

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors
August, 2016

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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 August, 2016

From the President
Hello Southernmost Runners:

Mary Ann Nelson here, filling in due to lack of interest on the part of anyone to step up and participate. This being the case we will be scaling back a lot of the events, we have been doing for years. We need a new format with more participation from our benefactors. We appreciate the help from other groups that have taken over some of the race management so these events can continue. Our mission is still the same, to bring fun events for the running community and to support the Key West High School Running Programs.



Summer is defiantly here, from all reports the heat is taking a toll on legs and PR's. The 4th of July Race was another hot one. We will be hosting our Cross Country Classic On August 20th at the Golf Course. It give members a chance to run on a mostly grass course for the 5K race. Also, it will give us a chance to meet and see the High School team runners we help support. If you want to come out and participate make sure your membership is current or renew the day of race.

We will be starting our socials again in the fall look for upcoming announcements.

Check Key West Southernmost Runners facebook page for morning runs.

KWSR Grand Prix Standings:

KWSR Summer Grand Prix Standings:
After the first 5 races of the Summer Grand Prix season, Earth Day 5K, Mariners March 5K, Duval Mile, Southernmost Seminoles Sunset 5k, and the Rotary 4th of July 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
Katie Leigh
Kelly Maatta

MALE OVERALL

Keith Durden
Owen Allen
Anthony Farretta

Male 0-9

Henry Black -Walser
Jack Bridger
Ryan kight

FEMALE 0-9

Caylaa Makimaa
Caitlym Kueckelhan
Virginia McCraill

MALE 10-14

Wade Allen
Caleb Beeman
Elio Navarro

FEMALE 10-14

Lou Navarro
Amanda Navarro
Mackenzie Barrios

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

WHAT'S HAPPENING KWSR Races

August 20, 7:30 AM, Conch Cross Country Classic 5K.

The Race is on. Can you beat our KWHS Cross Country teams? Give it a try

The 9th Annual Conchs Cross Country Carnival (CCCC) will take place on Saturday August 20, 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 your membership is up to date to join in this event, KWSR members only.

Summer racing is slow; KWSR Races will start up again in October or November.
Join our morning runs to stay in shape.

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

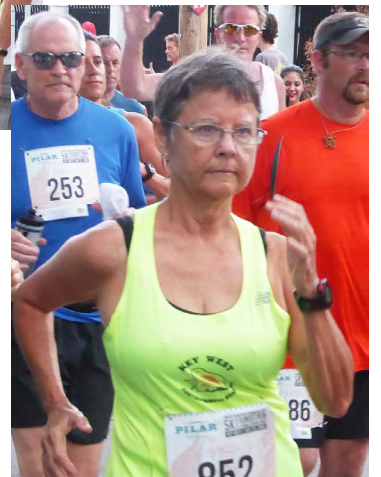
See our website for information on all upcoming events. www.southernmostrunners.com

WHAT HAPPENED



MacKenzie

Patria McGee



July 4, Rotary of Key West 5K Run

Runners and Walkers were up bright and early on the 4th of July to participate in the 5th Annual Rotary Club of Key West 4th of July 5k. Overall Male Winner was 15 year old KW Cross Country Runner, Owen with a time of 18:35, Overall Female Winner was Holly Bly from Lutz, FL with a time of 22:09. Male Masters Winner was Donald Bly, from Lutz with a time of 19:50 and Female Masters Winner was Key West runner, Katie Leigh, with a time of 27:27.

The Bly Family from Lutz were some of the top runners of the day with 15 year old Davis Bly, running with our Cross Country runners and finishing 3rd overall just ahead of his dad the Male Masters winner.

Walkers were lead all the way by Key West Walker Chester Kalb, taking the overall Men's award in 36:20. Winning Female Walker was Key West's Leetta Aquaro, finishing the course in 44:52.

It was one of the warmest 4th of July in Key West's history with 24 hour Temperatures not dropping below 85. The light tailwind on the return run, was not much of a relief.

The racers enjoyed post race refreshments, awards and raffle. The race is a benefit raising funds for the Rotary Club of Key West scholarship fund.

Thanks to Key West Police Traffic control for their support and Key West Southernmost Runners, Theme Runs for Results and Rotary Club of Key West volunteers who made this race possible.

KWSR's ON THE ROAD

Chester heads way north, catching some cool weather for Racewalking in Nebraska then Montana

Laugh and a Half Marathon

I completed the Laugh and a Half Marathon in Norfolk, Nebraska on Saturday, June 18, 2018. Nebraska has been having a terrible heat wave with the highs from 94 to 97 degrees and the lows near 70 degrees and today was predicted to be more of the same so I was expecting a hot race. About 3 AM before the race strong thunder storms went through the area and made the temperature go down to 67 degrees and made the skies mostly cloudy with no breeze at the start of the event that had about 200 participants in the half marathon and 300 other participants the other events, 5K, 10K, and Kids run. The skies remained cloudy until near when I finished and the heat only made near 75 degrees. It made a wonderful weather event. The course was nearly flat with 2 miles of paved roadways, 7 miles of concrete bike paths, and the rest tightly packed sand and fine gravel bike paths. Except for the start-finish area in a small park there was absolutely no traffic anywhere near the course. Water only was offered at the water stations that were spaced about 2 miles apart and were manned by plenty of friendly, efficient volunteers that took care of the needs of the participants. Because the course was so small rural and isolated, there were almost no spectators. The event is fun, well organized, and quite a bargain as the \$45 entry fee also