

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
Michael Higgins
Call: 205-534-5368
higrun5050@gmail.com

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 September 2015



Hello Southernmost Runners:

Hey Summer is almost over, Still hot but we will be racing again soon. Join a group and get ready for the Races.

Check our facebook page for other morning runs.

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

Summer Grand Prix Points are adding up,

The GP standings are close on the Men's side, but a runaway for the Women. Ty Walinsky, with 7 points, holds a slim lead over Keith Durden, Doug Weeks, and Eric Mealus, all with 5. Ty also holds a 7-4 lead over Terry Doughtry in the Masters Division. Roger Fisher is currently in third with 3 points.

Wunderkind Nicole Matysik, who will be launching her high school career with this race, leads the Female side with 15 points, comfortably ahead of Haley Harriott, with 9. Haley leads the Women's Masters competition by 5 over Patria McGee and Raquel Robbins.

Volunteers/Socials

Name	GP Points
Dennis Gromley	13
Donna Phillips	13
Taz Davis	12
Bill Welzien	10
Beth Moyes	10
Lazaro Ledesma	7
Rick macKenzie	6
Mark Bell	6
Debra Higgins	6
Michael Higgins	6
Haley Herriott	5
Gerda Kalb	5

KWHS Cross Country

For the KWHS harriers, 2015 is the start of a new era. School Record holder Everett Wagner, who lowered the 5K mark to an impressive 16:17, has graduated, but a strong team looks to follow in his wake. Senior Jerry Burgess, sophomore Kai Davis, and freshman Owen Allen -- a well-know figure already to anyone who follows Keys running -- will mix it up for the top spot, with senior Bobby Black heading up a good-looking chase pack. The 13th place State Meet finish by last year's squad will be a tough challenge, but the team seems ready to go after it.

A new era begins for the Girls team as well. Returning runners Jane Welzien (21:13) and Lexy Wilson (21:34) have posted the 4th and 6th best 5K times in KWHS history, so that would be a good foundation for any team. But the arrival of 9th grader Nicole Matysik makes this squad instantly formidable. If you don't know Nicki, you just haven't been paying attention. This season is going be a LOT of fun. Watch for detailed updates in the coming weeks and months, and follow the team through the link on the KWSR site.

WHAT'S HAPPENING

August 22, 8:00 am Cross Country Classic 5K. The Race is on. Can you beat our KWHS Cross Country teams? Give it a try

The 8th Annual Conchs Cross Country Carnival (CCCC) will take place on Saturday August 22, at Key West Golf Club. Established as a pre-season time trial for the Key West High School Cross Country team, the event pits the older club members against the younger in a true Battle of the Ages. Make sure you membership is up to date to join in this event, KWSR members only.

Summer racing is slow; KWSR Races will start up again in October with the School Races.

Join our morning runs to stay in shape.

October 3, 8:00 AM Montessori Charter School 5K.

This 6th Annual event is organized with a hard working group of educators that know that physical activity is the key to a healthy body and mind. Join in at Higgs beach for the 5K Run/Walk and the Children's run.

October 17, 8:00 AM. Poinciana PTA 5K

The Poinciana PTA is excited about their 6th Annual 5K. Join us along the beaches of Key West

November 7, 8:00 AM. Zonta ABC 5K Run/Walk, Key West Don't miss this big event with the Parrot Heads Joining us on the beach for a great run. Check our website to register online.

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

Hey a month without local races, gives our hard working race crew some time for doing some out of town running. And some running they did, Ultra running!



Pam Smith Runs Hot to Trot Ultra.

I recently went up to North Georgia (near where I grew up) to do the 8-hour "Hot to Trot" Ultra. It was awesome! It is a lap course in Lithia Springs, Georgia, inside the Sweetwater State Park. The loops are 1.18 miles long, and the course itself is fairly challenging with rocks, roots, and climbs. It was gorgeous, and the runners were welcoming and incredibly talented. They are the "GUTS" crew...Georgia Ultra Trail Society. I am really happy and proud

to say I completed 25 laps wearing my Southernmost Runners cap! I am also happy to say that I am now a member of the GUTS society, as well. It was a fantastic summer trip! Happy Trails, Pam

BADWATER Bob Becker

We all know Bob Becker and ultra Race Director for the KEYS100 and Everglades Ultra. Did you all know that Bob is also a Ultra Runner now in a class all of its own. If you have been around ultra running you have heard of the toughest of the ultras the Badwater 135. Bob finished 60th O/A this year in the event then went on too do the little known Badwater Double. Here is a rundown of what that means.

Description of the 292 mile "Badwater Double":

Race from the lowest point to highest point in the contiguous 48 states, and return. Includes three distinct components:



1. Badwater 135 Ultramarathon: 135-mile race from Badwater Basin, Death Valley, CA, at 282' below sea level to the end of the paved road on Mt. Whitney at 8,360 feet—the Portal, or Trailhead for the trail climb to the Whitney summit. Along the way are two additional climbs to 5,000 feet with corresponding descents.

2. Climb 11 miles to the summit of Mt. Whitney at 14,505 feet, the highest point in the lower 48 states, completing the 146-mile journey from the "lowest to the highest", then 11 miles down to the trailhead at Whitney Portal.

3. From Whitney Portal, 135 mile return to Badwater Basin to complete the 292 mile "Badwater Double".

Death Valley is arguably the hottest place on earth. The highest temperature ever recorded was done there. During this race the high temp reached 118 in the Panamint Springs area during the "135", and 122 during the return to Badwater Basin. "Badwater 135" includes approximately 14,600 feet of elevation gain and 6,100 feet of cumulative descent. The reverse is true for the return to Badwater Basin to complete the "Double". Submmitting Mt. Whitney adds 11 miles of additional ascent to reach the top and 11 miles of descent to return to the Whitney trailhead at the Portal

Twenty eight (28) others have completed the "Double", the oldest at 58 years old, prior to Bob's finish at age 70.

And in Bob's own words "Oh, and this adventure was definitely the hardest thing I've ever done!"

Don's Badwater Report:

I was there. Sitting here still recovering it is still hard for me to believe that a week ago I was on my way to Badwater Basin to crew Bob to becoming the oldest Badwater participant to