

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors June, 2013

President
Don Nelson
305-304-0091
don.n@juno.com

Vice President
Beth Moyes
305-747-8563
bethmoyes@yahoo.com

Treasurer
Christine Maske
407-925-3540
Christine.maske@gmail.com

Recording Secretary
Tracy Ziegler
305-394-0137
tracyziegler@hotmail.com

Corresponding Secretary
Sonny Shaffer
561-329-0462
shafferfm@gmail.com

Members at large:
Mark Bell
Susan Kochan
Megan Oropeza
Deirdre Robbins
Tyler Goodson

RRCA S Florida State Rep.
Editor
Don Nelson
305-304-0091
don.n@juno.com

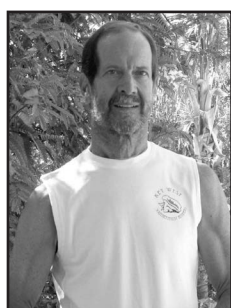
KWSR Workouts

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
keyscapt@bellsouth.net



KWSR-SFRF March 2014

From the Editor and President

Hello Southernmost Runners:
We are entering the busiest time of our season, Races every weekend for a couple months. KW HIGH SCHOOL track team has 2 home meets that are a great way to see our young athletes perform, as well as a volunteer opportunity to support the team. Come see



the last home meet of the season March 19, 3 pm at Key West High School.

KWSR Presents \$1500 Check from Hog's Breath 5K to KWHS Track Team and Coach Perkins!

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

February 15, 8:00 AM Christina's Courage 5K Run/Walk

Read race report, on this first time event with a new Key West course, next month.

February 22, 9:00 AM 6th Annual Blimp Road 4 Miler

Check out our website for the winners and photos, race report will follow next month.

March 1, 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 and 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.sombreroeachrun.com/

March 5, 6:30 PM KWSR Sweaty Social, at Indigenous Park

Join us for a fun run with post race food and drink, at a location with easy parking and on the classic Key West Racing and running course.

March 8, 8:00 AM. 6TH Annual Menendez Miler 5K, Key West

This is another great event by the Sunset Rotary, benefiting

the Bobby Menendez Scholarship fund. Celebrate after the race with free beer, free snacks and lots of door prizes and drawings.

* March 22, 7:30 AM, FKCC Sprint Tri *

Great Event, put on by the Keys Community College, come Try a Tri!

March 29, 8:00 AM. Smokin' Tuna 5K Run/Walk for Mote Marine, Key West

Last year this new event was a hit right off. With great sponsors and the enthusiastic volunteers. Don't miss

after the race-Eco-Discovery Center KIDS FUN RUN ½ mile course. Following the race at 11 AM will be the Mote Marine Laboratory Florida Keys Ocean Festival & Waterfront Craft Show. Fun for all ages celebrating our marine environment. Kids activities, Live Entertainment and featuring over 70 art, craft, food, vendors and exhibitors. Visit www.keysoceanfest.org for more info

* April 5, 7:30 AM 7 Mile Bridge Run, Marathon, FL Hopefully if you wanted to run you got online early enough to sign up for the Online entry only Keys classic event, put on by the Marathon Running club to support the Kids programs in the Keys.

April 12, 8:00 AM. Earth Day 5K Run/Walk, Key West

This is another great annual event starting at White street pier. This race highlights Earth-Friendly Recyclable Awards and Proceeds to go to, Friends And Volunteers Of Refuges (FAVOR). FAVOR volunteers have been directly responsible for mountains of trash being removed from our beaches and wildlands. The application is on our website. Call 305-745-3027 for information

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

WHAT HAPPENED

Wednesday, February 5, KWSR Scavenger Social at Smokin' Tuna

Sonny had us running around old town finding facts about Key West we should know. Great food and drink thanks to Smokin' Tuna

February 8, KWSR Ragnar Relay Exchange

KWSR worked Blimp Road Cudjoe Key Exchange this year. Covered the 12 hour shift Starting early on Saturday and finishing late. Last minute changes on the course changed our exchange and others, to a virtual exchange, greatly eliminating traffic tie-ups all along the Keys.

KWSR's ON THE ROAD

This Month Chester stayed home with a trip to Miami to do our local and closest other Half Marathons.

January 19, Key West Half Marathon

Weather wise it was a near perfect day when I race walked the Key West Half Shell Half Marathon in Key West, Florida on Sunday, January 19, 2014. The temperature ranged from 60 to 67 degrees with completely clear skies and 10 to 15 mph winds from the NNW, a direction from which almost all the course was sheltered. The course was on paved streets and sidewalks that I thought would