

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 January, 2016



MCBA Start

From the Editor and President

Hello Southernmost Runners:
Winter is here and the weather is the best for those long runs and great Keys Races. Join us up the Keys at Founders Park New Year's Day or No Name Key January 23.

There are many new fun and exciting races coming to Key West - check out the Southernmost Runners website and find us on Facebook to become a member, join us for our runs and socials, and find out about purchasing merchandise!

We are looking for a Merchandise Person to Carry and Sell our Club merchandise at our events. Let a Board member know if you can help!

Want to Run? If you enjoy our events please Volunteer to keep them happening! Without you there would be no KWSR Events!

We need your volunteer support! Look at the calendar and pick a race to volunteer!

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

We need you!

WHAT'S HAPPENING KWSR Races



Kids Run Start

KIDS CUP RACING SERIES IN FULL STRIDE

The inaugural Kids Cup Racing Series, open to all Keys youth under 15, is underway. The series, sponsored by Key West Southernmost Runners, includes a dozen races in a winter season between October and April. Any young runner in the 9-and-under age group and the 10-14 age group is automatically included.

The MCBA Justice For All Crawl, on Saturday 12/12, is the next race (race #4) in the series. The following Saturday's race, A Positive Step 5K, will be race #5.

The scoring system is based on a runner's place in his/her age group, using a 10-8-7-6-5-4-3-2-1-1 scale. A runner's best six scores for the season will make up his/her final score. Trophies and awards, sponsored by Local Awards & Engraving, will be presented after the final race.

The KCRS is modeled after the KWSR Grand Prix and runs the same schedule of races.

The Kids Cup / GP season schedule:

10/03 - One Human Race 5K
11/07 - Zonta ABC 5K
11/28 - Hog's Breath 5K Hog Trot
12/12 - MCBA Justice For All Crawl 5K
12/19 - A Positive Step 5K
1/23 - No Name Key 5K
2/13 - Christina's Courage 5K
2/20 - Blimp Road 4-Miler
3/05 - Sombrero Beach Run 5K
3/12 - Menendez Miler 5K
3/19 - Run With The Deer 5K
3/26 - Smokin' Tuna 5K

After 3 races, here are the Kids Cup leaders:

Boys Age 9 & Under	5 Erik Vecino
20 Aiden Althouse	6 Aaron Portel
16 Atticus White	5 Erik Vecino
14 Victor Espinosa	4 Nicolas Clausen
12 Archie White	3 David Teadok
5 Rohan Alawani	3 Aidan Wilcox
4 Skylar Barras	2 Cole McCandless
3 Jack Bridger	2 Eiren Dunn
Girls Age 9 & Under	1 Raini La Beet
16 Caylaa Makimaa	1 Ore Cooper
10 Virginia McCraill	1 Dominic Purdham
8 Nalani La Beet	
7 Molly Higgins	Girls Age 10-14
Boys Age 10-14	20 Lou Navarro
16 Owen Allen	8 Marie Willy
15 Jack Shvero	7 Andrea Fricke
10 Elio Navarro	6 Caroline Althouse
8 Zachary Rodriguez	6 Isabella Barr
8 Paul Crespo	5 Lindsey Clausen
8 Nick Criss	5 Olivia Rodriguez
7 Michael Cates	4 Morgan Zvolksa
6 Sergio Martinez	3 Victoria Hart
6 Aaron Portel	2 Victoria Daley-Willy
	1 Jennelle Palomino
	1 Emily McCraill

The next two races could shake this up pretty well before the New Year. Check for updated standings, as well as race results and info at: www.southernmostrunners.com.

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.

Jan. 1, 8:00 AM, Village of Islamorada's Founders Park, Run Walk or Crawl 5K.

Once again we will be taking a crew up the line to Islamorada for this First Race of the Year event. If you can help out please call me otherwise come Run in the New Year in this beautiful upper Keys location. Register any daytime hours at the park or by mail or on online from our website..

January 6, 6:30 KWSR Sweaty Social Mc Coy Park

Come for a group run at 6:30 and social potluck post run. Hear about our Grand Prix leaders and Youth Gran Prix.

January 23, 8:00 AM 14th Annual No Name 5K Run/Walk

Sponsored by the Domestic Abuse Shelter and the Key West Southernmost Runners, this is a great Race in a great Place. If you haven't heard of it, No Name Key is a great place if you can find it. Come on out and enjoy the outback of the Keys, where the Deer and the people play. Starts and finishes at the Old Wooden Bridge Fish Camp, Big Pine Key.

February 13, 8:00 AM Christina's Courage 5K Run/Walk

3rd year on stock Island, starting at the Sheriff's Headquarters Office. Come run or volunteer to support the Monroe County Christina's Courage Rape and Child Abuse Center.

March 5, 8:00 AM. Marathon Sombrero Beach 10K Run 5K Fun, Run/Walk and 15K Challenge

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!

Other Keys Events, look for info on our website.
Call 305-304-0091 to volunteer!

See our website for information on all upcoming events. www.southernmostrunners.com

WHAT HAPPENED

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

Saturday November 21, Over 250 Runners and Walkers toed two Start lines, one at Coral Shores High School for the 12th Annual Mariners Hospital 5K, Run/Walk and the other at Treasure Village Montessori School for 10K run. The day was perfect for the runs both finishing at Treasure Village Montessori Charter School, where a post race health fair and awards party waited.

Overall 5K Run winner was Marathon High School Runner, Joel Zaila, running a 18:39. Overall Female Winner was Gabriela Diaz-Pinger, from Tavernier with a time of 21:25, running close to her last years winning time. Masters Category 5K (First runner over 40) winners were Joan Scholz, who was the first 5K