

Top runners in the 15K Challenge were Helena Bursa for the women and Lowell Ladd for the Men.

A Kids Fun Run took place after the 5K, with over 40 Kids running the .4 mile course.

A great many volunteers from many organizations helped with this event raising funds for KAIR (Keys Area Interdenominational Resources), 100% of the proceeds of this race go to KAIR. KAIR is a non-profit organization providing food and emergency services to those in need in the middle Keys. KAIR seeks to serve those individuals and families in Marathon and the Florida Keys who have found themselves in crisis. Working in partnership with other agencies and organizations, every effort is made to return people to self-supporting, productive lives. Get more information on KAIR at <http://www.kaironline.net>

Thanks to all the volunteers that made this event possible and the City of Marathon, County Sheriffs, Collectors Corner, Key West Southernmost Runners, Theme Runs Timing, and all the people and businesses that helped.

March 12, 12th Annual Menendez Miler 5K, Key West, KWSR with Sunset Rotary hosted the 12th Annual Menendez Miler on Saturday, March 12th. The event had a good turnout, over 150 Runners and walkers with weather that was beautiful for a morning run. The Menendez Miler benefits a local student who exemplifies the motto, "Conch Pride, Don't Leave home with out it, founded by Bobby Menendez.

Key West runner, Keith Durden, was the 5K Run overall top finisher with a time of 16:39, and the top female award went to Alison Buckler from Annapolis, MD, running a great time of 20:58.

Male Masters Runners (over 40) was Key West Runner Edward Clarke with a time of 18:38, while the Female Masters title went to Deborah Holtom, from Howe Island ON, with a time of 23:40

Overall walkers were lead buy, Donald Cronk, from Newport Center VT, 80 years old and walking 37:54. Female Walker winner was Key West walker Christine Trovato, crossing the line in 41:39.

Refreshments, Awards and numerous Raffle prizes, were given out by the Sunset Rotary, at Higgs Beach, near Salute', after the race with few going home empty handed. A special thank you to the Menendez Family for their support each year.

KWSR's ON THE ROAD
Chester headed to Texas last month.

Cowtown Half

I race walked the Cowtown Half Marathon in Fort Worth, Texas on Sunday, February 28, 2016. It was a nice day for the event as the temperature varied from 55 to 62 degrees with partly cloudy skies and a 15 mph wind. There were about 6300 finishers in the half marathon, 1200 in the full marathon, and 400 in the 50K to go along with the Saturday event finishers which saw 3100 in the 5K and 10k and over 6000 kids in the kid events. The roads were completely closed to traffic and saw much up and down with one long uphill that was not very steep. Intersections were controlled by plenty of friendly police officers. Part of the course passing through the world famous stockyards which was where my wife, Gerda, and I spent most of our post exposition time on Saturday. Water/Powerade stations were located every 1.5 miles and were somewhat crowded as the table were not spaced out far enough. The volunteers at the stations were numerous, friendly, and efficient. In addition to receiving a technical event tee shirt at the exposition, each finisher also received a technical finisher's tee shirt. The event was very well organized and fun to do. It was the second time that I have done the event.

Chester Kalb, Southernmost Walker.
Pictures from my trips can be viewed on my blog: <http://southernmostwalker.blogspot.com/>

Join our morning runs to stay in shape.

KWSR's weekly group training run schedule is as follows:
Key West Morning Runs are changing and various times Monday through Saturday
Go to Key West Southernmost Runners Facebook page for updated info
Sundays: 7:00 am/ Big Pine Key Win Dixie Parking lot, 3.5-9.3 miles Group Run.
Call Don for Big Pine Key Run Info 305-304-0091

Check Key West Southernmost Runners Club on Facebook for more up to date info. All runners are always welcome to join us any morning.

Send your stories for next month by April 8, don.n@juno.com

Check out Pictures and applications online from the www.southernmostrunners.com web site, all applications are in Adobe Acrobat PDF format. Race results from all our events are posted promptly.

