

Key West Southernmost Runners

www.Southernmostrunners.com



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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 October, 2014

From the Editor and President

Hello Southernmost Runners:
We have had some fun summer socials and training has been slower during the summer heat. Summer is over and the racing season is upon us. Many have been working hard to prepare for the longer races starting this month. We look forward to seeing everyone at the races ready or not. If you're still looking for some inspiration in your training come join us for early morning Key West Runs or Wed evening track workouts. If you need more time to prepare for racing join our volunteer teams that make our races happen. Whatever you do enjoy the fellowship of Key West Southernmost Runners.

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

Our racing season opens with a school race in Key West Join us.

October 4, 8:00 AM Montessori 5K

This 5th Annual event is organized with a hard working group of educators that know that physical activity is the key to a healthy body and mind. Join is at Higgs beach for the 5K Run/Walk and the Children's run.

October 8, 6:30 P.M. KWSR Social and Fun Run at Mc Coy Park.

We have mover out social to the second Wed this month. Mark your calendars and come run then join us for food, drink and planning for our Race season.

October 11, Southernmost Marathon

KWSR is setting up Mile markers and managing water stations, Call Don 305-304-0091 to help.

October 18, Canceled Poinciana PTA 5K

The Poinciana PTA Has had to cancel on this date due to too many other events happening. Look for a Spring date soon and plan on coming to run for the School

KW High School Home Cross Country Meets

Come help out or just cheer our teams on!
Saturday 9/27 (7:30 AM) -- Key West Autumn XCursion @ Key West Golf Club
Thursday 10/23 (7:30 AM) -- Monroe County CC Meet @ KWGC

November 1, 8:00 AM. Zonta ABC 5K Run/Walk, Key West

Don't miss this big event with the Parrot Heads Joining us on the beach for a great run.

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

More Races in November, Check our calendar page at southernmostrunners.com

WHAT HAPPENED



August 23 Conch Cross Country Classic.

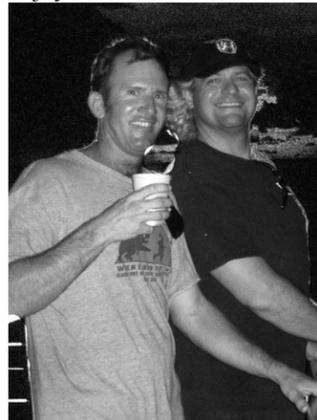
A pre-season time trial for the Key West High School Cross Country team, the event pits Sage 'n' Savvy (20-and-over) members against the Youthful Hubris (anyone 19-and-under) in a true Battle of the Ages. KWSR Sage 'n' Savvy (20-and-over) members had a poor turn out and an event poorer score, the kids whipped us. Great fun at the golf course and the runners enjoyed the running on the grass Please remember next year to come run this event.

Bill Welzien, Organizer of the Swim Around Key West, one of the Sage'n'Savvy Runners Presented the Proceeds Check from this year's 38th Annual Swim. \$3750.00 support for this year's season to Team Captain Everett Wagner, Coach White and Weeks. The team is instrumental in the production of this Classic event.



September 3 KWSR Sebago Sunset Sail Social

Good time was had by all. Over 20 KWSR friends and family enjoyed the sunset sail on Sebago with food and drink



KWSR's ON THE ROAD and TRAIL

RaceWalker Andy Smith Appalachian Trail Journal

Andy Smith
August 28, 2014

I got to Hanover, NH, home of Dartmouth, on the 16th of August. I had a mail drop of food and my winter clothes and shoe at a hostel here. There

were lots of hikers in town enjoying the food and hospitality. I spent the next day in town since it was Sunday and I couldn't mail my food package ahead. There were 3 other hikers at the hostel that night. Two were going from a different trail head from me. The fourth, Rowdy, was going from Hanover so we decided to hike together. He is from Ohio and is doing a fund raiser for the school where he is a dean. We decided to hike together through the White Mountains.

The weather remained cool but no rain. We were planning to stay at a shelter but we heard from another hiker of a place where we could camp in a gentleman's yard. We ended up at his house but he wasn't home at first. His name is Bill Ackerly or the ice cream man. He gives out ice cream to all hikers who sign his registry. We set up our tents on his screened porch. He arrived later with ice cream.

Our first major climb of New Hampshire was Mt. Moosilauke. A four mile uphill for 4000' then a 4 mile downhill. The climb up wasn't bad but the downhill was very difficult due big rocks and boulders. We had now entered the White Mountains of New Hampshire on August 23rd.

Each day was difficult hiking due to rocks and climbs but the views were spectacular. We were above tree line for 2 miles over Mt. Lincoln but the weather was perfect. Clear and sunny and cool each day. What is interesting when hiking the White Mountains is you look ahead and see a mountain which seems a long way. Then you realize that is the next mountain you are climbing. We were fortunate to be able to have soup at the AMC Huts and we stayed at 3 Huts for work for stay. Basically we got leftovers from dinner and slept on the dining room floor for washing dishes. There are 8 of these huts in the mountain about 6-7 miles apart.

On August 26th we summited Mount Washington, 2nd highest mountain on the AT at 6288'. Clingman Dome is the highest. It was cloudy so the views were limited but it still was incredible. The climb up to Mt. Washington was slow and long but the climb down was difficult on big rocks and steep inclines. We were