

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors
January, 2015

President
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Position Open

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Members at large:
Mark Bell
Gerda Kalb
Taz Davis
Michael Higgins
Dedra Ling

RRCA S Florida State Rep.
Editor
Don Nelson
305-304-0091
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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 February, 2016

From the Editor and President

Cool running; weather has been kind to us this year with lots of good training and racing temperatures. With so much going on our regular volunteers are wearing out, Time for you all to step up and help with our great calendar of events.

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

KWSR Grand Prix Kid's cup and Overall Standings, January 2016

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
3/05 - Sombrero Beach Run 5K
3/19 - Run With The Deer 5K
3/26 - Smokin' Tuna 5K

After 6 races, here are the Kids Cup leaders:

Grand Prix Youth Standings
MALE 0 - 9
NAME POINTS
Atticus White 24
Victor Espinoza 24
Archie White 19
Aide Golden 10
Aiden Althouse 10
James Searcy 10

FEMALE 9 & UNDER
NAME POINTS
Caylaa Makimaa 38
Layla Hawk 10

FEMALE 10 - 14
Lou Navarro 20
Virginia McCraill 10
Kelci Grooms 10

MALE 9 & UNDER
Atticus White 24
Victor Espinoza 24
Archie White 19
Aiden Golden 10
Aiden Althouse 10
James Searcy 10
Vaclav Bursa 10

MALE 10 - 14
Owen Allen 16
Jack Shvero 15
Elio Navarro 10
Alex Dediu 10
John Searcy 10
Garrett Mowry 10
Fisher Sayer 10

Grand Prix Open Standings
FEMALE NAME POINTS
Joan Scholz - GM 8872
Katie Leigh - M 52
Patria McGee - SGM 36
Pat Kersey - 70+ 30
Haley Herriott - SGM 30
Kelly Maatta 30
Luanne Doughtry - SGM 21
Charlene Nguyen - M 21
Priscilla Weeks 20
Susan Cooke - SGM 16
Abigail White 16
Liz Love 15
Gerry Coady - SGM 12
Jane Welzien 10

Grand Prix Open Standings
MALE NAME POINTS
Ed Clarke - M 80
Joel Zalia 56
Bascom Grooms - M 45
Doug Weeks 40
Anthony Farretta - SGM 38
William (Billy) Welzien 31
Brad Makimaa - M 27
Eric Mealus - GM 27
Terry Doughtry - 70+ 23
Terry McGee - 70+ 23
Wayne Landrum - 70+20 20
Keith Durden 20
Nathan Landrum 20
Bill Welzien - SGM 17
Owen Allen 16
Chester Kalb - SGM 16
Richard Breese - 70+ 16
Charles Mench - SGM 14
James Kidney - M 10
Jerry Burgess 10
Richard Breese - 70+ 10
Ron Cooke - SGM 10

Check for updated standings, as well as race results and info at:
www.southernmostrunners.com.

WHAT'S HAPPENING KWSR Races

March 2, 6:30 AM KWSR Social and Fun Run, Ibis Bay, Key West

Join us at Ibis Bay for a Fun Run, Food, Drink and Comradery

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!

March 12, 8:00 AM 7TH Annual Menendez Miler 5K, Key West,

This is another great event by the Sunset Rotary, benefiting the

Bobby Menendez Scholarship fund. Celebrate after the race with free beer, free snacks and lots of door prizes and drawings. This year we will be starting at Salute on the Beach.

March 19, 8:00 AM Run with the Deer 5K, Run/Walk for F.A.V.O.R. Big Pine Key

The Friends and Volunteers of the Refuges. are putting on a weekend of events at the first Annual Florida Keys Wildlife refuges Outdoor Fest This group supports the National Wildlife Refuges of the Florida Keys, with many programs, all hands on. Come learn more, about what's happening on Big Pine Key, from the Refuge Register Friday at the Center book Store in the BP Winn Dixie shopping center. Run, Saturday from the Big Pine community Park. Outdoor Fest info at favorfloridakeys.org

April 2, 8:00 AM Smokin' Tuna 5K Run/Walk for Mote Marine, Key West

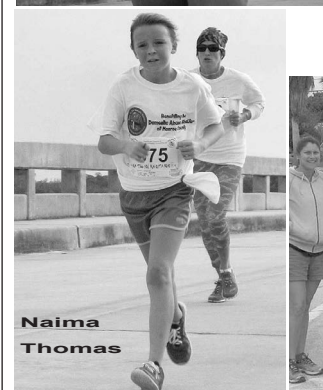
Easter Weekend with, great sponsors and the enthusiastic volunteers. Don't miss after the race-Eco-Discovery Center KIDS FUN RUN 1/2 mile course. Following the race at 11 AM will be the Mote Marine Laboratory Florida Keys Ocean Festival & Waterfront Craft Show. Fun for all ages celebrating our marine environment. Kids activities, Live Entertainment and featuring over 70 art, craft, food, vendors and exhibitors. Visit www.keysoceanfest.org for more info

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

16th Annual Domestic Abuse Shelter No Name 5K Run/Walk, January 23, 2016.



Over 150 runners took the opportunity to run the road to No Name Key in the 16th Annual Domestic Abuse Shelter No Name 5K Run Walk. Runners from across the country enjoyed the cooler weather, though the strong Northwest wind slowed the runners on the return.. 17 year old Joel Zalia, continues his Key's Race winning streak, taking the Overall Male Runners award, in a time of 17:59. Male Masters Winner (over 40) was Brad Swain, from Muskegon, MI, running a 22:47. 3rd Overall and Overall Female Winner was Big Pine Runner, Helena Bursa in 20:43. Female Masters winner was Joan Scholz from Tavernier. Running a 23:07.

Winning Walker Andrew Smith from Whitter, NC. Walked an amazing time of 29:56. Female Walkers were lead by, City of Marathon Key Walker, Cory Walter, Race Walking the 5K course in 30:55.