

# Key West Southernmost Runners

[www.Southernmostrunners.com](http://www.Southernmostrunners.com)



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January, 2015

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KWSR workouts

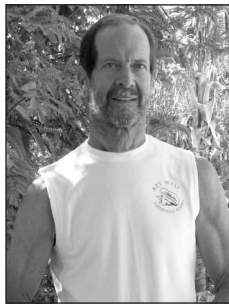
Lower Keys Long Run,  
3-10+ Miles  
Big Pine Key Sundays 7:00 AM  
Call: 305-304-0091  
don.n@juno.com

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  
keysapt@bellsouth.net



KWSR-SFRF March, 2015

## From the Editor and President

Cool running; weather has been kind to us this year with lots of good training and racing temperatures. With so much going on our regular volunteers are wearing out. Time for you all to step up and help with our great calendar of events.

**Remember Volunteers are needed for every race, KWSR needs the support of its members to make our races happen. Call Don: 305-304-0091**

## KWSR Has lost two long-standing members in recent months. They will be missed.

Athena Mc Ewan (also know to us as Marie Robinson) was a board member and active club member from 02-06. Athena Passed away peacefully at her home in California. A service and memorial was held in Key West where her ashes were spread of the shores of Key West and Big Pine Key.

Tony Kuhn, a long time member, dedicated volunteer and benefactor of the club, passed away peacefully in his summer home in New Jersey. A special gathering will take place on Big Pine Key soon and his ashes will be spread along the route of our Last Key Deer Sunday Runs and at one of Tony's favorite volunteer spots in the Key West area.

Those that knew them will miss both members, and those that did not know them but run in the lower Keys will continue to benefit from their volunteer efforts developing and enriching our club events.



## RIP TK

I first met Tony Kuhn at a long forgotten KW race many years ago. Can't remember if he had Jersey tags back then ... but he noticed mine. We made each other laugh, a lot, even when he wasn't doing too well .... and I am willing to bet not too many of you think of either one of us as comedians ! We laughed a lot about Jersey, about women won, women lost, fortunes won, and fortunes lost.

My favorite Tony story is about one of the times he visited me at my cafe in Ocean City NJ. He rode his bike in from a buddy's house near Atlantic City. Probably took him at least an hour. We then took off on what I thought would be a little local ride. We ended up down in Cape May 3 hours later. Had lunch. He wanted to ride back. I said "no no no .... I will get somebody to come get us"! I mean I am maybe 50 then, and literally in the best shape of my life . And him with his first hip surgery ... and I had to force him! RIP TK. I promise to be more careful. MB

## 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?

### March 4, KWSR First Wednesday Sweaty Social 6:30 PM

Join us for a fun run, Drinks and Pizza, at Mc Coy Indigenous park, Key West  
Want to help out with our merchandise or events, join our board meeting at 5:30.

## March 7, 8:00 AM. 9<sup>th</sup> 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.sombreroeachrun.com/](http://www.sombreroeachrun.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. This year we will be starting at Salute on the Beach.

## March 21, 8:00 AM Run with the Deer 5K, Run/Walk for F.A.V.O.R. Big Pine Key

This Big Pine run has a shared some different sponsor but this year has settled with the Friends and Volunteers of the Refuges. This group supports the National Wildlife Refuges of the Florida Keys, with many programs, all hands on. Come learn more, about whats happening on Big Pine Key, from the Refuge Center book Store in the BP Winn Dixie shopping center.

## 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](http://www.keysoceanfest.org) for more info

## April 11, 8:00 AM. Earth Day 5K Run/Walk, Key West

This is another great annual event starting at White street pier. This race highlights Earth-Friendly Recyclable Awards and Proceeds to go to, Last Stand, Last Stand has been organized to promote, preserve, and protect the quality of life in the city of Key West, the Florida Keys and their environs, with particular emphasis on the natural environment.

Other Keys Events, look for info on our website.

**Call 305-745-3027 to volunteer!**

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

## WHAT HAPPENED

### February 4, KWSR First Wednesday Social

We had a presentation by our own Andy Smith sharing his adventures on his Appellation Trail hike this Summer, All 2185.2 miles. Great stories and lessons on how to plan and complete this great adventure.

### February 14, 8:00 AM 2<sup>nd</sup> Annual Christina's Courage 5K Run/Walk

2<sup>nd</sup> year on stock Island, starting at the Sheriff's Headquarters. Look for results next month.

### 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. Look for Results next month.

## KWSR's ON THE ROAD

Chester is reporting on 2 races this month, first is our own Half Marathon, the largest one ever.

### Key West Half Marathon

On Sunday, January 18, 2015 I race walked the Key West Half Marathon in my hometown, Key West, Florida, which had approximately 2700 finishers in the Half Marathon and 550 finishers in the 5K. It was a little warm as the temperature varied from 69 to 74 degrees with cloudy skies and no wind. The course was a mostly out an back course utilizing 6 miles of sidewalk/ bike paths and 7 miles of roads that was closed to traffic. Police and numerous volunteers controlled the intersections and directed the turns. The crowdedness experienced in last year's race along