

Key West Southernmost Runners

www.Southernmostrunners.com



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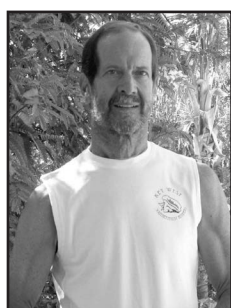
KWSR Workouts

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. 6:00 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.dedraing@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
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KWSR-SFRF April 2014

From the Editor and President

Hello Southernmost Runners:
Once again we have a busy month, Not all KWSR events but the weekends are full. Last month was a full one as is this month, take advantage of the racing opportunities and remember that to keep these races running we need you help!



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 its members to make our races happen. Call Don: 305-304-0091**

WHAT'S HAPPENING

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 2, 6:30 pm, KWSR Social at New York Pasta Garden. Come do a fun run and join in the camaraderie of Key's Runners at our April Social. Pizza and drinks will be served at this Duval Street Pasta Garden with free parking. Don't miss it, located in the 1000 block of Duval St. In "Duval Square" 1075 Duval St. Key West.

*** 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

April 24, Thursday 7:00 PM. Duval Street Mile, Key West, Another great race that was a success last year and will be event better this year, all in support of our Key West High School Running teams. Info on the website or Call 305-304-1019

April 26, 8:00 AM. 4th Annual, The Basilica School of St. Mary Star of the Sea, Mariner's March 5K Run/Walk and 1/2 Mile Children's Fun Run, Key West. Once again we will be running down town from The Basilica School of St. Mary Star of the Sea. Come enjoy the family fun, at this great event running through the neighborhoods to the Beach and back.

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

WHAT HAPPENED

February 15, Christina's Courage 5K Run/Walk Key West's Stock Island Headquarters was the start line of the 1st Annual Christina's Courage 5K Run/Walk. Over 130 Runners and Walkers headed out from the Headquarters onto college loop road. Weather was perfect for the race, allowing runners and walkers to clock some very fast times in this first time event.

Ian Murray, from Key West was the Top Finisher in a very fast 16 Minutes and:42 seconds. Ian led the whole way finishing a ways ahead of the second place finisher 12 year old Key West Runner, Owen Allen, running a great time of 18:13, and winning the 10-14 year old age group. Key West runner Edward Clarke was 4th overall winning the Male Masters title (over 40 years old) in 18:44.

Baltimore runner Rebekah Adams, was the Woman's Top Finisher in 23:15 while Betsy Langan, local Key West runner,

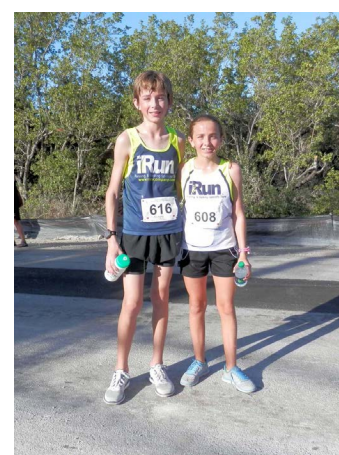
took home the Female Masters Title in 23:49.

Walkers were lead all the way by Masters Walker Andrew Smith from Whittle NC, walking the 5K Course in and incredible 28:57. Female walker Adriana Garcia from Marathon, was the first female walking the course in 33:58.

Key West Southernmost Runners along with the Monroe County Sheriffs Volunteers that man the Christina's Courage Center for rape and child abuse victims, did a great job with the course, post race refreshments, results and awards.

February 22, 6th Annual Blimp Road 4 Miler

Pirates Wellness Center provided a great spot for the Pre and Post race festivities, that benefits the St. Peter Church SeaBee Foundation which provides educational scholarships for single parent families in the lower Florida Keys. Food and Drink were plentiful and a great numbers of runners and walkers enjoyed the race, raffles and awards on a rather warm February morning. Key West 12 year old runner, Owen Allen ran the 4 miles in a time of 24:57, that's a 6:14 Pace, to win the overall title. Jeff Beyer, from Buffalo, MN. won the Male Masters award, with a time of 26:21. Local Big Pine Runner Helena Bursa ran in 3rd place over all, finishing in 26:25, winning the Overall Female Award. Key West Runner Leslie Johnson ran the 4 miles in, 31:18 to win the Female Masters award.



Other notable young runners were 5th place runner overall, 12 year old Nicole Matysik from Key West running a time of 27:30. 10 year old Michael Cates from Key West, ran first place in his age group with a time of 32:14, followed by Stanley Grierson from Bass Harbor, ME. finishing next in their age group in 33:09. Young 11 year old Key West girls, Cassadee Wellings, 35:23, Lou Navarro, 35:34, both ran great times in the 4 miler. Another one of the visiting Grierson family runners, 6 year old,

Spencer, won the boys 9 and under age group in 41:47.

Walkers covered the 4 miles in great time with Ram Rod Key walker Larry Ferguson, 42:03, taking the Overall Award. Big Pine Key Walker, Melissa Genest, took home the Overall Female Walkers Award, in a time of 52:16. Pirates Wellness Blimp Road Run/Walk is one of the few races that award walkers with age group results and a Masters (over 40) Award. This year walker Thomas Nolf, from Pittsburgh, PA. won the Male Masters Walker award in a time of 48:46, and Summerland Key Walker Carla Threadgill, took home the Female Masters Walker award in a time of 54:31.

March 1, Marathon Sombrero Beach 10K Run 5K Fun, Run/Walk and 15K Challenge

The weather was cool and sunny when over 500 Runners and Walkers from across and out of the country joined in 2 races Saturday morning, a 10K starting at 8:00 and a 5K Run/Walk following at 9:15. About 40 runners took the 15K Challenge and ran both events. Many Winners took home awards in both the 10K and 5K events.



The 10K overall winner was last years female winner Natasha Yaremczuk, from Paris ON, running the 6.2 Mile course in 39 Minutes and 12 seconds. Second overall all 10K finisher was first place male finisher Mark Aitken, from Palm Beach Gardens running a time of 40:03. Little Torch runner Mike Bailey was the top over 40 masters runner in a time of 41:53, and local City of Marathon runner Lauri Grube, won the Female Masters award in 45:53. Running a great time of 45:53, 70 year old Vero Beach runner, Michael McLaughlin took home the Grand Masters award (first over 50). Female Grand Masters winner was Margaret Difilippo from Mount Joy, NJ, (49:03). The