



KWSR's ON THE ROAD and TRAIL

One of our fastest and youngest runners went on a road trip to see her coach.

Last month I spent 9 days in New York, I ran 2 races up there and I did a lot of training.

My first race was a 10k but I was just pacing a friend of mine. Building up to my second race I trained everyday. One day I got to join a running group called Paragon, that has extremely fast runners, for an interval workout in Brooklyn. On other days I ran with Coach Bill Elkins around Queens and even Central Park. Another workout I ran a track workout with the New York LIC Runners Club. Sunday Morning I ran the Coney Island Take Your Base 5k run, and won first place female overall with a PR time of 19:49. After the race I enjoyed a day at Coney Island, then the next morning I flew back home to Key West. Nicole Matysik

KWSR Adriana Garcia Racewalked 2014 USATF Racewalk Championship.

Once upon a time, a Game of Thrones: Aristocrats. Footmen. Results Wagered. Great distances over several days. Today, a Game of Legs: USATF. Racewalkers. Registration Fees. Pick a distance, your pace.

Good turnout for the 2014 USA Track and Field Florida Association 5K Racewalk Championship. The event took place on Father's Day, June 15, 2014 at Trade Winds Park in Coconut Creek, Florida; one of Broward County's largest parks. Simultaneously held were also the 5K Open Racewalk, non-championship and 5K Healthwalk.

As a first time participant, navigating the park to reach the designated race site might have been tricky if it wasn't for the Race Director's drawn map and written instructions; hence, ignore the park signs or else get lost in the labyrinth of pathways/roadways. Upon arriving, I saw horses nearby. Did I mention the park offers horse stables? The park is also one of Broward County's most diverse parks. The horses were beautiful. I enjoyed observing them as they roamed and fed outside within the vast enclosed space. A sense of calm and peace seemed to permeate the surrounding area. Pre-race check-in was scheduled at 6:45AM. I arrived much earlier and the event organizer's support staff, members and volunteers were ready and willing to check-in this early bird. A racewalker to contest the Florida Association Championship was required to be a Florida State resident and 2014 USATF Member. Respective racewalkers wore white race bibs, front and back, and the knees could not be covered. Other walkers wore front yellow race bibs.

Game of Legs begins: It was sunny with scattered clouds. The temperature was around 80 degrees F. When it was time, all walkers took to the starting line. An air horn blast commenced the race at 7:30AM sharp. The event was held on an USATF certified 5K road course. Counting from the start line walkers looped the course two and a half times, finishing at the opposite end. It was supervised and judged by certified USATF officials following USATF rules. Observing the uniformed officials take their respective judging positions along the course was at first...can we say nerve wrecking?! There was one water drinking station located ¼ mile from the start line supported by two hard working and upbeat volunteers. They served all walkers in both directions for the full race event as walkers looped the course.

Amusingly, during the race there were a couple of instances when some peacocks may have wanted to debut their racewalking technique. Did I mention the park offers an educational farm, too? The peacocks were pretty to look at, but thankfully they weren't an obstacle and likewise. Oh yes, word has it they ended up with DNF's. Crossing the finish line was...well...you see, I kept walking. Never mind the finish line timing device was in plain view or the audible 3-2-1 countdown as one crossed the finish line. Never mind that a cold water bottle was handed to me. What?! Perhaps it was a sudden one person pop-up water station because the weather conditions warranted such provision. Hmm, I wonder at what point I would have realized to stop if it wasn't for the racewalker who called out to me. Can we say oops?! Yes, that was my picture finish moment.

There were post-race refreshments. I particularly enjoyed the well-chosen/prepared fruit platters as did the other racers. It sure hit the cool spot after a hot race. There were plenty of meet and greets, shared stories and laughter afterwards. The award ceremony was energetic and fun. Everyone seemed to have a great time. Florida Association 'Gold,' 'Silver' and 'Bronze' medals

were awarded to the top 3 in each 5 Year Age Group. Outcome? Registration fee...\$27.00. Membership fee... \$30.00. Front row seat for racewalkers thesaurus of emotions as their names were called...Priceless. As for me, it was First place in my age group...perseverance wager paid off...priceless.

After the award ceremony concluded, the weather seemed it would not cooperate any further. Dark clouds gathered overhead and the winds picked up. Anything not weighed down flew first class or coach. Everyone rushed and helped each other pick up...the chant at that moment was 'yes, we will GO... yes, we will GO!'

Overall, it was a well-organized event. I'm glad I was able to not only partake in this year's Championship event but to have met more avid racewalkers and walkers from around South Florida. It was truly a wonderful memorable experience... and oh yes, next time I'll remember to stop.

Walk On,
Adriana Garcia

This Month Chester ran some fun Half Marathons.

June 14, Laugh and a Half Marathon

On Saturday, June 14, 2014 I race walked the Laugh and a Half Marathon in Norfolk, Nebraska. It was a cloudy sky during the race with temperatures from 66 to 72 degrees and gusty strong winds throughout the two lap course on roadways that were not closed to traffic but did offer a dedicated lane for the participants. There was a long 2.25 miles gradual uphill located between miles 1 and 4 followed by a 1 mile gradual downhill. The rest of the lap was relatively flat. Of course everything was repeated on the second lap. Water stations were located from 1 to 1.5 miles apart and had plenty of enthusiastic efficient volunteers. There was the sports drink, Heed, at one of the stations. Numerous friendly police officers and volunteers controlled turns and intersections. The traffic cooperated well. The half marathon had about 230 participants. The associated 5K, 10K, and kids run made the number of participants reach near 800. There was a pre-race pasta dinner that was free for the participants and a post-race pancake breakfast that was free to everyone. The event was very well organized and fun. For those who are wondering, the laugh part of the name was to honor comedian Johnny Carson who was a Norfolk local for most of his life. There is an interesting museum partially dedicated to him as well as an auditorium named after him. The Great American Comedy Festival was being held while I was in Norfolk.

June 29, Sturgis Falls

On Sunday, June 29, 2014 I race walker the Sturgis Falls Half Marathon in Cedar Falls, Iowa. The temperature varied from 68 to 77 degrees. The skies were variable as the event started with clear skies, then it became cloudy, followed by partly cloudy, followed by a small thunder shower, and finishing with partly sunny skies. The wind was also very changeable. The course, which had to have major modifications due to flooding of the Cedar River, was somewhat hilly but featured no challenging hills. Two thirds of the course was on paved bike paths through heavy woods and the rest was on roadways with little traffic. Water/Gatorade stations were spaced irregularly as access to the bike paths was not very often. There were plenty of enthusiastic volunteers who took care of the needs of the 350 participants in the half marathon. Police were at the start and finished and at one place where the course crossed a roadway. There were also volunteers stationed along the bike paths at each junction to ensure that everyone went the correct way. Because of the isolation of the course there were only a few spectators. The event was very well organized and was part of a larger celebration in Cedar Falls this weekend. Gerda and I had a wonderful time, not only at the half marathon but also at the other events in the area. Somehow we also lucked out with the weather as it was supposed to rain most of the time but did not do so.

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 / White St. Pier / Speed and form workout/fun run.

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.dedraling@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

Run On, Don