

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors
July, 2016

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Open

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RRCA S Florida State Rep.
Editor
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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 Group Runs,
3-8 miles
All Week 5-7:00 AM
Different Locations

Up to date info at
Key West Southernmost
Runners Club
On Facebook



KWSR-SFRF July, 2016



From the Editor and Past President
Hello Southernmost Runners:

Summer is here, are you ready to sweat. Remember to bring water to your workouts and drink often, Hydration is the key to Summer Keys running. Remember to join in our 4th of July 5K, Monday at 7:30 AM from White Street Pier.

My term as President had passed by a couple extra years now; the club is looking for someone to lead on into the future. I have not left the club and will still be active managing equipment and events. We do need more involvement to continue serving the Runners and non-profits of Monroe County. If you are interested in a rewarding volunteer position on our board, let us know.

Check Key West Southernmost Runners facebook page for morning runs.

KWSR Grand Prix Standings:

KWSR Summer Grand Prix Standings:
After the first 4 races of the Summer Grand Prix season, Earth Day 5K, Mariners March 5K, Duval Mile and Southernmost Seminoles sunset 5k, the top 3 in each category are listed below. Check the KWSR Latest GP update, on the website for all the latest GP info.

FEMALE OVERALL
Jane Welzien
Kelly Maatta
Patria McGee-W

FEMALE 0-9
Caylaa Makimaa
Caitlym Kueckelhan
Virginia McCraill

MALE OVERALL
Keith Durden
Jerry Burgess
Anthony Farretta

MALE 10-14
Wade Allen
Caleb Beeman
Elio Navarro

Male 0-9
Henry Black -Walsler
Jack Bridger
Ryan kight

FEMALE 10-14
Lou Navarro
Amanda Navarro
Taylor Sturm

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

WHAT'S HAPPENING KWSR Races

July 4, 7:30 AM. Rotary of Key West 5K Run

KWSR and the Rotary Club of Key West with Theme Runs timing, are running this Key West 4th of July. Tradition at from Mc Coy Park at White Street Pier. Sorry, we were going to run a 10K with the race this year but due to late planning we will postpone till next year. Come run this great event. Info and Registration on our website.

August ? 7:30 AM, Conch Cross Country Classic 5K.

The 9th Annual Conchs Cross Country Carnival (CCCC) will take place on a Saturday in August, at Key West Golf Club. Established as a pre-season time trial for the Key West High School Cross Country team, the event pits the older club members against the younger in a true Battle of the Ages. Make sure you membership is up to date to join in this event, KWSR members only. Due to the Team meet schedule still being established this date has not been established, check next month for the Race Date.

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

May 21-22, KEYS100 & 50 and 50K Ultra and Relay

Key Largo to Key West, It was a warm one and many solo runners did not finish. Some of our teams did great. Stories and Results at keys100.com

May 28, Southernmost Seminoles Sunset 5K Renegade Run

7th annual Southernmost Seminoles 5K Renegade Run/Walk, May 28, 2016

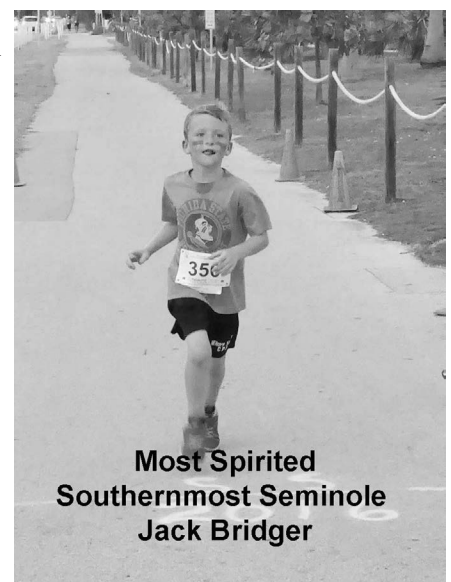
The Southernmost Seminoles held their 7th annual Sunset Renegade Run on May 28, 2016. There were close to 100 runners/walkers who participated, as well as many Seminole fans. All of the proceeds generated go towards a scholarship fund that is awarded to local high school students who will attend Florida State University.

The overall Female Winner was Katie Leigh with a time of 24:57. The overall Male Winner was Francisco Ramirez with a time of 18:24 . The Male Masters Winner was Eddy Clarke with a time of 18:27. The Female Master was Wanda Gonzalez-Snowdon with a time of 28:11 . There was a strong representation of young runners, and the Overall Youth Winners were Caleb Beeman, 21:59 and Cassae Wellings, 26:57. Along with all of the race winners, the most spirited Seminole award went to Jack Bridger.



Eddy Francisco

After the race, Centennial Bank provided pizza for all of the participants of the Renegade Run/Walk. Along with the pizza and beer, raffle prizes were awarded to the runners and walkers. Key West Southernmost Runners and the Southernmost Seminole Club would like to thank all of their sponsors for their continued support.



Most Spirited
Southernmost Seminole
Jack Bridger

June 1, KWSR Social and Elections,

Small meeting with a fun run. Out Board was assigned by acclimation as we only had enough nominations to fill most of the open positions. If you want join our board give a call, Board meetings will continue through the Summer Wednesdays at 5:30 PM at various locations.

June 4th, 6:30 AM. 40th Annual Swim Around Key West

This was a big year for one of the oldest ongoing events in the Keys. Support was good, weather allowed for most swimmers to finish. Nicolas Perfetti,, winner from 2 years ago finished first solo, in 4hours 19 Minutes,. First Female solo, Rocio Mora, from Costa Rica, finished in 4:30. The first 3 swimmers (2 team swimmers and the first solo) finished within minutes of each other, followed by last years solo winner, 17 year old Seath Kurtz, finishing in 4:29. This event has contributed thousands of \$ to the Key West High School Cross Country team, in the past few years. Thanks to the Cross Country Team and all who helped this year. See Swimaroundkeywest.com for complete results.

KWSR's ON THE ROAD

Chester Racewalks 2 more Halves, up North.

Fargo Half Marathon

Saturday, May 21, 2016 was a nice day to do the Fargo Half Marathon in Fargo, North Dakota as the skies were sunny, there was no wind, and the temperature ranged from 62 to 70 degrees with little humidity. The Half Marathon had 4425 finishers and there was also a Marathon and 10K. The race began and finished inside the Fargodome and used a mostly flat out and back course on city roads that were completely closed to traffic. Intersections