

Key West Southernmost Runners

www.Southernmostrunners.com



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June, 2013

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RRCA S Florida State Rep.
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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 October, 2013 From the Editor and President

Hello Southernmost Runners:
Racing season is upon us. October will be the School runs, October 5, Montessori and October 19, Poinciana, then on November 5, the big ZONTA 5K.

Need a birthday gift? The holidays are just around the corner... Buy your friends and family Southernmost Runners Club gear! Check in with Beth Moyes for more details!

There are many new fun and exciting races coming to Key West - check out the Southernmost Runners website and find us on Facebook to become a member, join us for our runs and socials, and find out about purchasing merchandise!

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

October 2, KWSR Social with Prediction Run, @ Mc Coy Indigenous Park.

The next Club board meeting is October 2 and 5:30pm, and social at 6:30pm. We will be doing a variation of a 5k for the fun run this month... Have you ever wanted to feel the rush of winning a race, but thought you could never compete with younger faster runners? This fun run will balance things out to give everyone a chance at 1st place!

In drag racing it is called bracket racing. The way it will work for us is each runner will pick their goal time and the start is staggered to reflect those times. In theory, if everyone runs their goal it will be a photo finish with every runner crossing the line together! But be careful if you run more than 15 seconds faster than your goal you won't be eligible for prizes. Don't worry if it sounds strange we will be able to explain things in more detail before the run.

As usual after the run there will be refreshments!

September 21, Conch Cross Country Classic.

Annual Run with Members to Testing the kids on their home course.

October 5, 8:00 AM Montessori 5K 5K

Our racing season opens with 2 school races in Key West Join us.

October 19, 8:00 AM. Poinciana PTA 5K

Another School Race through the neighborhoods of Key West.

November 2, 8:00 AM. Zonta ABC 5K Run/Walk, Key West

Don't miss this big event with the Parrot Heads Joining us on the beach for a great run.

See our website for information on all upcoming events.

www.southernmostrunners.com

WHAT HAPPENED

August 31, Tube-a-Thon.

Theme Runs held their first annual Tube-a-thon on The racers had a blast getting wet and competing in this goofy triathlon with their tube. South Florida's Jon Williams was there and KWSR's Veronica and Kelly, Coach Perkins and track team members were volunteers. Results at Themerruns.com.



Jon Williams



Coach Perkins



Veronica and Kelly

Theme Runs' next race, The Heroes and Villains 5K Run/Walk on October 21st in Key West at 6pm!

September 4, Wednesday, KWSR Social at the JDL's Big 10

Small summertime turnout, Good board meeting with

KWSR's ON THE ROAD

Chester is on the road, running a couple northern states, this month!

August 24, Mesa Falls, Idaho.

On Saturday, August 24, 2013 I race walked the Mesa Falls Half Marathon in Ashton, Idaho. The temperature varied from 55 to 75 degrees with very little wind. During the event the skies varied often from mostly cloudy to mostly sunny and back. There was one small shower. The point to point course started near Lower Mesa Falls and finished in Ashton. There was approximately 3 miles on a gravel all-terrain vehicle path and the rest was on rural roads that were open to traffic. The course featured a mostly downhill path; however, after the gravel path, there was a 3 mile challenging uphill section. The first water/Gatorade station was near mile 4 and after that the stations were located from 1 to 2 miles apart. Plenty of enthusiastic volunteers took care of the needs of the approximately 200 participants. The event was very well organized and fun to do. On Friday before the race there was a delicious, all-you-can-eat spaghetti meal that only cost \$5 per person.

September 8, Sioux Falls, South Dakota

I have a hip injury and was not able to participate in the Sioux Falls Half Marathon in Sioux Falls, South Dakota on Sunday, September 8, 2013; however, my wife, Gerda, completed the event. The temperature started at 70 and reached 80 degrees by the time she finished which made the event a little hot. The skies were mostly sunny and there was only a little breeze. The course was a point to point journey that utilized half roadways and half bicycle paths. There was quite a bit of up and down that made the course of medium difficulty with no challenging hills. There was a very large number of volunteers, police, and firemen. The police and firemen controlled the traffic completely at every intersection. The volunteers did the rest of the duties, marking the course and manning the 9 water/Gatorade stations, spaced about every mile and a half. The volunteers were very enthusiastic and there were