

Beach Gardens where I and other Athletes of the Year were recently honored. Athletes and their guests were treated to a flavorful decadent catered lunch buffet. During lunch, an interesting presentation on sports in Palm Beach County took center stage. Following dessert, awards were presented by sport Committee Chairs/representative members in their respective standing sport. Each respective Chair/representative delivered an introduction on the athlete and why they were selected as Athlete of the Year. Other Athletes of the Year honored were in Track and Field, Long Distance Running, Mountain/Ultra/Trail, and H.S. Youth. It was a delightful meeting and learning about the other athletes, their athletic endeavors and achievements. The stories were inspirational on many different levels and some of the stories shared were rather poignant as well. I had an enjoyable time. I was and still am humbled, honored and excited to have been recognized in the sport of Race Walking. There's still much distance and road to walk and I look forward to each step...

Yours in sports, Adriana Garcia

2014 USATF Florida Association Race Walking Athlete of the Year

Road trip: Coconut Creek, FL or Bust...9 Nov.

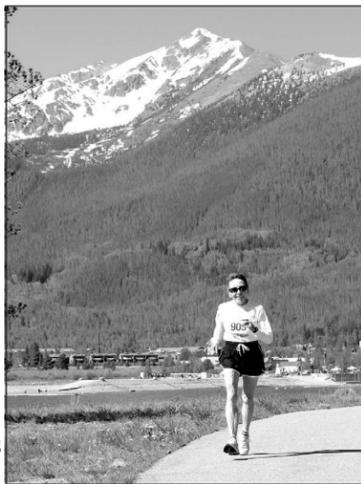
Race day Sunday is here! Woo-hoo with a dash of...whaaat?! Despite the gloomy weather forecast for race day, a decent turnout for this year's Open Race Walk 20K, 10K, 8K, and 6K held in conjunction with the USATF Florida Association 20K Championship. The race took place at Tradewinds Park in Broward County on the same USATF certified 2km loop, flat and fast road course that hosted the 2011 Pan American Race Walking Cup Trials/Open Race Walk. The 'who's who' of USATF Officials came out for today's event. There were 6 officials in place to judge the race walkers. Race walkers were assigned a volunteer whom would countdown the racer's laps as well as call out their times. Start and finish shared the same location. One volunteer supported the centrally located water drinking station... and never too far behind...our feathered friends, the peacocks...yes they were baaa-ck! Oh, and one what the?!?...focus now: a thingy looking-who knew they came that extra, extra-is that even possible-extra small-was that like a frog-kind of thingy...yes maybe I ought to 'Google' it. Shortly before the 730am race time, morning temperature was 69 degrees F, cloudy and overall comfortable. Moments into the race, skies opened up pouring rain for the remainder of the race...of course, try not to get distracted by the officials and their umbrellas...there was thunder at one point...nothing like the roar of thunder to make you pick up the pace...clothes stuck on me like a Band-Aid...had sponges for sneakers squeezing out a squishy melody with each step I made...all in all, I actually enjoyed the experience...it was...refreshing. Plenty of post-race refreshments (which included rain as well). A well-received surprise...the event organizer generously gave racer's extra t-shirts so we could at least be partially dry and warmer...a nice gesture, indeed. Awards ceremony ensued. No state championship medals were handed out since no one contested the USATF FL Assoc 20K. Open RW medals for 1st place Overall Male/Female in each respective distance were presented. No one contested the Open RW 20K. I contested 3 distances; 6K, 8K and 10K and medaled Overall Female in each distance respectively. First time contesting such distances felt pretty awesome... and rained on...6-8-10 let's do it again...and perhaps the 20K, too...next year, of course.

These spongy shoes were made for walking, Adriana Garcia



Haley Herriott running the Frisco, CO

during the BBQ Festivals Bacon Burner 6K (ever tried fried bacon at the water stops at 8,000 feet?). Haley also ran with Frank Shorter on July 4th, "he placed 3rd in his age group (my group also). I met him 30+ years ago at a run in Oklahoma City; although he didn't remember me he remembered everything about the run and is still a great inspiration to runners and runner wannabes."



Mike Bailey is still running and racing the trails out West

The weekend of October 25 had at least 10 races to choose from in the SW New Mexico / El Paso area. The Las Cruces races were 5K's, and after doing some very short intervals Thursday I realized I would blow up in a short race. There was a 1/2M in Sunland Park that finished on a racetrack (horse) a marathon and half in El Paso. Both races involved no race day registration and the now typical big buck entrance fees. Meh. So I opted for the All Souls Urban Trail Races (5 & 15k) in Silver City. With urban in the name... how bad could it be??

