

Key West Southernmost Runners

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 November, 2013

From the Editor and President

Hello Southernmost Runners:

Running in the Keys has never been better. As I write Key West is preparing for the first Marathon to be run in Key West in almost 30 years. We started the KWSR Season with the Montessori, and Poinciana 5Ks and continue in November with 3 of our biggest Races. Zonta, Mariners and Hog's Breath. All 5K's and this year Mariners is adding a 10K out and back on our 5K course. Check out the info below.

Just found out KWSR Doug Weeks Won the inaugural Annual Southernmost Marathon, running his first marathon in just over 3 hours, on a beautiful clear, warm and calm Keys day. Big Pine Key Runner Helena Bursa was 2nd Overall Finisher and First Female Finisher, in a time of 3:23. Watch our pages next month for Southernmost Marathon stories.

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!

Once again I must ask you all to:

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

November 2, 8:00 AM. Zonta ABC 5K Run/Walk, Key West
Don't miss this November classic in its 21st year, with the Parrot Heads Joining us on the beach for a great run.

November 6, 6:30 PM. KWSR Social in Key West
Still planning check the website and facebook for details.

November 9, 6:35 AM. 5th Annual Key Largo Bridge, 1/2 Marathon
Last years race participation increased significantly. Once again they will be continuing the 10K race, and continuing its popular 5K.

This is a great race in our own Big Sky country, come enjoy the view from the top in any one of the 3 events. Look for the KWSR table at the Friday Expo.

November 10, 8:00 AM, Montessori Children's School 5K from Salute
Another Montessori Race for the Children's School that we are helping with. Support our schools.

November 16, 8 AM. Mariners Hospital 5K Run/Walk, 10K Run

Another great race up the Keys. This year we added a 10K at the same time running out and back on the same course. But the 10K starts at the finish of the 5K point to point run. Please watch our when the runners meet on the course!

November 30, 8 AM. Hog's Breath 5K Hog Trot Run/Walk
The 20th Annual, don't miss the great race with the outstanding Post race festivities, food and drink. This is one of KWSR's first races and all proceeds went and still go to our Key West High School track team.

December 21, 8 AM. A Positive Step 5K Run/Walk
Time to Run the holiday Run for a great cause, starting and finishing at the Southernmost Beach Café, don't miss the great post race festivities.

A Few Other Keys Events, Look for info on our website.
October 21. Theme Runs Heroes and Villains Run
October 27. 8 AM, Sunday, Vineyard 5K Run/Walk, Big Pine Key
December 7, Tri Key West We man the waterstations for a generous donation to our KWHS Running teams. Call to volunteer!
December 14, RumRunner Run 5K Islamorada

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

WHAT HAPPENED

September 21, Conch Cross Country Classic.
Not many members joined in to the Cross Country run this year due to the postponement of the event date due to the Cross

country team having meets and the FKCC Triathlon. Runners who did make the run were rewarded with a great challenge in the hills of the Key West Golf club, though the High School Cross Country Team Trounced us. Look out for us next year

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

Pre social and run the board met to discuss upcoming events, membership and getting more club members involved in volunteering for our events. We need volunteers to learn our data, finish line, and results systems as well as course and finish line set up. If you want to keep running our Keys events help us out with some of your time as a volunteer.

The Prediction run was a success. Most runners outran their predicted time by more then a minute. Taz Davis did the best guess predicting her time within one second!

Thanks Sonny for doing the math and Christine and Sonny for the great food.

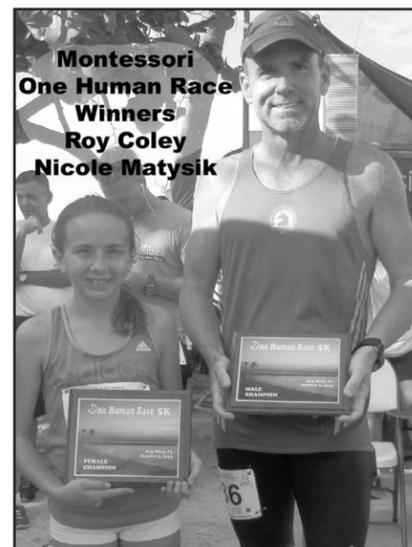
October 5, 8:00 AM Montessori 5K

It was a beautiful & balmy morning for the Key West Montessori Charter School's 'One Human Race' 5K. Over 150 runners and a number of walkers came out for the event, which was a fundraiser to support free public Montessori education in Key West.

Runners had a flat and fast course along the Key West Shore line with Key West runner Roy Coley taking an early lead and holding off young Owen Allen and Agustin Puac, to finish first in a time of 19:13. Finishing forth overall was Eddy Clarke, running a time of 19:38, giving Clark the over 40 male masters win.

Women also had a close race with young Nicole Matysik staying just paces ahead of second place woman Abigail White all the way to finish. 12-year-old Matysik finished the 5K in a time of 22:09. Sugarloaf Ironwoman Angie Payne was the Third woman to finish winning the Women's Masters title in a time of 23:09.

Walkers were encouraged to keep one foot on the ground all the time but a few chose to run some of the course. Adriana Garcia from Marathon, was the first walker to cross the line without breaking into a run along the way. Garcia walked the 5K in 35:29. The first Male walker to cross the line was Key Wester Mark Phillips in a time of 43:08. Mark walked with his 8 year old daughter Posy who finished as the fourth female walker.



KWSR's ON THE ROAD

Chester is outdoing himself with race reports on 4 events this month. Glad your hip is feeling better. Congratulations to Gerda on her 200th Half Marathon!

September 14, Kickin' Assphalt, Great Falls, Montana

I still have a hip injury; however, my wife, Gerda, completed the Kickin' Assphalt Half Marathon in Great Falls, Montana on Saturday, September 14, 2013. It was a wonderful day for a half marathon as the temperature ranged between 55 and 65 degrees with partly cloudy skies and a 5 to 10 mph breeze. The course was completely on paved bicycle paths that went along the Missouri River where the Great Falls are located. There was one long, somewhat challenging uphill between the start and mile 1.5. The rest of the course back down that hill and then up and down gradual hills, mostly where the bicycle path was laid on an old railroad bed. There were 5 water/Heed stations spaced out throughout the course which were manned by two enthusiastic volunteers at each station which was enough help to tend to the needs of the 55 participants in the half marathon. Because the race was so small there were only finisher's medals and no age group awards. There was a couple of places along the course where the route could have been better marked as many competitors missed the actual turn to cross the river and went the wrong way to a water station that was on the return route where their mistake was pointed out and they had to return to the actual turn which added about 1/3 mile to their journey. The same area caused problems on the return journey. Because I was not doing the race, I made sure that I was at this area each time Gerda