Remember all memberships are now good for 1 year from the date you joined, Check on the website to see when you last paid or call me at 305-745-3027

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



Mary Ann and I helped out at our friend Bob Becker's Everglades Ultra. Not ready to run it this year but not wanting to miss it to cheer our club runners on the course. We worked the Aid Station at the end of the just opened, South Main Tram. Here is the Race Report from the Race Director.

EVERGLADES ULTRAS 2016 RACE DIRECTOR'S REPORT

February 20, 2016, at the Fakahatchee Strand Preserve State Park in Copeland, FL: we deserved this day! It was ideal running weather for a race through the Everglades. After months of unseasonal wet weather created the highest water levels and greatest flooding in park history, the somewhat overcast day and moderate temperatures made for a great day of racing.

And, for a record-breaking day! Katalin Nagy of Sarasota, FL returned after a one-year hiatus to again win the 50 mile race overall and smash her own women's record by an amazing 20 minutes, finishing in 6:52:35. Both men's and women's records fell in the 50 kilometer race. David Petersheim of Christiana, PA, completed the course in 3:43:39. Heather Hoechst of Philadelphia, destroyed the record set last year by an astounding 50 minutes, finishing in 4:03:50. The men's 25k record also fell as Amos King, another Pennsylvanian, crossed the line in 1:41:27. Congratulations, too, to 50 mile men's winner, Dan McHugh, from Key Largo, FL in a time of 7:58:59, and women's 25 kilometer champ, Gabriella Passidomo, of Naples, FL, in 2:05:30.

EVERGLADES ULTRAS was never intended to be an adventure race nor a mud run. With a large percentage of this 80,000 acre park inaccessible this winter due to high water, the course for each race was re-drawn for 2016. New routes allowed all runners to see picturesque Ballard's Cabin on East Main Tram—also known as the "Fakahatchee Hilton"! After 50 years of being totally overgrown, 2.75 miles of South Main Tram were re-opened last summer and all runners got to experience at least part of this beautiful new trail. The expansive views into the swamp from "South Main" are quite special, and we are grateful to have had the opportunity to experience it.

There was no standing or flowing water that wasn't either bridged or had a work-around cut, so runners did not have to trudge through water. There was lots

of mud, however, as the beginnings of a drying-out process in the park only went so far by race day. Considering that three weeks prior almost the entire road through the park (Janes Scenic Drive) was under 6-inches of water—with fish literally swimming on top of it—everyone seemed quite accepting of this minor inconvenience. In fact, conditions were so sketchy so close to race day that on Thursday, two days

before the event, a final 2-mile segment of trail **Kati Nagy gets it done!** was deemed too wet, muddy and potentially dangerous for it to make the final cut. Literally the final route for the 50-mile race was determined less than 48 hours before the race start.

But, Mother Nature may have done us an unwitting favor! Rather than one long loop course for each race, 2016 incorporated out-and-back segments along the three primary trails and Janes Scenic Drive. Feedback from runners was overwhelmingly positive about the value of seeing other runners throughout the day. Not only was the social aspect of the race enhanced, but faster athletes could gauge how their competition was doing which made for some interesting strategic thinking.

The Fakahatchee is home to the largest variety of orchids and bromeliads on the

continent, and to a great variety of animal life.

It is part of the Florida panther habitat area. There was one panther sighting during the race--another two runners heard one in a nearby tree--and some alligators and a few snakes, plus a wide variety of wading birds.

But in this Florida preserve on race weekend, in part due to all the activity of runners, eight support stations and numerous park rangers monitoring all active trails on their ATVs and UTVs, most animals kept their distance. Some runners were relieved, while others were disappointed they didn't have the opportunity to get their Tarzan on!



Mocassin Corner on West Main waist deep on race day!

Janes Scenic Drive 6 inches under water three weeks before race day.)

