

Key West Southernmost Runners

www.Southernmostrunners.com



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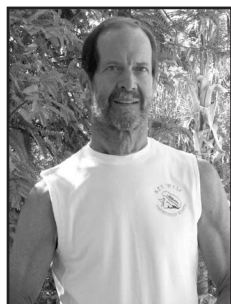
KWSR Workouts

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. 5:00 PM
Call; 305-304-0091
don.n@juno.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 January 2014

From the Editor and President

Hello Southernmost Runners:
Mary Ann and I were honored to be invited to the Key West High School Cross-country Team Awards banquet. This year Coach White, took both the Boys and Girls Teams to the State meet, for the first time in the history of the teams. Mary Ann was proud to see many of the of the Sugarloaf Sharks runners that she helped train, when they were in middle school, as some of the top runners on both the girls and boys team. Ardel Price, Mother of the Teams Founder, the late Robert Price was also in attendance. Mrs. Price was honored for her contribution to the teams and the work of her son, coach Price, in the early history of the team. Robert was one of the founders of Key West Southernmost Runners, started to support the running teams of the Key West High School. Thanks to all the members and volunteers that by their support have made it possible for this years team to make Key's History!

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

Jan. 1, 8:00 AM, Village of Islamorada's Founders Park, Run Walk or Crawl 5K.

Once again we will be taking a crew up the line to Islamorada for this First Race of the Year event. If you can help out please call me otherwise come Run in the New Year in this beautiful upper Keys location. Register any daytime hours at the park or by mail.

January 8, 6:30 PM KWSR New Years Social at Shanna Key Irish Pub

This is our way of thanking you for volunteering and a really great excuse to have fun! Come out and meet your fellow Runners and Volunteers, We will be doing a 5K Fun Run on the beach path at 6:45, Food and drink will be provided after the run, All members and family are invited. 1900 Flagler Ave, Key West. Let us know your coming Call or txt Don at 305-304-0091.

January 11, 8:00 AM 14th Annual No Name 5K Run/Walk
Sponsored by the Domestic Abuse Shelter and the Key West Southernmost Runners, this is a great Race in a great Place. If you haven't heard of it, No Name Key is a great place if you can find it. Come on out and enjoy the outback of the Keys, where the Deer and the people play. Starts and finishes at the Old Wooden Bridge Fish Camp, Big Pine Key.

February 15, 8:00 AM Christina's Courage 5K Run/Walk
New Race on stock Island, starting at the Sheriff's Headquarters Office. Come run or volunteer to support the Monroe County Christina's Courage Rape and Child Abuse Center.

February 22, 9:00 AM 6th Annual Blimp Road 4 Miler
Pirates Wellness Center hosting for this event that benefits the St. Peter Church SeaBee Foundation which provides educational scholarships for single parent families in the lower Florida Keys. Pirates Wellness puts on a great event just a short drive from Key West, on Cudjoe Key (MM21).

March 2, 8:00 AM. Marathon Sombrero Beach 10K Run 5K Fun, Run/Walk and 15K Challenge

This community rallies together to make this an experience the runners will never forget. Restaurants, hotels, businesses and individuals generously donate, raffles, overall prizes, food, entertainment, time. That's why this race is so special!

After the race, enjoy a swim at Sombrero Beach. Sombrero Beach is open to the public and offers free parking, bathhouses, a large pavilion, covered picnic tables, grills, volleyball nets and a child play-scape. Come see for yourself why this is the #1 event of it's kind in the Florida Keys.

100% of the proceeds of this race go to KAIR. KAIR is a non-profit organization providing food and emergency services to those in need in the middle Keys. Great times for all see what's new at www.sombrero beachrun.com/

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

WHAT HAPPENED

November 16, Mariners Hospital 5K Run/Walk, 10K Run

Saturday November 16, Over 250 Runners and Walkers toed two Start lines, one at Coral Shores High School for the 10th Annual Mariners Hospital 5K, Run/Walk and the other at Treasure Village Montessori School for the inaugural 10K run. The day was perfect for the runs both finishing at Treasure Village Montessori Charter School, where a post race health fair and awards party waited.

Overall 5K Run winner was Steven Chadwick, from Key Largo, running a 18:18. Steven was the winner of the Key Largo Bridge run last weekend. Female Winner, Gabriela Diaz-Pinger, from Tavernier, took home the overall female award with a time of 22:19.

Walkers were lead all the way by Marathon walker, Adriana Garcia, winning in a great time of 34:40. Male winner Ken Watkins, from Key Largo, won the Male Walker overall Award with a time of 35:16.

Great numbers of locals turned out for this annual event. Noteworthy were the numbers of young runners 19 and under, with over 40 local young runners racing, the 5K Run.



Mariners wanted to celebrate the 10th Annual running of their event by doing something special for the runners. A 10K was chosen to give the runners another race distance, to challenge their endurance. Overall winners of the 10K were, Matthew Tobin, from Deerfield IL. who ran the out an back course in 41:08., and local Tavernier runner Chloe Stokes, who took home the overall women's award in a time of 55:00. 10K Runners started at the finish line of the 5K and 10K and ran to the 5K Start line and back for a out and back 10K course. Top 10K runners were passing 5K walkers to the finish line.

The race benefits the Center for Excellence in Nursing at Mariners Hospital. Nurses and hospital staff turned out in numbers doing a great job, along with the Key West Southernmost Runners, putting on a fantastic event.

November 30, 20th Annual Hog's Breath 5K Hog Trot Run/Walk

Four hundred Runners and Walkers were at the start line on one of the coolest days of the season. All were treated to a great run on the course that crossed Truman annex into Ft Zachary Taylor State park. With a bit of singletrack and Cross Country running in the field in front of the fort, runners left the roads for the great experience that the Hog Trot has become known for.

Key West Runner, Agustin Puac, 18:05, lead the pack to the finish just ahead of 2nd place finisher Anthony D'Amato, 18:11 from Tampa. Fifth overall finisher was Masters Winner Edward Clark, 18:31, from Key West. First Female runner was Keira D'Amato, 19:48, from Tampa well ahead of second place female, Key West's 12 year old speedster, Nicole Matysik, 22:02. Female Masters winner Gena Vandermeulen 23:21, a visor from Michigan, rounded out the top winners.

Walkers winners were Jin Krause, 37:35 for the Men and Charlene Goff, 37:30, both of the walker top finishers were from Key West. Hog's Breath has been sponsoring the Hog Trot for 20 years as a fundraiser for the Key West High School Track team. Thousands of Dollars have gone to the team to provide uniforms, transportation and lodging for the team to travel to away meets on the mainland.