



100 on the south end of the 7 Mile Bridge, I felt like a failure. But that night, at the end of Team Question Mark's epic journey, I felt like some Shrimp on the Barbie.

Many thanks to the

Southernmost Runners, all the volunteers, Bob Becker, and all the participants who made this race so much fun!

#### KWSR's ON THE ROAD

**Chester is on the road, running out West, this month!**

##### Medicine Bow Half Marathon

The Medicine Bow Half Marathon held near Laramie, Wyoming on Sunday, May 26, 2013 was a very challenging event. The temperature varied from 42 to 55 degrees with mostly cloudy skies and sporadic winds. The course was an out and back course on a gravel and dirt road that was not closed to traffic, which fortunately was sparse. The start line was at 8700 feet elevation and the first 5.5 miles dropped to 8000 feet of elevation. From there the course climbed to an elevation of near 8600 feet. From there everyone returned on the same route to the finish line, which was where the event started. There were almost no level spots on the course and about 60% of the hills were fairly steep. This made the course challenging. Each participant had to carry his own water bottle and there was a single aid station at mile 4 going out and mile 9 coming back. At this station the participant could resupply his water bottle and insert powdered Gatorade if desired. There were also a little bit of snacks. Nothing was allowed to be thrown on the ground. This was well explained in the events website. Also there was no age group or overall awards. There was; however, a nice finisher's medal; thus, making everyone who finished a winner. The event has been held for over 30 years and this year's addition featured a 50K, a marathon, a half marathon, and a 5K. The half marathon had less than 80 finishers. The other races were also small. The event was extremely well organized and let everyone know well in advance what was expected of them. I enjoyed this challenging, friendly event and am proud of myself and my wife, Gerda, for being able to complete this challenge.

##### Steamboat Springs Half Marathon

I race walked the Steamboat Springs Half Marathon in Steamboat Springs, Colorado on Sunday, June 2, 2013 on a good weather day with a cold temperature of about 33 degrees when I started and with a temperature of 68 degrees when I finished. The skies were sunny and the wind was nearly calm. The half marathon started on County Road 129 at an elevation of about 7100 feet and finished at the Court House in Steamboat Springs at an altitude of about 6700 feet. There were quite a few short up-hills, some of which were somewhat steep, interspersed along the mostly downhill course. The participants had a dedicated lane on all roads that were closed to traffic. On the two lane sections of roadways a police car lead the traffic on the other lane, first one way then the other. Water/Gatorade stations were located approximately every 3 to 4 miles, which were somewhat too far apart in my opinion. The stations had plenty of enthusiastic volunteers for the 1100 half marathoners. There were also 500 marathoners who had their first 13.1 miles on County Road 129 starting at an altitude of about 8200 feet and dropping steeply to join the beginning of the half marathon course and proceeding to the same finish line. The event was very well organized and fun in a city noted for its winter snow skiing

##### 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 Key West 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 July 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

## DOUBLE YOUR FUN IN DREHER PARK THIS SUMMER



Night and Day 10k

**Night**  
Saturday, August 17  
Dash - 6:30 pm  
Kids' K - 7:15pm

**Day**  
Saturday, July 20  
Dash - 7:15 am  
Kids' Mile - 8:00 am

Run the Day 5K on July 20th & the Night 5K on August 17th & we'll combine your times in the Night & Day 10K!

Awards for both 5K's & the Night & Day 10K!



Register Online

[www.runpalmbeach.com](http://www.runpalmbeach.com)

561-596-0445



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Featuring Accuchip Timing

3RD ANNUAL  
LEVIS JCC 5K RUN/WALK  
RUN, SWEAT & BEERS

Thursday, July 18 - 7:00 p.m.

South County Regional Park in Boca Raton

5:30-6:30 p.m. Registration & packet pick-up

7:00 p.m. 5K Run & Walk

7:45 p.m. Wings\*, Beer & Refreshments (must be 21 with ID for beer)

\*Kosher wings available

Entry Fee \$25 until July 2 • \$30 July 3 - July 17 • \$35 Race Day

Register at [levisjcc.org/5k](http://levisjcc.org/5k)

First 400 registered are guaranteed a dri-fit shirt.

For more information, contact Lauren Friedman at 561-852-3257.

Racing with the J Chair: Ryan Greenblatt

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