

Key West Southernmost Runners

www.Southernmostrunners.com



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January, 2015

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KWSR workouts

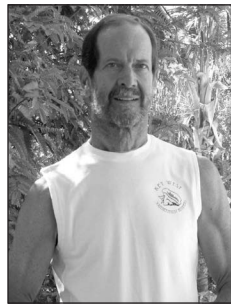
Lower Keys Long Run,
3-10+ Miles
Big Pine Key Sundays 7:00 AM
Call; 305-304-0091
don.n@juno.com

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 February, 2015 From the Editor and President

Hello Southernmost Runners:
Race season is underway. Key's Runners have lots of event to choose from. KWSR is always looking for stories about the events that you do. Please share your Running experiences with other KWS Runner's.
Send photos and stories to Don.n@juno.com

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: St Peters, Blimp Road 4-Miler
March: Marathon Sombrero Beach Run 10K ONLY

We have points for Runners, Volunteers and Social Attendance.

Is your membership up to date?

February 4, KWSR First Wednesday Social 6:30 PM

Join us for Drinks and appetizers, at Key West Hurricane Hole Marina, 5130 U.S. 1, while sharing your running and Racing stories with our other members.
Want to help out with our merchandise or events, join our board meeting at 5:30.

February 14, 8:00 AM 2nd Annual 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 Peters 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 Key Old Road, Bike path East of Blimp Road. This is a great event just a short drive from Key West, on Cudjoe Key (MM 21.5).

March 7, 8:00 AM. 9th Annual Sombrero Beach 10K Run 5K Fun, Run/Walk and 15K Challenge, City of Marathon

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.sombrero beachrun.com/

March 14, 8:00 AM 6TH Annual Menendez Miler 5K, Key West,

This is another great event by the Sunset Rotary, benefiting the Bobby Menendez Scholarship fund. Celebrate after the race with free beer, free snacks and lots of door prizes and drawings.

April 4, 8:00 AM Smokin Tuna 5K Run/Walk for Mote Marine, Key West

Easter Weekend with, great sponsors and the enthusiastic volunteers. Don't miss after the race-Eco-Discovery Center

KIDS FUN RUN ½ mile course. Following the race at 11 AM will be the Mote Marine Laboratory Florida Keys Ocean Festival & Waterfront Craft Show. Fun for all ages celebrating our marine environment. Kids activities, Live Entertainment and featuring over 70 art, craft, food, vendors and exhibitors. Visit www.keysoceanfest.org for more info

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

WHAT HAPPENED

December 20, A Positive Step 5K Run/Walk

The 7th Annual A Positive Step 5K, took over 150 runners and walkers along the south shore line of Key West on a calm, warm, and sunny Key West morning. Many running in Santa outfits, tutus, and reindeer antlers, from the Southernmost Beach Café to South Roosevelt and back. For the third year in a row, Overall Race Winner was Timothy Gruber from Huntersville, NC. Winning in a time of 15:44, he beating last year's winning time by almost a minute and a half. Overall Male Masters Winner, Edward Clarke from Key West, was the 3rd overall male finisher in 18:28. The women were lead by 13 year old Nicole Matysik of Key West, finishing in 20:41 and female masters winner, Tamara Burton, joined us from Jupiter and finished the race in 24:18.

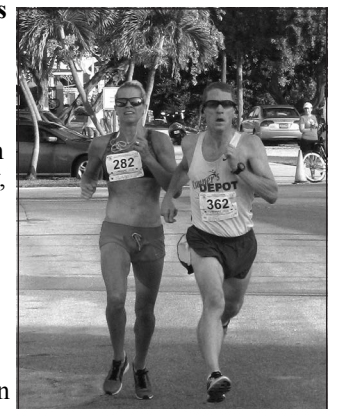


Overall Female Walker Winner, Adriana Garcia, of Marathon won for the second year in a row, walking the 5K in 35:39. Jim Krause from Key West also took the Overall Male Walker title for the 2nd year in a row, in a great time of 36:01.

A Positive Step of Monroe County provides services to children and families. Billy Davis and his team joined up with Key West Southernmost Runners and Southernmost Beach Café to raise money for programs that aid at-risk youth here in Key West.

January 1, Islamorada Founders Park Run Walk or Crawl 5K

Over 180 Runners and Walkers, from across the country, toed the line early New Years Day to run in the New Year. Leading all the way, in the 3 loop course, was Miami runner Jon Williams, running the course in 17 minutes and 44 seconds. Running with Jon the whole way was Female winner Kate Myers now from Manhattan Beach, CA. Kate was last year winner and was only passed by Jon in the last step to the finish line. Timothy Toner from Washington, MI. was the men's Masters winner (over 40) with a time of 20:05. Second overall Women and the woman's Masters winner was Kim Sanner from Macomb, MI. in a time of 21:05.



Walkers were lead all the way by Philipp Rauch, from Tavernier walking the 5K course in 39:33, while the woman's overall walker award went to local walker Kara Rauch, in a time of 42:59.

Many of the age groups were won by out of town runners while locals took a few of the upper age groups. A very significant win in the 70+ age group, was 77-year-old Roger Fisher From Key Colony Beach in at time of 27:46.

January 7, KWSR Social at Babalu's

Our memorial to Sugarloaf Sharks Running team Coach Scott Smoot who passed away unexpectedly in November. This Social at Babalu's, was a great success with many runners, friends and Fammily attending, memories of Scott and his running the Florida Keys.

January 10, 15th Annual Domestic Abuse Shelter No Name 5K Run/Walk

Over 170 runners took the opportunity to run the road to No Name Key in the 15th Annual Domestic Abuse Shelter No Name 5K Run

