run Awards:
 Medals: Awarded to
 Overall M & F Winners,
 Masters M & F Winners,
 Top 2 M & F in 10year Age Groups
 to 70+. Walkers: Top 2 M/F
 T-shirts to the First 150 registrants.

Celebrate:
 Post Race with beer, free snacks
 and lots of door prizes and drawings

Proceeds To:
 Southernmost Seminoles
 Scholarships

Check payable to Southernmost Seminoles by May 20th to:
Southernmost Seminoles
 815 Peacock Plaza
 Key West, FL 33045

App. online at www.southernmostrunners.com
Call 305-360-2026 or email megan.orojeza@gmail.com