

I am feeling better since leaving Woods Hole Hostel after 3 days of rest. Still not sure what was wrong but am taking my meds and have my appetite back. Have reached the 700 mile mark yesterday and am actually at 724 mile, closing in on the 1/3 mark. Taking another zero day after my marathon day yesterday. Did 26 miles along the ridgetop of Virginia Mountains. 2 days ago have a difficult climb down from Dragon's Tooth.

In the almost 2 months on the trail I have encountered great weather (lucky me) but more so great and interesting people from all over the country and world. They are young, old, middle age, male and female. Most everyone goes by there trail names.

I have hiked with a gentleman from Ohio who made soap unfortunately he had to return home due to commitments. I hiked with 2 Germans who were inspired to do the trail due to a documentary. They are many Germans due to this show.

Many hikers are with their 4 legged friends who are very well mannered.

People hike, take days off in town or at hostels or take off longer. One person had it figured where he would take off 2 day for a bachelor party then a week later take off to attend the wedding. Another hiker is going off trail to attend his grand child's graduation.

Hikers hike their own hike. Some are fast, some are slower, some go long distances, some shorter distances. Some hike at night, which is smart in hot weather but you don't get to see any views.

There are shelters along the trail between 2 and 15 miles apart. But many of us prefer to tent than stay in the shelters. Tents are more private and can be warmer and you don't have to deal with mice. Actually the last week most of the shelter that sleep 6-8 have been empty or only 1-2 people.

A major issue in the last week has been water or lack of it. Even though sources are listed some may be a drip or dry or there may be 6-8 miles between water.

The trail also has trail magic. Trail magic is provided by trail angels. Trail angels are people who provide items for hikers. They may be groups of people, former thru hikers, or just nice people. They may leave a cooler of cokes at the end of the trail. Or they may be at the top of long climb and have breakfast burritos. Or it may be a hiker picnic on Memorial Day. Hikers look forward to it but can't expect it. It just happens at the right moment.

The trail creates a community of friendship and caring people. Everyone is in the same boat so communication can be non verbal but helpful.

I'll be on the trail tomorrow feeling strong despite losing 24 pounds.
Happy trails,
Andy (Racewalker) Smith

6/10/2014

Today's episode is what happens when I get to a trail town such as where I'm at.

In general when you coming into town you start thing of what you may want to eat in town. Yesterday everyone was thinking about Ming's. Depending on the time of arrival in town will determine the order of activities. Yesterday we arrived at 4 o'clock, First activity was dinner. Then resupply at the grocery store. Then I checked into the hostel. Laundry is next followed by the weekly shower.

Depending on the access I then try to update my online journal and check emails. In some locations this is limited. Here because I spent last week resupplying I didn't need as much and since I was able to do laundry last night, I will be heading out on the trail today for a 5-6 mile day.

As I said the order of events depends on arrival time. If I get to a town/hostel in the AM, I check into my lodging then either do laundry, eat lunch, or go to grocery (or Dollar store). But the same activities happen about every 4-5 days. If the hostel or motel doesn't have internet, I usual go to the Public Library.

I am doing well I got new shoes last week which are comfortable, my pack is feeling good with any pain in the back, and I eating 3 meals and snacking a lot during the day. My weight is down some but I'm maintaining at about a 20 lbs. loss.

By the way I am also doing my AT hike as a fund raiser for our local Food Bank. The Community Table. If people wish to pledge a fixed amount or per mile, they can just email me and I will pass on the info.

Hope all is well in the Keys and don't forget it isn't too late to Pledge.

Andrew Smith: asmith123@earthlink.net

More about Andy's Hike can be seen at, www.trailjournals.com/racewalker

KWSR Adriana Garcia Racewalked Run like a Bunny Judged Racewalk, Pompano Beach.

Excerpt from Notes to my (future) self: KWSR (Race) Walking Down Memory Lane

Dear Adriana, it's your voice from distant past...

So let me tell you about your first time. No silly, your first judged racewalk event. It was a pretty awesome morning for you. You found yourself where you wanted to be. What you'd been working towards nearly every day with concentrated effort, practice, and numerous 5K races. Each step taken, each stride made confidently placed you at the starting line in the 12th Annual Run Like a Bunny 5K Run/Judged Racewalk/Healthwalk in Pompano Beach, FL on May 24, 2014. It was sunny with temperatures at around 77/80 degrees F. It was a beautiful morning at Pompano Beach Community Park.

