

Senior Grand Masters winners (over 60) were Charles Johnston from Grand Blanc, MI. (48:51) and Deborah Holtom, from Howe Island, ON. 49:07.

Men's 5K Run winners were, Joseph Difilippo, Waretown NJ. (18:31); and Natasha Yaremczuk, (18:56). Male Masters Winner was, Jeff Stouch of Mount Joy, PA, (20:32). And again Female Masters Winner Lauri Grube (22:12). Male Grand Masters Winner was, Mike Bailey, 20:56 and Female Grand Masters winner Mary Nicholls from Pembroke Pines, 23:34 Michael McLaughlin, Vero Beach FL, took the Senior Grand Masters award (22:21) and the female Grand Masters winner was Deborah Holtom, (24:55)

A really incredible Male Race walker Tim Nicholls, lead most of the runners finishing in 24:30 while Female Walker Winner was local City of Marathon Walker Adriana Garcia, (34:11) (36:38). Male Masters Walker winner was Bill Reed, from Kalamazoo MI. (29:57) and Female Walker Masters Winner was, Phyllis Quinby, Tavernier, FL. (37:58). Male Grand Masters Walker winner was Larry Ferguson, (32:21) and Female Walker Grand Masters Winner was, Phyllis Pastore from Mt. Sinai NY, (39:01). Male Walker Senior Grand Masters Winner was, Donald Cronk, Newport Ctr. VT, (37:46) Female Senior Grand Masters Winner was, Lynda Cavanagh from Wakefield, RI. In a time of 39:13.

A great many volunteers from many organizations helped with this event raising funds for KAIR (Keys Area Interdenominational Resources), 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. KAIR seeks to serve those individuals and families in Marathon and the Florida Keys who have found themselves in crisis. Working in partnership with other agencies and organizations, every effort is made to return people to self-supporting, productive lives. Get more information on KAIR at <http://www.kaironline.net>

Thanks to all the volunteers that made this event possible and the City of Marathon, County Sheriffs, Collectors Corner, Key West Southernmost Runners, Theme Runs Timing, and all the people and businesses that helped.

March 5, KWSR Sweaty Social, at Indigenous Park

Fun run Pizza and Beer after a easy run on our Key West Racing and Beach course. Don't miss next month at the Duval Pasta Garden, April 2.

March 8, 10th Annual Menendez Miler 5K, Key West

KWSR with Sunset Rotary hosted the 10th Annual Menendez Miler on Saturday, March 8th. The event had a great turnout, over 170 Runners and walkers with weather that was beautiful for a morning run. The Menendez Miler benefits a local student who exemplifies the motto, "Conch Pride, Dont Leave home with out it, founded by Bobby Menendez.

Key West runner, Keith Durden, was the 5K Run overall top finisher with a time of 18:12, and the top female award went to Sandi Kaspszyk, running a great time of 20:58.

Male Masters Runners (over 40) were lead buy Edward Clarke from Key West, with a time of 19:19, while the Female Masters title went to Key West runner Colleen Dunne, with a time of 22:34 just seconds behind Nicole.

Overall walkers were lead buy, Larry Ferguson, from Summerland Key, for the males , 30:40, and Barbara Kimball, from Tewksbury MA, for the Females, 40:06.

Refreshments, Awards and numerous Raffle prizes, were given out by the Sunset Rotary, at Mc Coy Indigenous Park, after the race with few going home empty handed. A special thank you to the Menendez Family for their support each year.

KWSR's ON THE ROAD

This Month Chester stayed in Florida with 3 home state Half Marathons.

February 16, Daytona Beach Half Marathon

I race walked the Daytona Beach Half Marathon in Daytona Beach on February 16, 2014. It was a little cold for the first half of the race which started at 6:00 AM and saw a temperature between 43 and 47 degrees. There were clear skies and little breeze for the approximately 1500 participants. The course started on pit road of the Daytona Speedway, took the participants about 2.25 miles around the track, exited the speedway to the roadway, headed east to the beach, did about 0.25 on the beach where the cars used to race, returned on the roadways to the speedway, entered the speedway, and finished at the finish line on the race track. Generally the course went gradually down as the participants headed towards the beach and gradually up as they headed away from the beach; however, there were a few small hills and two crossings over a high bridge over the Inter-coastal Waterway. Water/Powerade Stations were located every 1.5 to 2 miles outside the speedway and were manned by plenty of enthusiastic volunteers. The lanes of the roadways utilized for the course were completely closed to traffic and intersections were controlled by numerous friendly police officers. There were only a few spectators throughout the course who enthusiastically cheered for the participants. Once again the event was held during Daytona Race Week with qualifying being accomplished this weekend and the main races being held next weekend. NASCAR driver, Jimmie Johnson, who was the overall NASCAR Champion in 2013, once again competed in the half marathon and had very impressive results as he finished 3rd out of 76 people in the 35-39 male age group with a time of 1:28:16. This is the second year that I have done this well organized, fun event and I was even able to view and photograph many of the race cars and much of the sights in the speedway. I am looking forward to next year's event.

