

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors
June, 2014

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Members at large:
Mark Bell
Sonny Shaffer
Taz Davis
Kristin Chester
Dedra Ling

RRCA S Florida State Rep.
Editor
Don Nelson
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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 Miller 6:30 AM
Wednesday Form at the Track
6:00 AM

Saturday Long run, 6:00 AM
Call: bill O'Brien 305-853-9353
keysapt@bellsouth.net



KWSR-SFRF July, 2014

From the Editor and President
Hello Southernmost Runners:

After our prediction run at the June Social/Meeting we elected some new board members and re confirmed others. New to our board as members at large are, Taz Davis, Dedra Ling, and Kristin Chester. Donna Phillips has taken on the Communications Secretary position and

Sonny Shaffer, will continue on as member at large. Mary Ann Nelson had stepped up to the Treasurers position with back up bookkeeping from past treasurer, Cindy McVeigh. Continuing on, as officers are Don Nelson President, Beth Moyes Vice President, Tracy Ziegler Recording Secretary and Mark Bell member at large.

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

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

July 2, Wednesday, 6:30 PM, KWSR Social at McCoy Park

Our Board of directors meeting will be before the social at 5:30. If you have an interest in the organization of the club please join us for the board meeting. We will be having a fun 5K Run at 6:30 followed by food and drink. Come join us.

July 4, 8:00 AM. Rotary of Key West/Crime Stoppers 5K Run

Re organized by the Rotary Club of Key West with Crimestoppers of the Keys. Look for more info on our website Come start your 4th of July at White Street Pier, with a Key West tradition.

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



WHAT HAPPENED

May 24, 5th Annual Southernmost Seminoles 5K Renegade Run

This years Southernmost Seminoles Sunset Renegade there were a little over 100 runners who participated as well as many Seminole fans. All proceeds go towards a scholarship fund, which goes to local high school students who will attend Florida State University.

The overall female winner was Helena Bursa with a time of 19:59. The overall male winner was Keith Durden with a time of 17:17. The male masters winner was Eddy Clarke with a time of 19:08. The female master was Amy Myers with a time of 27:51. There was a strong representation of youth runners. Overall you winners were Nicole Matsysik and Kai Davis.

Key West Top youth Runner Owen Allen was reciprocating support when he ran with his mother leading her to a great time in the evening run. Other youth runners were recognized with awards for the top Male and Female Runners under 14 years old, 13 year old Nicole Matsysik took home the top Youth Female award with a time of 20:42 and 14 year old Kai Davis was the Youth Male winner with a time of 20:31. Runners 14 and under were well represented by 19 runners, all from the Tavernier, Cudjoe Key and Key West.

After the race Centennial Bank provided hamburgers and hotdogs. There were many raffle prizes given away to runners and walkers. Key West Southernmost Runners and the Southernmost Seminole Club would like to thank all of their sponsors for their continued support.

June 4, Wednesday, KWSR Social and Board Elections.

Kristin Chester lead out prediction 5K run with the fastest time, 23:14 and the closest time to her prediction, 23:00. Runners up were Dedra Ling (Running Coordinator extraordinary), 18 seconds, Lazaro Ledesma (Cuban Lightning), 21 seconds, Taz and Sonny tied with 22 seconds, Eric, 27 seconds, Bascome, 49 Seconds, Raul, 51 seconds and Nicole and Mary Ann followed

running more then a minute over their predictions.

Great food was prepared by Mark Bell, back from his winter travels. Chili both Carne and Vegi as well as Burgers and brats and vegi style with great sides of cornbread and brownies, made for a delicious follow up to a cool run down the beach.

May 17-18 KEYS100 and 50-Mile Ultra Run and Team Relay.

Key's Teams did great this year many setting PR's with a great tailwind and cooler dry temps. Local runners also did the 100 with Amanda Broome, Debra Bertolini and Gabrielle Karp all running their first 100 solo and Stacy Czerwinski, Doug Bradshaw, Peter Geary and Abraham Santiago finishing the 50 mile solo.

KWSR's ON THE ROAD and TRAIL

Andrew Smith, KWSR Member, Appalachian Trail Adventures

Note: Completing the entire estimated 2,180 miles of the Appalachian Trail in one trip is a mammoth undertaking. Each year, thousands of hikers attempt a thru-hike; only about one in four make it all the way. www.appalachiantrail.org

5/5/14

Had a fun day in Erwin, TN doing laundry etc. Headed up the trail out of Uncle Johnny's Hostel. Started along the Nolichucky River then up the rocks. Met up with Bandana Bill who roomed with a hiker I started with from Ga. Got some trail magic at Indian Grave Gap of sweet tea and banana. Had lunch on Beauty Spot which was a grassy bald. Another mountain was climbed then into a forest. Was originally going to stay at Cherry Gap Shelter but decided to continue to a camp site 4 miles further. I was feeling really good and was hiking at 3 mph pace so I decide to continue to the hostel another 3 miles. Made to the Hostel at 8:15 PM after hiking 25 miles. Cooked my dinner and went to bed.

5/9/14

Spent an enjoyable day at Black Bear Resort. Had the Bunkroom to myself, good use of the computer and food supply. On May 6th I headed out at 9:15. The trail was flat and smooth dirt. The first stop of the day was Laurel Falls. It was a very steep, rocky descent to the falls. There were 2 other hikers with me. Falls were very impressive. Unfortunately we couldn't find the trail. The other hikers crossed the river but still no white blazes. After 30-40 min another hiker came down the trail and turned right about 50 feet above us. In the rush to get to the base of the falls we missed the white blazes. After a short hike crossing streams we started our climb up the mountain - 1800' in 2 1/2 miles. Had lots of switchbacks and actually wasn't that bad of a climb.

Ate lunch at the top of the mountain taking a 1 1/2 hour break. Ordered a new waist belt for my pack due to my weight loss.

The descent to Watauga Lake was quick. The lake had a nice swimming area with many people swimming or sunning. Got water and headed around the lake. Got to the Watauga Lake Shelter but decided to push on to the next shelter. Trail ran along the lake which is huge with many marinas. Crossed the dam and arrived at the road where 5 hikers were relaxing. I continued up the mountain another 4 miles. I was low on water and there were not alot of sources. Arrived at Vandeventer Shelter at 7:30. Water was .3 mile down a very steep hill. Taking me 30 mins to get water. Ended up eating in the dark for the first time. There were 4 others at the shelter - 2 german thru hikers, and 2 section hikers from VA. A good 17 mile day with nice view.

5/21/14

Neville, the hostel host, convinced me to go to the clinic in town to get checked. There was a group going in at 9 that I could ride with and Neville could bring me back. Got to the clinic at 9:30, Saw the doctor at 9:45 and was at Walmart at 10:30 getting my antibiotics. While waiting Neville was in Walmart so I got my ride back. Hopefully the medicine will help. I'm not sure what I did but I will definitely be more careful.

So far I have done 620 miles with only 380 left in Virginia

5/29/2014

This email will be a little different. Not a total daily log but more of a trail perception.

