

# 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

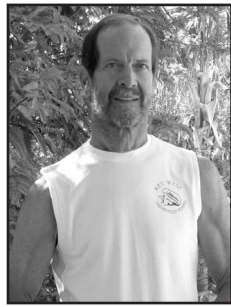
Key West Track Wed. 6:00 AM/PM  
Call: 334-477-9024 jenamckay@aol.com

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 December, 2013**  
**From the Editor and President**

Hello Southernmost Runners:  
It is an exciting time for young runners, with our KW High School Cross Country Boys and for the first time Girls teams going all the way to the state meet. Both teams placed well in the district and regional meets. Girls team is the most improved High School Cross country team yet. Thanks Coach White and all the volunteers from our club that have supported the team over the years.

Other young runners, both 12 year olds, have taken the Overall Winner Award in the last 2 races. Owen Allen winning the Overall Award at the Zonta Run and Nicole Matysik winning the Overall Female award at the Montessor Childrens school 5K. Both runners have been working hard bringing their times down and winning age group awards regularly. The work is paying off and they are giving the grownups a run for the awards.

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!

We need your volunteer support! Look at the calendar and pick a race to volunteer!

**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 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. The 10K starts at the finish of the 5K point to point run, with the turn around at the 5K Start line and finishes with the 5K Runners at Treasure Village Montessori School. Look for story on how this race went next month.

### 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.

\*December 7, Tri Key West\* We man the waterstations for a generous donation to our KWHS Running teams. **Call to volunteer!**

\*December 14, RunRunner Run 5K Islamorada\*

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

## WHAT HAPPENED

### October 21, Theme Runs Heroes and Villains 5K

"This October 21st was the first Heroes and Villains 5K in Key West. Over 350 runners from around the country and Europe ran in costume through the streets of downtown Key West, passing historic sights and views of the ocean while also being quite a sight to see themselves! Every participant received a Theme Runs' puzzle piece medal and was given a free pass to walk in the annual Fantasy Fest Parade on October 26th. Awards were given for best times, and also trophies were given for costumes - Scariest, Funniest, Best Group, and Most Unique. The race is expected to be a popular event for years to come, and participants will continue to have the opportunity to be in the parade! See more info on Theme Runs races and collecting your own puzzle pieces at <http://www.themeruns.com/>"



### November 2, Zonta ABC 5K Run/Walk, Key West

The 21st Annual Zonta ABC Run/Walk was run Saturday morning. Temperatures were warm for the 5K Race. Runners had a great race as well as a great time at the post race

festivities provided by the Ladies of Zonta.

Overall Male Winner, 12 year old, Owen Allen from Key West, ran the winning time of 19:20. Overall Male Masters Winner, (first Male over 40 years old) Edward Clarke of Key West, finished in 19:31. Overall Female Winner was Emily Matsio, from Key West, running a 20:39. Overall Female Masters Winner was Key West runner, Leslie Johnson, running, 23:56. Walkers were lead all the way by Overall Female Walker Winner, Kilroy Kathy, from Key West, with a time of, 35:51. Dr. Jim Gerbracht, was first male walker in a winning time of 39:18.

In its 21st year, the Zonta Club of Key West sponsored its annual 5K Walk/Run for "Awareness Breast Cancer" to fund preventive cancer diagnostic screenings for un- and under-insured women in the Lower Keys and Key West. Last year, we paid over \$35,000 for mammograms. Over the past 20 years, 4000 free mammograms have been given out. This is the club's biggest fundraiser. Other service projects for the club include free Heart Health exams for women, High school scholarships and mentoring at Keys Academy. Christina's Courage, Bay Shore Manor and Samuel's House are also recipients of club member's time.

Locals, and Parrot Heads from across the country come out to participate in this rewarding race. The Zonta Club of Key West makes this happen with the help of Parrot Heads in Paradise and many other Key West businesses as sponsors of this event.

KWSR worked with Theme Runs, who did the chip timing for the Zonta Run, turning out results in a flash. Thanks for your good work Theme Runs Crew!

### November 6, KWSR Social in Key West

Our November Social Social was at Smoken' Tuna, who provided great food and drink. KWHS Cross Country Team parents joined us as well as one of our past members visiting from Houston, Welcome Jen McKay!

### November 9, 5th Annual Key Largo Bridge, 5K, 10K and 1/2 Marathon

Great Key's Race, many of our members ran in all of the events. Sarah Williams was the Overall Female winner of the 1/2 Marathon. Other KWSR members who ran were, Felipe Rubio\*, Humberto Rubio\*, Lazaro Ledesma\*, Jen Mckay\*, Tineke Rubio, Cindy Mcveigh, Taz Elizabeth Davis, Kevin McDonnell, Edward Northway, Tracy Ziegler. 10K Elizabeth Love\*, Anne Walters, Sharla Sharkey, Patti Johnson, 5K, Beverly Blass\*, Hugo Cortes, Dennis Howley, Mary Ann Nelson\*. \*'s were award winners



### November 10, 8:00 AM, Montessori Children's School 5K from Salute

There's always a first, and Sunday was the 1st Annual Montessori Children's school 5K run/walk and 1/2 mile kids fun run. Montessori hosted 180 5k participants and 35 kids in the fun run, most under 5 years old. "Start them young in running" say Amy Bradshaw race coordinator and parent of Emma Bradshaw who at age 2 ran her first fun run. This was a great way to start off the school year for Montessori with a healthy social day for family's and Key West residents.



Montessori Childrens School 5K Overall award winners were 12 year old Nicole Matysik, and Masters Runner Eddy Clarke.

### KWSR's ON THE ROAD

Chester is reporting on 3 races this month, Walk on Chester!

### October 13, Atlantic City

I race walked the Atlantic City Half Marathon in Atlantic City, New Jersey on Sunday, October 13, 2013. The temperature was 62 degrees, the

sky was cloudy, and the wind blew 20-25 mph with much higher gusts. This was a great improvement from the previous three days of rain and much higher winds from the remnants of tropical storm, Karen. The course utilized 7 miles of roadways and 6 miles of boardwalks, taking the participants by all the Atlantic City Casinos. The course was flat except for some ramps by two of the casinos. Intersections were controlled by police and volunteers that ensured that no vehicles were on the course. Water/Gatorade stations were located from 1.5 to 2 miles apart and were manned by plenty of