

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors June, 2013

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RRCA S Florida State Rep.
Editor
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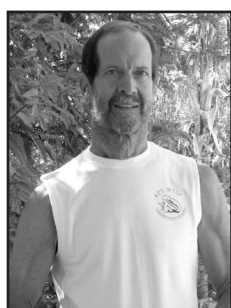
KWSR Workouts

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.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
keyscapt@bellsouth.net



KWSR-SFRF June 2014

From the Editor and President

Hello Southernmost Runners:

We are coming to our June elections of new board members. This process starts with nominations at the May Meeting and continues with the elections of the new board members at the June meeting. The membership votes on a slate of 11 board members and after the elections the new board establishes the 5 officer positions and the Members at large. All of the board members vote on club policy and are responsible for keeping the everyday workings and events on track.

Besides the board we rely on skilled volunteers for each event to do the tasks required to put on a safe and fun event. We follow the Road Runners Club of America's, Event Guidelines, and work with many non-profit organizations in the Keys for volunteer support and publicity of our events. All of the funds beyond our operating expenses go to the Key West High School Running teams. Along with many additional donations from participants and Race Sponsors, this season so far we have donated over \$7000 to the Cross-country team and over \$1500 to the KWHS Track team, and over \$600 to the Sugarloaf Sharks Middle School Running team. The work you do at our events is responsible for keeping these kids running, Thanks for your membership and time as volunteers making all of this possible.



56th Annual RRCA Convention May 1st 2014,
As South Florida State Rep for the RRCA, I again joined in the Annual Convention, this year in Spokane, Washington.

RRCA State Reps are volunteers that assist the National Office and the RRCA Board in carrying out the mission, vision and values of the organization.

What's the RRCA

Founded in 1958, The Road Runners Club of America is the oldest and largest national association of running clubs, running events, and runners dedicated to promoting running as a competitive sport and as healthy exercise. The mission of the RRCA is to promote the sport of running through the development and growth of running clubs and running events throughout the country. The RRCA supports the common interests of runners of all abilities during all stages of life by providing education and leadership opportunities along with programs and services that benefit all runners.

Some of the speakers that we heard were Bernard Lagat, 1500 meter Olympic metal winner in 2000 and 2004, and indoor 3000 meter World Championship gold metal winner 3 times. Don Kardong, Olympic 10,000 meter and Marathon competitor from 1976. Deena Kastor, Olympic 10,000 meter and Marathon runner winning the first medal (Bronze) for an American Marathoner in 20 years, in 2004.

Key West Southernmost Runners was founded in 1996 with the support of the RRCA, and follows RRCA Guidelines to promote and encourage long distance running as a competitive sport and as a means of healthful exercise.

Among the programs of the RRCA are the Kids run the Nation, Volunteer acknowledgment Awards, runner Friendly Businesses and Community designations, and State, Regional and National Championship events. Upcoming RRCA Florida State

Championship Events are the Space Coast Runners Space Coast Marathon, and Hammer Down Multisport, 30A 10K in Panama City Beach. Championship events are selected by a complete bid process from our clubs, Bids for 2015 events are due by October.

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

Our Winter Volunteer Coordinator Dennis, will be headed North for the Summer after the KEYS100. I would like to thank him for all of his support at our events this winter. If you see him before he goes let him know that you appreciate his work for the club.



WHAT'S HAPPENING

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.

June 4 6:30. PM. Wednesday, KWSR Social and Board Elections.

Check the website for location to be announced.

June 28, 38th Annual Swim Around Key West

This is one of the oldest ongoing events in the Keys. Come join in the fun by joining up to support a Swimmer by kayak or boat. This event has contributed thousands of \$ to the Key West High School Cross Country team, in the past few years. To help, call Don at 305-304-0091 or Katie at 773-502-5087

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

WHAT HAPPENED

April 24, Thursday Duval Street Mile, Key West,

The race was a fundraiser for Key West High School Cross Country, and the harriers were out in force, strutting their stuff in the street.

Another beautiful night for racing in the street. 209 runners finished and course records tumbled.

The Men's Race was a classic duel as two 25-year-olds duked it out. Doug Weeks led wire-to-wire with Keith Durden -- a State Meet medalist in the 4x400 as a KWHS senior in 2007 -- camped on his shoulder. Doug anticipated Keith's swift kick and surged hard with a quarter-mile to go (St. Paul's Church) and took the sting out of his rival's finish. Even so, the race was not decided till the final 50 meters.

The women's race was a battle also, with hometown girl Tristin Milliken defending her title as Queen Of The Road, placing 7th overall, and shattering her course record by 17 seconds. The KWHS senior had a strong challenge from 29-year-old Kristin Chester, but made a savvy push at the half-mile mark (Mangoes) and forged a lead that she would not relinquish, winning 5:34.0 to 5:39.5.

Team 19 easily won the Male Team race, scoring a near-perfect 7 points (1st, 2nd, and a 4th place finish by KWHS soph Jerry Burgess).

Cheetah Girls -- Milliken, 7th grader Nicole Matysik, and 10th-grader Catherine Richardson -- comfortably defended their title.

Street Meat copped the crown for the Mixed Gender team. Kristin Chester's 10th place finish led the squad, with Andy Winckler and Melvin Shaffer providing the solid depth. Their 44-point total was the second best score of the day.

Again, big thanks to Sir Peter for including us in the big CRIC shindig, Dennis for rallying his army of marshals, KWPD for the escort, Smokin' Tuna Saloon for the venue and victuals, KWSR for the help and hardware, SoMo Foot & Ankle for the support, and especially to the ladies from Local Awards for running that mega-raffle so well!