February 23, Gasparilla Half Marathon

On Sunday, February 23, 2014 I race walked the Gasparilla Half Marathon in Tampa, Florida. The temperature was near 70 degrees with no breeze and overhead fog during the entire event. The approximately 10000 participants followed a nearly flat route for five miles through Davis Island and the rest of the distance along the bay front on roads that were completely closed to traffic. Many police officers ensured the safety of the participants. Water/Gatorade stations were located approximately every 1 to 1.5 miles and were manned by plenty of enthusiastic volunteers. Spectators were located along the bay front in large numbers and enthusiastically cheered for the participants. My friend, Bart Yasso, from Runner's World magazine was at the exposition on Friday and the finish line on Sunday. The event was very well organized and fun to do. In addition to the half marathon there was an 8K on Sunday and a 15K and 5K on Saturday. The races were scheduled in such a way that people could do any or all of the races. Actually there were many participants that completed all four races.

March 9, Live Oak, Florida Sheriff's Youth Ranch Half Marathon

The Florida Sheriff's Youth Ranch Half Marathon that I race walked on Sunday, March 9, 2014 in Live Oak, Florida was a wonderful friendly little event that gave you plenty for a relatively little entry fee of less than \$50. The weather was perfect as the temperature started at 45 degrees with clear skies and no wind just before the sun

rose and the temperature reach around 65 degrees by the time I finished. There were actually five events starting together – full marathon, half marathon, 10K, 5K, and kid's fun run, with a total amount of entries being less than 200. All the courses were certified and the half marathon consisted of two loops utilizing approximately 12.5 miles of rural roads that had almost no traffic and the rest over a grassy area near the arena where the start and finish were located. Every turn was very well marked and was very easy to follow despite there being so many different courses over the same roadways. The turn-around places for each race had a volunteer making sure that the proper participants turned around in the proper places. The course was mostly up and down over gentle inclines and declines that in my mind would not qualify as hills. There was almost no flat areas. There were 4 water/Gatorade stations that served double duty on the two lap course that were spaced from 1 to 2 miles apart and were each manned by two enthusiastic efficient volunteers. Even though the event was on the sheriff's ranch there was no need for police anywhere during the event. There was a free delicious spaghetti meal available at the packet pick-up on Saturday and the four competitive events had five year age groups awards that went three deep and as a result I was able to win first place in my running age group despite the fact that I walked the entire race. There was plenty of liquids and food available at the finishing area. I certainly had fun and would recommend this well-organized event to anyone who enjoys participating in a small friendly enjoyable race.

Chester Kalb, Southernmost Walker.

Pictures from my trips can be viewed on my blog: <http://southernmostwalker.blogspot.com/>

KWSR's weekly group training run schedule is as follows:

Start Times and places have changed please note.

Mondays: 5:30 am / Tommy's Boot Camp at White Street Pier

Tuesdays: 6 am / White Street Pier / 5 mile tempo run (mile slow, mile faster, mile slow, etc.)

Wednesdays: 5:30 am, Tommy's Boot Camp at the Hockey Rink. 6 pm / KW High School Track / Speed and form workout

Thursdays: White Street Pier at 6 am.5 Miles

Fridays: 6 am / Green Parrot Bar / 3 miles easy pace (9:30-10:30/miles)

Saturdays: 7 am / White Street Pier / 4 mile social run up the beach and back / breakfast afterwards (non-race Saturdays)

Sundays: 7:30 am/ Big Pine Key Win Dixie Parking lot, 3.5-9.3 miles Group Run. Call Don for Big Pine Key Run Info 305-304-0091

If you have any questions about Key West group runs, please e-mail Dedra at: dr.dedra@gmail.com. The schedule is also always posted on the KWSR website as well. All runners are always welcome to join us any morning.

Send your stories for next month by May 8th to don.n@juno.com

Check out Pictures and applications online from the www.southernmostrunners.com web site, all applications are in Adobe Acrobat PDF format. Race results from all our events are posted promptly.

Remember all memberships are now good for 1 year from the date you joined, Check on the website to see when you last paid or call me at 305-745-3027



FAVOR
FLORIDA KEYS

18th ANNUAL

Earth Day 5K Run/Walk





KEY WEST
SOUTHERNMOST RUNNERS

EARTH DAY TEE SHIRTS **EARTH FRIENDLY AWARDS**

Saturday, April 12th, 2014
8:00am, McCoy Indigenous Park
(Atlantic and White Streets, Key West)

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| <p>Registration: \$15 (\$20 on Race Day) 13 and under \$10 (\$15 on Race Day)</p> <p>Pre Registration & Packet Pick up: McCoy Park, Friday April 11,, 5-7 PM</p> <p>Race Day Registration & Packet Pick up On Site 7-8 AM</p> | <p>5K Run Awards: Top Overall Male & Female Top Masters Male & Female 1st & 2nd Each Age Group (13 & UNDER) (14-19) (20-29) (30-39) (40-49) (50-59) (60 & OVER)</p> <p>5K Walk Awards: Top Overall Male & Female Top Overall Entrant 13 & under</p> <p>Proceeds To: Friends And Volunteers Of Refuges (FAVOR)</p> |
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Check to FAVOR, Mail to KWSR, PO Box 5923, Key West, FL 33045
App. online at www.southernmostrunners.com
Call 305-745-3027

FAVOR volunteers have been directly responsible for mountains of trash being removed from our beaches and wildlands.