

# Key West Southernmost Runners

www.Southernmostrunners.com



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June, 2014

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KWSR workouts

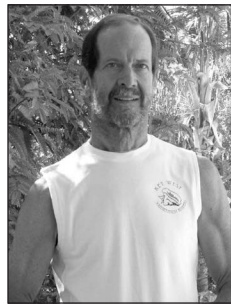
Lower Keys Long Run,  
3-10+ Miles  
Big Pine Key Sundays 7:00 AM  
Call; 305-304-0091  
don.n@juno.com

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 December, 2014

From the Editor and President

Hello Southernmost Runners:  
Again our KW High School Cross Country Boys team is going to the state meet. Everett Wagner Set a new School Record running a 16:30, at the FHSAA REGION 4-2A CHAMPIONSHIPS

Saturday, 8 November, leading the team to a new team record as well. 5 top times added to 1:28:10.80 or averaged out to 17:38.16. Thanks Coach White and all the volunteers from our club that have supported the team over the years. Look for the Kids on the course at the Hog's Breath 5K and congratulate them.

There are many new fun and exciting races coming to Key West - check out the Southernmost Runners website and find us on Facebook to become a member, join us for our runs and socials, and find out about purchasing merchandise!

We are looking for a Merchandise Person to Carry and Sell our Club merchandise at our events. Let a Board member know if you can help!

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

### November 15, 8 AM. Mariners Hospital 5K Run/Walk, 10K Run

Another great race up the Keys. Again a 10K will run at the same time, running out and back on the same course. The 10K starts at the finish of the 5K point to point run, with the turn around at the 5K Start line and finishes with the 5K Runners at Treasure Village Montessori School. Look for story on how this race went next month.

### November 29, 8 AM. 21<sup>st</sup> Annual Hog's Breath 5K Hog Trot Run/Walk

The 21<sup>st</sup> Annual, don't miss the great race with the outstanding Post race festivities, food and drink. This is one of KWSR's first races and all proceeds went and still go to our Key West High School track team.

### December 3, 6:30 PM KWSR Social

Information will be on the website soon, Plan on a great holiday party.

### December 13, 8:00 AM, MCBA "Justice for all Crawl" 5k Walk/Run

This is a new race downtown from the Courthouse. Come run the new course and see what happens when the Monroe County Bar Association runs.

### December 20, 8 AM. A Positive Step 5K Run/Walk

Time to Run the holiday Run for a great cause, starting and finishing at the Southernmost Beach Café, don't miss the great post race festivities.

Other Keys Events, look for info on our website.

\*December 6, Tri Key West\* We man the waterstations for a generous donation to our KWHS Running teams. **Call to volunteer!**

See our website for information on all upcoming events. [www.southernmostrunners.com](http://www.southernmostrunners.com)

## WHAT HAPPENED

### October 26, Sunday, Vineyard Christian Center 5K, Run/Walk Big Pine Key.

Ladies and Lower Keys Runners did a great job Sunday Morning Running and winning the 2nd Annual Vineyard Christian Centers 5K Run and walk. With great weather drying up the wet course, runners navigated through some of the flooded Big Pine Neighborhoods to run some fast times and

personal bests.

Cindy Carver from Inverness, Fl, held of local Big Pine Runner, Helena Bursa, who ran a personal best today, to become the overall winner of the Race. The two ladies out paced the men by and turned in times of 19:21 and 19:48. Big Pine Lisa York, Runner finished 4th for the women in 27:26 Taking home the Female Masters (over 40) Award.

16 year old, Marathon Cross Country runner, Joel J Zaila, was the overall Male winner in a time of 20:15, followed by Male Masters Winner Mickey Nolen in a time of 23:22.

Walkers were pushed by Big Pine Walker Melissa Genest, who pushed the pace, to beat out veteran walker Terry McGee,, by just a few seconds, with a time of 38:02. Terry walked a fast time of 38:20, taking home the Male overall Walker award. 5 year old Garrett Kinnune, was second in his age group the 9 and under category running a personal best of 47:32.

Vineyard Christian Center puts on this event as part of their weekend Fall Festival. The race follows the weekend family festival Sunday morning leading into the first Sunday Worship service.

### November 1, Zonta ABC 5K Run/Walk, Key West

The 22<sup>st</sup> Annual Zonta ABC Run/Walk was run Saturday morning. The first cool front of the season made for fast times and happy runners doing the 5K Race. Runners and Walkers had a great race as well as a great time at the post race festivities provided by the Ladies of Zonta.



Photo, Thanks Ron Cooke

Key West Runners Doug Weeks and Keith Durden ran together for most of the race, pushing their limits, in the final quarter mile Weeks pulled away for the Overall win in a personal best time of 16:16, while Durden finished just 7 seconds later. The next 3 runners were Key West High School Cross country Runners, Matthew Diaz, Christian Lee and RJ Southwell, all running great times under 20 Minutes.

6th Runner overall and Overall Female Winner was 13 year old Nicole Matysik, from Key West, running a personal best of 19:39. Overall Male Masters Winner, (first Male over 40 years old) was 66 year old, Stephen Hamilton from Pentwater MI, finished in 22:55. Overall Female Masters Winner was Key West runner, Ellie Kennedy, running, 25:31. Walkers were lead all the way by Overall Female Walker Winner, Kilroy Kathy, from Key West, with a time of, 36:36. Michael Benfield, was first male walker in a winning time of 38:52.

Locals, and Parrot Heads from across the country come out to participate in this rewarding race. The Zonta Club of Key West makes this happen with the help of Parrot Heads in Paradise and many other Key West businesses as sponsors of this event. KWSR worked with Theme Runs, who did the chip timing for the Zonta Run, turning out results in a flash. Thanks for your good work Theme Runs Crew!

### November 8, 6th Annual Key Largo Bridge, 5K, 10K and 1/2 Marathon

**A couple KWSR's were overall winners in the Half and 10K!**

James Kidney, Marathon, 10K, Male Overall Male Winner, 43:53 7:04/M

Helena Bursa, Big Pine Key, Half Marathon, Overall Female Winner, 1:31:33 6:59/M

### KWSR's ON THE ROAD

**KWSR Walker, Adriana Garcia, is a Winner!**

### Oct. 11<sup>th</sup>, Adriana Garcia, Palm Beach Gardens, FL

I attended this year's USA Track and Field Florida Association Awards Luncheon held at the Double Tree by Hilton Palm

