

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors
June, 2014

President
Don Nelson
305-304-0091
don.n@juno.com

Vice President
Beth Moyes
305-747-8563
bethmoyes@yahoo.com

Treasurer
Mary Ann Nelson
305-509-0672
maryamassage@juno.com

Recording Secretary
Tracy Ziegler
305-394-0137
tracyziegler@hotmail.com

Corresponding Secretary
Donna Phillips
813-469-4112
donna.mustludogs.phillips0@gmail.com

Members at large:
Mark Bell
Sonny Shaffer
Taz Davis
Kristin Chester
Dedra Ling

RRCA S Florida State Rep.
Editor
Don Nelson
305-304-0091
don.n@juno.com

KWSR workouts

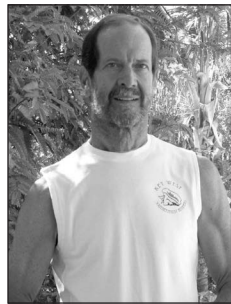
Lower Keys Long Run,
3-10+ Miles
Big Pine Key Sundays 7:00 AM
Call; 305-304-0091
don.n@juno.com

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 January, 2015

From the Editor and President

Hello Southernmost Runners:
Winter is here and the weather is the best for those long runs and great Keys Races. Join us up the Keys at Founders Park New Year's Day or No Name Key January 10. Send us your story if Running the Key West Half, or Ragnar, Ragnar Teams send your volunteers to KWSR Ragnar Exchange.

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!

Want to Run? If you enjoy our events please Volunteer to keep them happening! Without you there would be no KWSR Events! 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

KWSR Grand Prix

The KWSR Winter Grand Prix Started with the Montessori 5K. Winter GP Season October through March (six months).
Winter GP Races

October: Montessori 5K
November: Hog's Breath 5K Hog Trot
December: A Positive Step New years 5K
January: Lower Keys DAS No Name 5K
February: Pirates Wellness, Blimp Road 4-Miler
March: Marathon Sombrero Beach Run 10K ONLY

The point system will be as follows for KWSR contracted runs:
Runners

5 points if you win the race
3 points if you win your age grouping
3 points if you win the walking category
1 point for running/walking the race
Extra points if you volunteer before and/or after the race; see below

Volunteers

6 points if you are Race Director (RD)
4 points for Volunteer Coordinator
3 points co-RD
3 points race day data entry and finish results
3 points for course set up and tear down
2 points pre-registration process
2 points finish line timer
2 points scribe
2 points for merchandise sales
1 point all other, course marshal, stringer, chute cop, tag-tearer, water station, etc.

There are no points given to runners and walkers who run other races not contracted with KWSR.

Socials:

4 points for setting up the social
2 points for setting up and coordinating the social run
2 points for grilling/cooking
1 point for bringing potluck items
1 point for attending

GP Standings to date with 2 races in the books.

Males	Name	GP Points
	Keith Durden	5
	Atticus White	4
	Doug Weeks	3
	Roy Coley	3
	James Kidney	3
	Felipe Rubio	3

Male Masters	Name	GP Points
	Roy Coley	3
	James Kidney	3

Females	Name	GP Points

Priscilla Welzien	6
Nicole Matysik	5
Raquel Robbins	4
Jane Welzien	3
Amy Coley	3
Caylaa Makimaa	3
Angie Payne	3
Patria McGee	3

Female Masters	Name	GP Points
	Raquel Robbins	4
	Angie Payne	3
	Patria McGee	3

Volunteers/Socials	Name	GP Points
	Beth Moyes	21
	Mark Bell	21
	Don Nelson	20
	Mary Ann Nelson	16
	Taz Davis	7

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.

January 7, 6:30 KWSR Social at Babalu's

On a sad note Sugarloaf Sharks Running team Coach Scott Smoot passed away unexpectedly in November. This Social at Babalu's, a bit North of Key West on Big Coppett, will be in honor of Scott's Support of the running community and coaching of the Sugarloaf Sharks. Scott's friends and Family are invited to share memories of Scott and his running the Florida Keys.

February 14, 8:00 AM Christina's Courage 5K Run/Walk

2nd year on stock Island, starting at the Sheriff's Headquarters Office. Come run or volunteer to support the Monroe County Christina's Courage Rape and Child Abuse Center.

February 21, 9:00 AM 6th Annual Blimp Road 4 Miler

St Peter Church will be hosting for this event that benefits the St. Peter Church SeaBee Foundation which provides educational scholarships for single parent families in the lower Florida Keys. A new Pre and post-Race venue will be on the Cudjoe Bike path East of Blimp Road. This is a great event just a short drive from Key West, on Cudjoe Key (MM21).

March 7, 8:00 AM. Marathon Sombrero Beach 10K Run 5K Fun, Run/Walk and 15K Challenge

This community rallies together to make this an experience the runners will never forget. Restaurants, hotels, businesses and individuals generously donate, raffles, overall prizes, food, entertainment, time. That's why this race is so special!

After the race, enjoy a swim at Sombrero Beach. Sombrero Beach is open to the public and offers free parking, bathhouses, a large pavilion, covered picnic tables, grills, volleyball nets and a child play-scape. Come see for yourself why this is the #1 event of it's kind in the Florida Keys.

100% of the proceeds of this race go to KAIR. KAIR is a non-profit organization providing food and emergency services to those in need in the middle Keys. Great times for all see what's new at www.sombreroeachrun.com/

Other Keys Events, look for info on our website.

We man an exchange for the Ragnar Relay February 7, for a generous donation to our KWHS Running teams. **Call 305-745-3027 to volunteer!**

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

