

# Key West Southernmost Runners

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



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June, 2013

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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. 6:00 AM/PM  
Call: 334-477-9024 jenamckay@aol.com

Key West Group Runs, 3-8 miles  
All Week 5-7:00 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  
keysapt@bellsouth.net



**KWSR-SFRF August, 2013**

**From the Editor and President**

Hello Southernmost Runners:  
Summer lull here, keep running and hydrate, hydrate, hydrate.

## Robert Price

Founding member, Past President and original Key West High School Cross Country Coach passed away this June. KWSR owes Robert thanks for helping to put together the club in the form that it is now. The High School Track and Cross country teams got started with a lot of help from Robert and some of our founding members,

Run on Robert.



**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

**Our usual August, Conch Pride, Annual Cross Country Fund raiser, has been canceled. Other CC fundraising options may be available. Check the website.**

## August 31, The Tube-a-thon



Which is a twisted version of a triathlon in which each person or team gets an inner tube with registration and has to run with it, swim with it, and roll it across the finish line! This promises to be a truly hilarious event.

See our website for information on all upcoming events. [www.southernmostrunners.com](http://www.southernmostrunners.com)

## WHAT HAPPENED

### June 1, Tutu 10K Relay

Theme Runs, Inc., a new fitness events company out of Key West, held their inaugural run, The Tutu 10K Relay, on June 1st. The Tutu Relay was a huge success, drawing nearly 300 people from as far as Ohio and Arizona for this first time event. Their second event is The Tube-a-thon on August 31st. Following that will be the Heroes and Villains 5K Run/Walk on October 21st. Theme Runs has another unique twist – each person who finishes an event gets a medal in the shape of a puzzle piece, and each piece fits together so participants can collect one from each race. See their website, [www.ThemeRuns.com](http://www.ThemeRuns.com) for more information and upcoming events.

**July 3, Wednesday, 6:30 PM, KWSR Social at McCoy Park**  
Indian run that left some breathless.

**July 4, 8:00 AM. Rotary of Key West/Crime Stoppers 5K Run**

The forecast called for rain, but the rain stayed clear until shortly after the race when the participants got a nice shower to cool them off.



230 runners/walkers were up bright and early on the 4th of July to participate in the 2nd annual Rotary Club of Key West-Crime Stoppers 4th of July 5k. Overall Male Winner was Douglas Weeks from Key West with a time of 17:48 and Overall Female Winner was Helena Bursa from Big Pine Key with a time of 20:32. Male Masters Winner was Andy Kimball from Key West with a time of 18:29 and Female Masters Winner was Frances

Gonzalez from Goodview, VA. with a time of 24:43.

After the rain passed, there was a children's fun run for kids 9 and under and 12 children participated and received medals.

The racers enjoyed post race refreshments, awards and raffle. All proceeds raised from the race go to The Rotary Club of Key West-Crime Stoppers FKCC Law Enforcement Academy Scholarship

## KWSR's ON THE ROAD

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

### June 15, Fort Atkinson

When I race walked the Fort Atkinson Half Marathon in Fort Atkinson, Wisconsin on June 15, 2013, I once again lucked out with the weather. The weather called for 80% chance of rain and thunderstorms, but all that happened was a slow, slight drizzle for most of the event with a slight breeze and cloudy skies. The course had many small hills, a few of which were fairly steep. There was 12 miles of roadway and 1 mile of bike paths for the approximately 375 finishers. The roads were opened to traffic; however, the participants had a dedicated space that was for them exclusively. Police and other volunteers stopped cross traffic at intersections and kept the participants safe. The traffic also seemed to cooperate extremely well. Water/Gatorade stations were located every 1.5 to 2 miles and were manned by plenty of enthusiastic volunteers. Surprisingly there were quite a few spectators under umbrellas or wearing rain gear throughout the course cheering the participants. The Chamber of Commerce hosted the event, which was extremely well organized and enjoyable. The City of Fort Atkinson and its 13000 citizens made the participants feel that they were appreciated for coming to their City and competing in their event. I also was pleasantly surprised when I discovered that I finished in 3rd place in the 65 and over male runner age group despite the fact that I walked the entire half marathon. I had a wonderful time in Fort Atkinson.

### June 22, Charlevoix

I race walked the Charlevoix Half Marathon in Charlevoix, Michigan on Saturday, June 22, 2013. The sky was foggy and overcast for the entire race with the temperature fluctuating from 63 to 68 degrees and a slight breeze. The course was mostly flat with half being roadways and half being bike path for the out and back course. The bike path had a 0.6 mile section that was a wooden, raised boardwalk that had some sections being a little slippery due to the moisture in the saturated foggy air. Water/Gatorade stations were located approximately every 1.5 miles and were manned by plenty on enthusiastic volunteers. Police controlled two of the intersections of the roadways and the start/finish area, which was along the main road in downtown Charlevoix. There were a few spectators in the neighborhoods along the roadways and quite a few in the downtown. The event was very well organized and enjoyable with nice finisher's medals. The age group awards were beer mugs that did not distinguish first, second, or third place. I surprised myself again by finishing 3rd in the running male 65 to 69 age group despite the fact that I walked the entire half marathon. There was a walker division at this event of which I was unaware. If I had entered, I would have won overall by about 10 minutes.

### 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 August 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**