

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors
June, 2014

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KWSR workouts

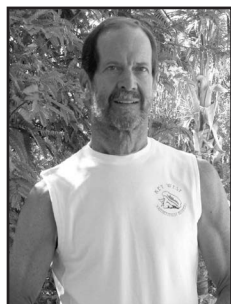
Lower Keys Long Run,
3-10+ Miles
Big Pine Key Sundays 7:00 AM
Call; 305-304-0091
don.n@juno.com

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
keysCapt@bellsouth.net



KWSR-SFRF August, 2014

From the Editor and President
Hello Southernmost Runners:

Our Board has been working on better organization for our events. We need you help with the volunteer positions that require skills, such as Finish line, timing, data and course set up.

Directing a race requires knowledge of all of these and knowing volunteers capable of performing these duties skillfully. We have people that will help you learn to do what it takes to make a safe and fun event. Call me for more info.

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

Summer time slow down,

We will not be having an social in August, but if you are interested In a wed evening Group run let me know, I have been doing my Wed Track workout from White Street pier, as the KWHS track is closed for repairs. I will be at the McCoy Parking lot at 6 PM Wednesdays.

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

WHAT HAPPENED

June 28, 38th Annual Swim Around Key West

Once again Swimmers from around the country and some from out of the country came together in Key West for this ultra swimming event. KW High School Cross country team and coach were key volunteers in this fundraiser for the Cross Country team. Chicago Swimmer, Nicolas Perfetti, was the first swimmer back to the beach in a time

of 4:37:32, while Carol Cashell, from Cork Ireland, was the first female to finish in a time of 4:41:48. The only local Keys Swimmers to finish the 12.5 mile event was Race organizer, Bill Welzien finishing his 60th Swim Around the Island in 6 hours and 34 minutes.

July 2, Wednesday, KWSR Social at McCoy Park

After the board meeting we had a handicap race with runners starting in waves based on their predicted 5K times. With the small starting group this allowed all the runners to cross the finish line together that reinforced our idea of bringing our runners of different abilities together. Pizza, Salad and Drinks were all shared after the run, as well as stories of our running exploits.



July 4, Rotary of Key West/Crime Stoppers 5K Run

More than 250 Runners and Walkers were up bright and early on the 4th of July to participate in the 3rd Annual Rotary Club of Key West-Crime Stoppers 4th of July 5k. Overall Male Winner was Nate Huff from Key West with a time of 16:35, One of the fastest time on this course and Overall Female Winner was 13 year old Nicole Matysik from Key West with a time of 20:25. Male Masters Winner was Brad Makimaa from Key West with a time of 20:39 and Female Masters Winner was Tonya Feit from Key West, with a time of 25:59.

Walkers were lead all the way by Marathon Walker Cory Walter, finishing the course in 32:43. Male Walkers were a bit behind, with Key West Walker Kevin Dunleavy, taking the overall Men's award in 42:02.

After the 5K, there was a children's fun run for kids 9 and under and 20 children participated and all received bracelets.

Cross country runner, Breanna Murrin, from Columbia, SC. Finished in 24:22, carrying the American Flag all the way. Breanna ran a 100 mile run down the Keys, with her father Chris, over the previous 5 days, to raise awareness for Team RWB which stands for Team Red, White and Blue, that helps veterans become more sociable in their communities through social events

The racers enjoyed post race refreshments, awards and raffle. The race raised over \$9,000 and the net proceeds will go to fund The Rotary Club of Key West-Crime Stoppers 4th of July 5k Law Enforcement Academy scholarship which will enable a local from our community to attend the academy and become a law enforcement officer in the Keys.

Thanks to Key West Police Traffic control for their support and Key West Southernmost Runners and Rotary Club of Key West volunteers who made this race possible.