After a few opening announcements and a beautifully sung National Anthem, it was time. Runners took their place, at 730 AM sharp they were off. Next, racewalkers and healthwalkers took their place and waited the 2 minute countdown. It felt like the longest two minutes in your life. Then, it was a GO for walkers. It was a blur for some distance after that since you were too busy concentrating on your technique. The plan was to cross the finish line; hence, don't get DQ'd! There seemed



to be 3 water stations located around the 1km, 2km and 4km mark manned by plenty of cheering volunteers. Some police officers were stationed along the flat course to help manage traffic. There were also some spectators throughout the course cheering and encouraging the racers, which was nice.

So girl, guess what? You crossed the finish line, congrats! Results were posted expeditiously and surprise! You took 2nd Place Female with a chip/scored time of 34:55.977. Though it wasn't your best time overall, it was an exciting moment indeed.

Post-race refreshments were abundant. Many great raffle prizes were handed out, but sorry you didn't win. There was a birthday cake surprise to all whom had birthdays in May. Ok so you're not a May baby, but you wanted to eat cake. You can infer what happened next...yes, yum! You met many great people with whom you created memories with. Also, unbeknown to you, you had just raced the 63 years young female racewalker from Ft. Lauderdale who at the time was ranked in the top 5 in the country for her age group (Masters). How great was that?! Over 175 runners and walkers participated in the race. The event was well-organized, fun filled and very friendly.

Yes, that was your pretty awesome morning. Then, you went back to work on shoulders and arm swing.
Sincerely you, Adriana Garcia

This Month Chester continued his northern Half Marathons.

May 18, Apple Blossom, Hastings, Minnesota

On Sunday, May 18, 2014 I race walked the Apple Blossom Half Marathon in Hastings, Minnesota. The weather was wonderful as the temperature varied from 48 to 65 degrees with sunny skies and little wind. The course was very hilly and challenging with 10.5 miles of paved roads and the rest gravel roads. The roads were open to traffic and the participants were expected to use the side of the roads facing traffic on the rural roadways. The cooperation between the traffic and the participants was outstanding. There were four intersections where the participants had to cross the main road to enter a side road that were controlled by police officers. Water/Gatorade stations were located approximately every 1.5 to 2 miles and were created by families that lived along the course who not only provided volunteers but also the liquid. There were only 119 finishers in the half marathon. The associated other events attracted 350 other participants. The event has existed for over 20 years and is a well-organized, friendly, enjoyable, and challenging event. I am glad I did this event even though I did not get to see any apple blossoms due to the extremely cold long winter season that this area of Minnesota experienced. Perhaps I brought some of my nice Key West weather with me as this weekend was the first spring like weather that this area has experienced in 2014.

June 1, Deadwood, South Dakota

I race walked the Deadwood Mickelson Trail Half Marathon near Deadwood, South Dakota on Sunday, June 1, 2014. For the most part the Mickelson Trail is an old railroad that has been converted to an all-purpose trail with fine gravel and sand covering the old railroad tracks. The trail is extremely well maintained. The 2250 entries in the half marathon and 600 entries in the marathon were bussed from Deadwood to two different places along the trail for an 8 AM start. The last bus left Deadwood at 6:15 which mean half marathoners had a lengthy wait for the start at the half way point in the marathon course. My wait was approximately 1.5 hours and for 30 minutes of the wait it rained with the temperature near 48 degrees. I always bring an extra-large trash bag to cover me to keep me dry and warm in situations like this. There were plenty of port-a-potties in the woods near the start as well as enough room for the 2250 entrants to wait. The trail itself is about 8 feet wide so the start area covered about 1/4 mile of the trail with participant expected to fill in according to expected finish time. Because the importance of this had been explained often during the waiting for the start, participants actually cooperated extremely well and made the congestion on the trail not too bad. The first half mile and a 1.5 mile section between miles 5 and 7 were the only uphill parts of the course which for the rest of the course saw a drop in elevation of approximately 1500 feet. Two sections had extremely steep short down hills. The old railroad beds by necessity could not be steep either up or down. There was a lack of level sections on the course. Water/Powerade stations averaged 2.5 miles apart and were restricted to places where the trail could be accessed. At each station the Powerade was on the left and the water was on the right to make crowding minimal. There were plenty of enthusiastic volunteers to take care of the needs of the participants. When the trail was approaching Deadwood, there were a few places where roads needed to be crossed and there were police and school crossing guards to control traffic. Unfortunately from mile 8 until I reach my motel after the race it rained some more and the temperature remained in the 50's. The event was extremely well organized and I had a wonderful time on my trip to the historical town of Deadwood.

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: 7:00 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 July 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