I spoke with Carlos, who owns the running store (Run Culture) in Las Cruces and he seemed to think the course wouldn't be too technical. Maybe some hills.

The town of Silver City is about 110 miles west of Las Cruces in the SW corner of NM. At an altitude of 6000 feet it is somewhat cooler, especially noticeable at night. Western NM U is located here, along with a uniquely vibrant arts community. Like KW, it is a destination.. not something you really drive through to get somewhere else, although there is some major wilderness and ancient culture explorations to be had nearby. And hills.

The race was being run to help raise money for the town theater. And it was being sponsored by, among others, a brewpub, who would be putting on an October fest

after the race. Yes.

The course started downtown in front of the theater, turned right for a block, turned left.. and went straight up (a half mile maybe) to a gate that gets you onto the trails. Since I was already toast, I used the sharp right turn thru the gate as an opportunity to WALK. Yahoo.. No O2.. and I am just getting started. The course continued to climb and climb, making lefts and right here and there... each turn staffed by a couple of volunteers who cheerily gave you the "looking good" greeting. If I could have found the strength to vibrate my vocal cords I would have begged for ride back to the start. Shortly after passing by an old cemetery with band playing music for us, and an ambulance or two, we reached the point where the 5k and 15k split. I was so tempted. But not one runner in front of me turned for the 5k. Tell you anything?

All kidding aside, the course was tough... very tough. But beautiful and fun. The ups were steep enough to make you walk if you didn't keep your focus. And the downs were scary enough (steep, bumpy, and loose in spots) to make you crawl from fear.. but really for the most part, there was enough visibility so you could let it fly like an 18 wheeler in the Sierras.. knowing there was a flat spot coming up before your wheels came off! I found myself concentrating so hard that frequently I didn't have time to realize I was out of gas!

Great community support, interesting people... and I felt I had really accomplished something when I was done. The 2nd place finisher and I yakked for a while. He ran in sandals. And not some sport sandal. Homemade. He is doing a 100 miler next week and needed the work. "Because this is about the hardest course in the state". Now I'm feeling even better!

Chester is reporting on 2 races this month, Walk on Chester!

Half Marathon 2 Marathon

On Saturday, October 25, 2014 I race walked the Half Marathon 2 Marathon in Marathon, Texas. The weather was wonderful with sunny skies, temperatures between 64 and 78 degrees, and little wind. The course started on Texas Route 385 and finished in Marathon in front of the Gage Hotel. The road was open to traffic that had a speed limit of 75 mph and had a paved shoulder about 6 feet wide for the approximately 450 participants in the four events: marathon, half marathon, 10K, and 5K. Fortunately the traffic was sparse and seemed to give the participants plenty of space. From the start line to 1.5 miles outside of Marathon there are no cross roads and no housing. The course itself was a gradual downhill with 2 small gradual uphill sections. County police officers patrolled the road in their automobiles. Water/electrolyte stations were spaced every 2 miles and manned by plenty of enthusiastic volunteers. This part of West Texas is very rural and somewhat challenged economically. The town of Marathon has approximately 420 residents and let the participants know how much they appreciated everyone's coming to the town as this event is a major fund raiser for the community. The event is very well organized and even had chip timing and a free spaghetti dinner on Friday. It takes some effort to come to Marathon, Texas to do the event. It was worth it.

Marshall Half Marathon

I race walked the Marshall Half Marathon in Huntington, West Virginia on Sunday, November 2, 2014. It was cold as the starting temperature was 34 degrees and the finishing temperature was 41 degrees. The skies were sunny and there was little wind. The course started near the Marshall University Stadium and finished in the Stadium at the goal line after traversing forty yards of the football field. The course utilized 10 miles of roadways completely closed to traffic and 3 miles of packed sand and dirt trails which were well maintained. There was a large amount of volunteers along the course controlling all accesses to the roadways with police and firemen controlling the intersections. The course was relatively flat with gentle ups and downs for the most part even though the event is in West Virginia which has plenty of hills and mountains. Water/Gatorade stations were located every 1.5 miles or less and were manned by plenty of enthusiastic volunteers. There seemed to be about 1000 participants in the half marathon and 600 in the full marathon. The event was very well organized and fun to do. A free spaghetti dinner on Saturday was included in the entry fee. I now have 61 half marathons in 34 states and DC since having my left knee replaced,

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:

Key West Morning Runs are changing and various times Monday through

Saturday E-Mail dr.dedraling@gmail.com for updated info.

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

Check Key West Morning Runs on Facebook for more up to date info. All runners are always welcome to join us any morning.

Send your stories for next month by December 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