

Key West Southernmost Runners

www.Southernmostrunners.com



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January, 2015

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RRCA S Florida State Rep.
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KWSR workouts

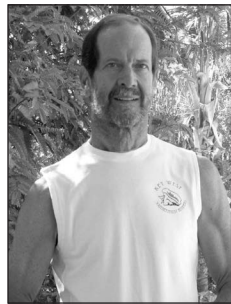
Lower Keys Long Run,
3-10+ Miles
Big Pine Key Sundays 7:00 AM
Call; 305-304-0091
don.n@juno.com

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 April 2015
Key West Southernmost Runners

This is the Racing season with a race almost every weekend. Join in the fun and sport. Support our events by volunteering. **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 Concluded with the Sombrero 10K

The KWSR Winter Grand Prix 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.

Top March GP Points KWSR Male

James Kidney, 12; Keith Durden, 8; Andrew Smith, 6; Doug Weeks, 6; Terry R. McGee, 4; Atticus White, 4; Richard Breese, 4;

KWSR Female

Nicole Matysik, 10; Priscilla Welzien, 9; Adriana Garcia, 9; Patria McGee, 7; Pat Kersey, 7; Haley Herriott, 6;

Top March Volunteer/Social Points

Mary Ann Nelson, 63; Don Nelson, 62; Beth Moyes, 39; Mark Bell, 25; Taz Davis, 22; Dennis Gromley, 10; Edie Milne, 7; Lazaro Ledesma, 7; James Kidney, 6; Angie Tripe, 6; Bob Milne, 6; Gerda Kalb, 6;

Is your membership up to date?

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 1, No Foolin, KWSR Social at Smokin' Tuna. Winter Grand Prix Awards

Do you see your name above? Join us for awards and recognition!

Join us for a social with Food and Drink at our Tuna Trot Sponsor.

Want to help out with our merchandise or events, join our board meeting at 5:30.

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

Easter Weekend and one of our biggest events of the year, join our 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

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.

* April 18, 7:30 AM 7 Mile Bridge Run, Marathon, FL

Hopefully if you wanted to run you got online early enough to sign up for the Online entry only Keys classic event, put on by the Marathon Running club to support the Kids programs in the Keys.

April 23, Thursday 7:00 PM. Duval Street Mile, Key West,
Another great race that was a success last year and will be event

better this year, all in support of our Key West High School Running teams. Info on the website or Call 305-304-1019

April 25, 8:00 AM. 4th Annual, The Basilica School of St. Mary Star of the Sea, Mariner's March 5K Run/Walk and Children's Fun Run, Key West.

Once again we will be running down town from The Basilica School of St. Mary Star of the Sea. Come enjoy the family fun, at this great event running through the neighborhoods to the Beach and back.

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

WHAT HAPPENED

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

Key West's Stock Island Headquarters was the start line of the 1st Annual Christina's Courage 5K Run/Walk. 100 Runners and Walkers headed out from the Headquarters onto college loop road. Weather was almost perfect for the race, a little cool, with a headwind on the way out.

John Gregg from Birmingham, AL was the Top in a very fast 18 Minutes and: 18 seconds, but only seconds ahead of second place finisher, Key West Runner, Edward Clarke, running a great time of 18:21, and winning the Male Masters award. Edward was almost 20 seconds ahead of his last years winning time.

Key West runner Nicole Matysik, was the Woman's Top Finisher in 19:31 while Canadian runner Deborah Holtom, from Ontario won the Female Masters Title in 24:21.

Walkers were lead all the way by Masters Walker Andrew Smith from Whittle NC, walking the 5K Course in and incredible 28:23. Female walker Bonnie Krause from Key West was the first female walking the course in 41:30.

Key West Southernmost Runners along with the Monroe County Sheriffs Volunteers that man the Christina's Courage Center for rape and child abuse victims did a great job with the course, post race refreshments, results and awards.

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

Old, Old Road Cafe provided a great spot for the Pre and Post race festivities, that benefits the St. Peter Church SeaBee Foundation which provides educational scholarships for single parent families in the lower Florida Keys. Food and Drink were plentiful and a great numbers of runners and walkers enjoyed the race, raffles and awards on a rather cool but warming February morning. Key West 13 year old runner, Owen Allen ran the 4 miles in a time of 22:48, that's a 5:42 Pace, to win the overall title, and besting his last year winning time by over 2 minutes. James Kidney, from Marathon, won the Male Masters award, with a time of 25:56. Local Big Pine Runner Helena Bursa ran in 3rd place over all, finishing in 25:48, winning the Overall Female Award. Deborah Holtom, from Howe Island, Ontario ran the 4 miles in, 31:30 to win the Female Masters award.

Other notable young runners were 2nd place runner overall, 16 year old Joel Zaila from Marathon, running a time of 25:40. 14 year old Matthew Pinkley Cates from Ramrod Key, ran first place in his age group with a time of 27:45, followed by Aydan Child from Marathon, finishing next in their age group in 28:29. Young 13 year Cudjoe, Amy Athans, ran a time of 36:28 to win the Female 10-14 age group. 9 year old Liam Carrick, won the boys 9 and under age group in 53:02.



Walkers covered the 4 miles in great times, with North Carolina walker Andrew Smith, 36:53, taking the Overall Award. 71 year old, Snowbird Larry Ferguson, Walked a personal best of 38:02. second overall and first place in the 70+ age group. Big Pine Key Walker, Melissa Genest, took home the Overall Female Walkers Award, in a time of 46:42, besting her last years winning time by over 5 minutes. St Peter Blimp Road Run/Walk is one of the few races that award walkers with age group results.

Largest Age Groups for the Runners were the Male 60-69 with 15 Runners, 68 year old, Robert McConnell from Michigan was 6th overall and first in that age group, with a time of 27:51, running a sub 7 minute pace.

Female Walkers in the 60-69 year age group also had 15 walkers with 60 Year old Terry Stone, of Fort Myers walking a 55:34, for first in that age group.

March 4, KWSR First Wednesday Sweaty Social 6:30 PM
Fun Run along the Beach path with Pizza and Social.