

included a pre-race pasta dinner and a post-race pancake breakfast. When several locals realized that Gerda and I were from Key West, Florida, they could not believe that we came that far to do their event. Actually this is the second time we have done this event in the hometown of Johnny Carson.

Missoula Half Marathon

On July 10, 2016 I race walker the Missoula Half Marathon in Missoula, Montana. The temperature ranged from 49 to 55 degrees with no wind mostly cloudy skies. There was no rain even though the rain chance was 60%. The course was a point to point path on paved roads that were closed to traffic. Volunteers and police controlled the traffic at the intersections to keep the nearly 4000 participants safe. The first three miles had some small ups and downs and the rest of the course was mostly flat. Water/Powerade stations were located 2.5 miles apart for the first three stations and were approximately 1 mile apart for the rest of the course. There were plenty of efficient volunteers to take care of the needs of the participants. There were quite a few spectators though out the course cheering as well as several live performers playing music. This was the tenth year for the event that is well organized and fun and I have done the event 6 times – 2 marathons and 4 half marathons.

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:

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 August 8th don.n@juno.com

Check out Pictures and Race registration online from the www.southernmostrunners.com 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

CROSS COUNTRY CLASSIC

KEY WEST SOUTHERNMOST RUNNERS

Key West Golf Club
September 3, - 7:30 am
(K.W.S.R. Members Only)

Youthful Hubris (19 & Under) vs. Sage Experience (20 & Over)
Registration will also be available at KWGC starting at 6:30 a.m. on race day, but please register early if you can.
Race course: accurate 5000-meters, 2-loops, 99% grass, numerous rolling hills, scenic, spectator-friendly.
Map and photos available on race web page.

Is your membership up to date?
Join Now @ www.southernmostrunners.com
ALL runners must wear shirts while on the Golf Course property.
Thank you.

Winners
Monks, Whites



Rubio-Farrett



KEY WEST GOLF CLUB
Robert E. Price Memorial Cross Country Course
"The Gauntlet"
Established 1998. Dedicated 2013

Wheel-measured 5000-meters – 99% grass (eleven 2-step cart path crossings)
All miles (circles) and kilometers (squares) accurately marked
Almost 2 full laps – 2nd lap (orange) slightly shorter than the 1st (yellow)
Rolling terrain, 48 mounds of various height/length, some in series
Clubhouse is available for bathrooms and refreshments, but **not** for showers.
EVERYONE MUST STAY OFF THE GREENS AT ALL TIMES!