



Hope to see you all again in 2015!

April 26, 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.

Owen and Edward at the finish.

94 finishers 14 and under

The 4th Annual Mariners March 5k Run/Walk was a great success with 365 registered runners/walkers entered in the race. It was



a typical April morning in Key West with a temperature of 75 degrees and clear blue skies at the start. The Basilica School choir motivated the racers before the start with a beautiful rendition of the Star-Spangled Banner (pictured below). Overall winner was Keith Durden (pictured below) from Key West with a great time of 17:25. Overall female winner was 13 year old Nicole Matysik, from Key West with a time of 20:54. Male Masters winner and 2nd overall was Andy Kimball with a stellar time of 17:45. Female Masters winner was Valerie Favreau with a great time of 24:15. The Basilica School's own Owen Allen (13), was 3rd place overall with an amazing time of 18:27. After the race was complete, children 9 and under participated in a Fun Run. The 5th Annual Mariners March 5k will take place April 26, 2015.

May 17-18 KEYS100 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. Look for KWSR's KEYS100 stories from on the road next month.

KWSR's ON THE ROAD

This Month Chester started in Florida then headed north for more Half Marathons.

April 13, Pensacola Beach Half Marathon

On Sunday, April 13, 2014 I race walked the Pensacola Beach Half Marathon in Pensacola Beach, Florida. It was a little on the warm side with temperatures in the 70's, a 10-15 mph SE breeze that was shielded by homes and shrubbery, and sunny skies. The course was as flat as can be on roadways that were closed to all traffic except those living on the utilized roadways who drove slowly and respected the safety of the participants. There were many police along the route as well as cheering spectators. Water/Gatorade stations were located about every 1.5 miles and were manned by plenty of enthusiastic volunteers. When I did this event last year the mile markers were miss placed in many places. That was corrected this year as the markers were placed correctly. The age group awards were once again less than impressive; however, this year I won second place in my running age group even though I walked the entire race. I receive a small tile with a label pasted on that told the event, but not the age group, sex, or place. The event was well organized and I enjoyed myself.

May 5, Flying Pig Half Marathon

I race walked the Flying Pig Half Marathon in Cincinnati, Ohio on Sunday, May 5, 2014. The temperature was in the upper 50's to middle 60's with cloudy skies and little wind. Water/Gatorade stations were located approximately every 1.5 miles with the tables being separated with Gatorade at the first tables and water at the end tables, and were manned by plenty of enthusiastic volunteers. The spacing allowed the stations to be less crowded for the field of over 20000 participants in the full and half marathon. The course had flat sections and hilly sections with one climb of nearly 2 miles that gained 300 feet of altitude. Most of the hills were between miles 5 and 11. The roads utilized were completely closed to traffic with multiple lanes for the participants. There were plenty of police and volunteers stationed throughout. There were also plenty of cheering spectators along the course as well as numerous bands playing for everyone's enjoyment. Everything connected with this event was handled superbly which made this event enjoyable and near the top of my favorites.

May 10, Fargo Half Marathon

On Saturday, May 10, 2014 I race walked the Fargo Half Marathon in Fargo, North Dakota. The temperature varied from 37 to 52 degrees while I did the event. The skies were sunny and there was little breeze for the approximately 15000 participants in the 10K, half marathon and full marathon. The course was mostly flat with a few small hills on paved roads that were completely closed to traffic. Police and volunteers

were stationed at every intersection and did an outstanding job in keeping traffic and participants separated. The course was lined with numerous enthusiastic spectators who cheered for everyone. Water/Powerade stations were located every 2.5 miles for the first three stations and then 1.5 miles for the remainder of the distance. The tables were spread out and on both sides of the roadways which created less crowding and better service for the participants. The volunteers everywhere were enthusiastic and efficient. Also all along the course there was music at less than 0.5 mile intervals for the enjoyment of the participants. The Fargo event has a reputation as being one of the best well organized events in the USA and I certainly agree. I had a wonderful time.

Chester Kalb, Southernmost Walker.

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

Don runs Bloomsday 12K, May 4, Spokane, Washington.

Bloomsday is a spring, coming out event, for Spokane Washington, and surrounding Western states, and finishing 4296th sounds pretty lame but if when you find out that it's out of a field of over 46,000, that's in the top 10%!

People are everywhere; there are 8 streets, used as corrals, which feed into Riverside drive and the start line of the 7.46-mile course. This is all well organized with info, on your corral and start times on the back of your bib number. The course runs along and across Spokane River, known for its falls and rapids, and provides the energy to run the generators at 4 power stations electrifying the City of Spokane. From the start it's 1.5 miles downhill, to river then easy up for next 2.5 mile, at mile 4 you drop back to the river in a steep ¼ mile. From mile 4.5 to 5 it's all uphill for about gain of about 150 feet. Mile 5 to finish is pretty flat with an easy ¼ mile downhill to the finish.

As you run down hill at mile 4 you can see what's called Doomsday hill across the river, covered with runners, all the way from the bottom to the top.

Once you finish it's about ¼ mile walk to get your finishers shirt then into Riverfront park for food and drink, most of which, you have to have \$ to buy. All participants get Race shirts at registration but only finishers get the prized Bloomsday finisher shirts, after crossing the finish line.

Runners were told at registration to bring \$ for post race goodies and ID if you wanted Beer. Something I have not seen before at a race is food for sale along the course, Water, Snow cones, Ice cream and energydrinks all for \$'s. I did count 4 free waterstations on the course, with plenty of enthusiastic volunteers.

All in all, the race lived up to is press as a RRCA National Championship event and Running with our RRCA buddies from across the country was a great way to end our convention.

Some interesting facts from the results that were e-mailed to me the next day are, Don Nelson. Finish time: 01:05:52, Overall place: 4,296th, Time up Doomsday: 04:17, Pace per mile: 08:49, Average pace for 64-year-olds: 16:59, Placed 3,096th among 17650 males, Placed 86th out of 952 people 60-64 year old, Placed 21st among 144 people with the same last name, Placed 14th among 379 people the same age, Placed 14th out of 157 among 64-year-old males, Placed 4th among 22 people from Florida, Placed 1st among 2 people from Cudjoe Key, FL.

The real winners were, 1. Allan Kiprono, Kenya, 34:11, \$7,000; 2. Kevin Kochei Kenya, 34:40, \$4,500; 3. Cleophas Ngetich, Kenya, 34:42, \$3,000; and First American: 4. Aaron Braun, Alamosa, CO, 35:11, \$7,500*

1. Mary Wacera, Kenya, 39:36, \$7,000; 2. Lineth Chepkurui, Kenya, 39:38, \$4,500; 3. Risper Gesabwa, Kenya, 39:53, \$3,000;

Run On, Don

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: 7:00 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 June 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

Run On, Don