

# 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 October 2015



CCCC Start

Hello Southernmost Runners:

Our Winter racing season is upon us, lots of races coming up as well as morning group runs, some preparing for the upcoming Southernmost Marathon October 10, and the Key Largo Bridge Run 1/2 Marathon November 14. There is a new race in the Keys in December, the Islamorada 1/2 Marathon and 10K, all are listed on our website under other Keys Events.

Check our facebook page for other morning runs.

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



Ty Walinski

Males		GP Points
Name		
Ty Walinski		11
Doug Weeks		11
Eric Mealus		6
Keith Durden		5
Terry Doughtry		4
Male Masters		GP Points
Name		
Ty Walinski		11
Terry Doughtry		4
Roger Fisher		3
Females		GP Points
Name		
Nicole Matysik		21
Haley Herriott		9
Priscilla Welzien		8
Jane Welzien		7

None of our winning runners and walkers meet the volunteer requirement of 10 points to be crowned overall GP winner. Haley Herriott came close with 9 points: 3 volunteer points for Winter and 3 for Summer; with 3 points for the socials. So, it came down to looking at all those volunteers over 10 points and who also participated in running/walking one or more of our races.

Mary Ann did not race, and Taz Davis and Donna Phillips also had the points but neither ran any of the GP races. The only one that did participate in one race was Beth Moyes. Add one point to her volunteer total and she has 66 points.

Now, to the men. There were two:

	Running Volunteering		Socials		Totals
	W / S	W / S	W / S	W / S	
Lazaro Ledesma	3 / 3 (6)	2 / 4 (6)	6 / 3 (9)	21	
Bill Welzien	3 / 1 (4)	1 / 10 (11)	0 / 0	15	

## KWHS Cross Country

KWHS Update: Nicole Makes Big Splash in XC Debut 8/30/15

We're all accustomed to seeing Nicole Matysik's strong stride gobbling up ground as she outruns the competition in the local Keys races. She's been at it for a few years now and we still marvel at her performances.

Now, with the launching of her KWHS Cross Country career,

a whole new arena is opening wide for her. New worlds to conquer, and new eyes to open.

In her very first varsity race, Nicole found herself in a battle with some of Florida's very best. Never one to be shy about pace, Nicky latched on to the leaders early on and soon found herself in a four-girl pack with some very elite company: a pair of Ransom Everglades runners who placed 2nd and 6th in the State Meet last fall, and a Space Coast runner who was 12th in that same meet.

Nicole gamely stuck with her race plan, though, and by the 2-mile mark, only Ransom's Lauren Archer – a 5:02 miler and State Meet runner-up in track – was with her. The course was abuzz with spectators, runners and coaches all wondering who this diminutive girl in red-and-white was, and how she was able to stay with Archer for this long.

Then, just after 4K, Nicole dropped the hammer on the Ransom runner and launched a dash for home. Her move caught her rival by surprise and opened a significant gap. Archer rallied for a strong kick, but it was too late; Nicole's gutsy strategy had stolen the race from the multiple-state-medalist and she held on for a hard-earned victory.

It was the first-ever first place varsity finish by a Key West runner outside Monroe County. That itself is a huge accomplishment. What puts an exclamation mark on it, though, is that her time of 19:20, broke the KWHS Record – Morgan Nelson's 20:17, run at Regionals in 2009 – by almost a full minute!

Some of the mainland courses are labeled "flat and fast" and are renowned for fast times. This one, though, waterlogged by a week of downpours, was run through ankle-deep puddles, spongy grass, and shoe-sucking mud the entire way. Nothing fast about it.

Nicole clearly stole the show, but several other Conchs posted noteworthy marks too. The boys team was also led by a 9th grader, Owen Allen, who edged out sophomore Kai Davis, with both being timed in 18:29, more than a minute faster than their times at Key West Golf Club a week before. Owen moves up to #4 on the KWHS all-time Freshman 5K list. He has his crosshairs set squarely on the 18:06 mark set by Connor Chaney in the State Meet in 2012.

Senior Bobby Black was the #3 man in 19:50 (senior captain and top returning runner Jerry Burgess had family commitments and was unable to attend this race) and two more freshmen rounded out the varsity five: Scout Graft (20:27) and Jason Block (20:44).

The next race for the Conchs will be on Saturday 9/12, back on the Price Memorial Loop at KWGC for the Key West Summer XCursion, a meet that will bring about a half-dozen school down from the mainland to test their mettle on the course known throughout Florida as "The Gauntlet." The girls race starts at 7:30, with the boys at 8:10. Come on out and cheer on Key West's rising young stars.

Watch for detailed updates in the coming weeks and months, and follow the team through the link on the KWSR site.

## WHAT'S HAPPENING KWSR Races

**Our racing season opens with a Montessori Children's School 5K in Key West Join us.**

### 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 us at Higgs beach for the 5K Run/Walk and the Children's run.

### October 7, 6:30 P.M. KWSR Social and Fun Run at Mc Coy Park.

Mark your calendars and come run then join us for food, drink and planning for our Race season.

### October 10, Southernmost Marathon

KWSR is setting up Mile markers and managing water stations, Call Don 305-304-0091 to help.

### \*\*Canceled Poinciana PTA 5K\*\*

The Poinciana PTA Has had to cancel on this date due to too many other events happening

### Sunday November 1, Vineyard Christian Center 5K, Run/Walk Big Pine Key.

Again we will be helping the Vineyard with this event promoting fitness up the Keys

### November 7, 8:00 AM. Zonta ABC 5K Run/Walk, Key West