

# Key West Southernmost Runners

[www.Southernmostrunners.com](http://www.Southernmostrunners.com)



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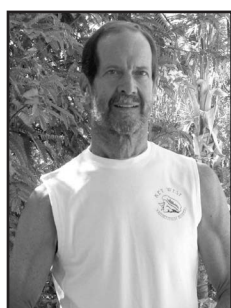
KWSR Workouts

Lower Keys Long Run, 3-10+ Miles  
Big Pine Key Sundays 7:00 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.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  
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KWSR-SFRF May 2014

## From the Editor and President

Hello Southernmost Runners:  
Once again April was a busy month with lots of events. May is busy, though just one KWSR event, the May 24, 7:30 PM Southernmost Seminoles 5K. But don't miss our last 2 April Races, the 24<sup>th</sup> Second Annual Duval

Street Mile, and the 26<sup>th</sup>, 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. Both Great events that can round out your spring racing season.

Starting in May other Keys Events will be the May 3, 8:00 AM Sigsbee Charter School Sailfish Shuffle 5K & KeysFit Games and Theme Runs, May 10th 8 AM. Cops and Kids 5K for P.A.L

Then May 17-18, The big one, the KEYS100 & 50 Ultra and Relay, Key Largo to Key West. KWSR will be at the finish line from Saturday afternoon until Sunday Afternoon Greeting the runners and teams as they finish. This is not an easy task and volunteers are needed, Susan is making a list of volunteers and times from 2 PM on Saturday to 2 PM on Sunday. Give her a call to lock in your times. Susan Kochan slkochan@bellsouth.net or 305-304-0746 texts are welcome

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

### 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.

### May 7, KWSR Social Key West.

Check the website for up to date information on location.

### May 17-18, Keys 100 and 50 Mile Ultra Run and Team Relay.

Key West Southernmost Runners will once again be the finish line greeters and do other volunteer duties along the course. Susan is making a list of volunteers and times from 2 PM on Saturday to 2 PM on Sunday. Give her a call to lock in your times. Susan Kochan slkochan@bellsouth.net or 305-304-0746 texts are welcome

### May 24, 7:30 PM Southernmost Seminoles 5K Renegade Run

5th Year of this event and it will be better then ever, come join us at Higgs Beach for a evening run along the beaches of Key West.

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

## WHAT HAPPENED

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

2nd Annual Smokin' Tuna 5K Tuna Trot for Mote Marine was run under ideal conditions from the Eco Discover Center, Saturday morning at 8 am. Runners from across the country gathered for the event to raise money for Mote Marine's Coral Reef Restoration Program.

The course was challenging as 350 runners and walkers took off running into Fort Zachary Taylor State Park and

onto a single track trail. Runners past the fort then ran along the Key West channel, and through the trees along the beach, before heading back to the quay and the Eco Discovery center where the ocean fest festivities were getting under way. Key West Runner Douglas Weeks lead the race finishing in a record time on this new course laid out by Key West's legendary Hops Mc Barley. Weeks 16:46 time was a record for this new course. Kristin Chester, from Cudjoe Key, won the overall Female title with a time of 21:42

Masters runners were lead by Key West runner, Edward Clarke, 18:51 for the men and Alice McGonigle from, Byfield MA. who at 60 years young ran a incredible 24:34, winning the Female Masters award.

Walkers were lead by Summerland Key male walker Larry Ferguson with a fast, 30:05 time. City of Marathon Walker, Adriana Garcia was the first female over the line in a great time of 33:59

Key West Southernmost Runners thank Smokin; Tuna, Mote Marine and all the sponsors that made this race possible. Special thanks go to Ft Zachary Taylor State Park for the use of their great trails and views of Key West Channel.

### April 2, 6:30 pm, KWSR Social at New York Pasta Garden.

Short fun run followed by great food and drink with many great ideas exchanged for our future socials and events.

### \* April 5, 7:30 AM 7 Mile Bridge Run, Marathon, FL

Once again the Marathon Running club ran a great race to support a lot of Kids programs in the Keys, including some of our favorite Cross country and track teams in the county. Online Registration and a early race date brought a crowd of first time runners to this classic event, New winners all around with some of our locals taking top awards home.

### April 12, 8:00 AM. 18<sup>th</sup> Annual Earth Day 5K Run/Walk for FAVOR, Key West

Over 150 Runners and walkers participated, running in the Earth Day Race, here in Key West. Runners and walkers were rewarded to a great post race party that emphasized the reasons that we all need to take care of the earth, and earth friendly cookie awards. Proceeds all went to Friends and Volunteers of the Refuges, a local group the is responsible for cleaning up thousands of pounds of trash out of our community by physically cleaning our environment.

Leading the pack the whole way was Key West runner Keith Durden, running a time of 17:41. Edward Clarke, also from Key West, was second overall finisher, winning the Masters award in 18:41.

Key West runner Mary Tribble, with a time of, 22:33, led the Women. Not far behind her winning the Overall Female Masters award was Donna Hodges from Cherrylog, GA. With a winning time of 23:04.

Youngest Earth Day Runner, Logan Wingard.

Walkers were lead by City of Marathon Walker, Adriana Garcia, who walked the 5K in a time of 33:56, walking almost 4 minutes faster then her winning time last at last years race. Key West's own Ron Cooke, was the first male walker over the finish line walking the 5K course in 40:20.

