

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors
January, 2015

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Mark Bell
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RRCA S Florida State Rep.
Editor
Don Nelson
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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
keysapt@bellsouth.net

KWSR-SFRF December 2015



Zonta Start

Hello Southernmost Runners:
Hard to believe another year has zoomed by. Winter months go by even quicker as events every weekend keep me busy. It's great to see you all running at our events. Consider volunteering this winter, to help keep our races happening. This season can be wearing on the few regulars that are always there. Your help is much appreciated, call and let us know you want to keep our runs happening.

KWSR new Racing Uniforms are in, we have sold a few of the new uniforms. It would be great to see you at our races, or any races in the Clubs new colors. Contact Rick at Local awards to get yours. Great deal on Singlet and Shorts, \$30, for members only.

Come run with the group, morning runs almost every day. Check our facebook page for morning runs. facebook.com/Key-West-Southernmost-Runners-Club-



Charlene Nguyen

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 Races

November 21, 7:30 AM, Mariners Hospital 5K-10K Run/Walk, Islamorada,

Another great race up the Keys. Again a 10K at the same time running out and back on the same course. But the 10K starts at the finish of the 5K point to point run. Please watch out when the runners meet on the course! ThemeRuns will be doing chip timing.

November 28, 8:00 AM. Hog's Breath 5K Hog Trot Run/Walk, Key West,

The 22nd Annual, don't miss the great race with the outstanding Post race festivities, food and drink. This is one of KWSR's first races and all proceeds went and still go to our Key West High School track team.

December 2, 6:30 PM KWSR Social

Plan on a great holiday party, at Camille's

December 6, Tri Key West

We man the water stations for a generous donation to our KWHS Running teams. **Call to volunteer! WE NEED YOU!**

December 12, 8:00 AM, 2nd Annual MCBA "Justice for all Crawl" 5k Walk/Run

The Second year of this Key West Event, Look for a Fast race on our great out and back course.

December 19, 8 AM. A Positive Step 5K Run/Walk

Time to Run the holiday Run for a great cause, starting and finishing at the Southernmost Beach Café, don't miss the great post race festivities.

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

Great run around the neighborhoods of Big Pine Key. The Race was lead all the way by Marathon High School Dolphins runners Joel J Zaila, 18:51, and Matthew Pinkley, 19:58. Big Pine Runner Scout Graft was 3rd in 20:17. overall Women's Race winner was Big Pine Runner Helena Bursa running 20:18. Overall Male Masters runner was Vincent Parent, 20:57 and Pamela Smith was the overall Female Masters winner in 28:06, with Lisa Graft finishing on her heels.

Pamela Smith, Lisa Graft



November 4, KWSR Social in Key West

Thai Island's Great location and food make for a splendid Social with Bridge Run, for those running our only Key West Hill.

Marathon Dolphins 1st District



Owen Allen



Joan Scholz



Ed Clarke



Lou Navarro