

Key West Southernmost Runners

www.Southernmostrunners.com



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August, 2016

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RRCA S Florida State Rep.
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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 November, 2016

From the President
Hello Southernmost Runners:

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Hello Southernmost Runners:
Just checking in with you all to let you know about the great dinner and social we had last month.
Our October Fest food feast & beer party was a great success. And the relay races were loads of fun.
With team Ling winning and team Cupcake runner up. Everyone got fun prizes.

Our November meeting and social will be at the Hogs Breath upstairs meeting room & bar. We will have finger food, drinks & trivia. Please come one, come all and bring a friend. We need people to sign up to help with the Hogs Breath Race on the 26th of November. Look forward to seeing all our returning members and year-rounders, too.
Come join the fun & run with the club.
Mary Ann Nelson

Check Key West Southernmost Runners facebook page for morning runs.

KWSR Grand Prix Points.
Montessori was Race # 7 of the Spring-Summer-Fall Grand Prix, here are the updated stats.

Complete stats at southernmostrunners.com

TOTAL MALE OVERALL AGE

60	Keith Durden	27
52	Owen Allen	15
48	Ed Clarke	47
46	Anthony Farretta	60
45	Lazaro Ledesma	61
40	Doug Weeks	27
35	Jason Block	14
35	Jerry Burgess	17
27	Wade Allen	15
24	Terry McGee-W	71
21	Peterly Louis	17
19	Scout graft	15
16	Dave Whetze	60
16	Eric Mealus	53
15	Joel Zaila	17
14	Chester Kalb	69
14	Tony DiFolco	52
13	Viren Alwani	16
12	Robert Schult	47

TOTAL FEMALE OVERALL AGE

82	Katie Leigh	45
66	Jane Welzien	18
44	Priscilla Weeks	22
44	Kelly Maatta	31
36	Chelsea Stamy	28
32	Patria McGee-W	66
20	Nicole Matysik	15
20	Kelly Jones	42
20	Cathy Van Der Schans	62
18	Gerda Kalb	70
16	Joan Scholz	54
15	Charlene Nguyen	42
12	Constance Hesse	59
12	Stephanie M-DiFolco	41
10	Janine Seibert	55
10	Sue Holtane	68
10	Haley Herriott	69
10	Patricia Eables	64
10	Abigail White	31
8	Dedra Ling	32
8	Megan Mayer	15
7	Emalee Hilbert	16
7	Cindy McVeigh	56
7	Renee Makimaa	42

Male 0-9

18	Archie White	5
18	Atticus White	8
17	Henry Black-Walser	7
17	Jack Bridger	6
10	Ryan kight	9
10	Ryan Gabay	9
8	James Searcy	8

8	Kieran Smith	8
7	Owen Fisher	7
7	Zach Jewell	8

FEMALE 0-9

18	Virginia McCraill	8
13	Mayaa Makimaa	7
10	Caitlym Kueckelhan	7
8	Adriana Lacayo	9
7	Elsie Warwick	9
7	Catherine Van Staden	9
6	Vera Rodger	9
6	Chloe Bregg	7
5	KC Fenhoff	6
4	Gabrielle Garcia	8
4	Allison Smith	8

MALE 10-14

16	Caleb Beeman	14
13	Elio Navarro	11
10	Noah Black	12
10	Michael Cates	12
10	Johnathon Pitchford	13
10	AJ Jewell	11
8	Owen Pitchford	13
8	Billy Kight	11
8	Ripley Leach	11
8	Jonathon Bahri	11
7	Derek Painter	14
7	Eiren Dunn	14
7	Noah Fernandez	12
7	Roan Milelli	10

FEMALE 10-14

50	Lou Navarro	14
20	Amanda Navarro	11
18	Nicole Tomita	10
16	Caylaa Makimaa	10
16	Madison Zintmaster	13
14	Mackenzie Barrios	13
10	Alexis Sturm	14
10	Taylor Sturm	11
10	Cassadee Wellings	13
10	Telissa Llama	14
9	Isabella Barr	10
8	Riley McDonald	11
8	Amore Horan	14
8	Marie Daley-Willy	13
8	Meggie Iarrobino	14
7	Ella Baxter	11
7	Hailie Gonzalez	13
6	Destiny Story	12
6	Bridget Bassett	11

REMAINING GP RACES

11/05 Zonta ABC 5K, 8 AM
11/19 Mariners Hospital 5K, 8 AM (5K only)
11/26 Hog's Breath 5K, 8 AM

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

WHAT'S HAPPENING KWSR Races

Sunday October 30, Vineyard Christian Center 5K, Run/Walk Big Pine Key.

Again we will be helping the Vineyard with this event promoting fitness up the Keys

November 2, 6:30 PM. KWSR Social @ Hog's Breath

Hog's Breath will be the location for our November Board meeting at 5:30, and Social at 6:30. Come join the fun, with food and drink, and make sure your membership is up to date

November 5, 8:00 AM. Zonta ABC 5K Run/Walk, Key West

Don't miss this big event with the Parrot Heads Joining Theme Runs on the beach for a great run. Register at Themeruns.com

November 12, 6:35 AM. 7th Annual Key Largo Bridge, 1/2 Marathon

Last years race participation increased significantly. Once again they will be continuing the 10K race, and continuing

its popular 5K.
This is a great race in our own Big Sky country, come enjoy the view from the top in any one of the 3 events

November 19, 7:30 AM, Mariners Hospital 5K-10K Run/Walk, Islamorada,

Another great race up the Keys. Again a 10K at the same time running out and back on the same course. But the 10K starts at the finish of the 5K point to point run. Please watch out when the runners meet on the course! ThemeRuns will be doing chip timing. KWSR will be laying out the courses.

November 26, 8:00 AM. Hog's Breath 5K Hog Trot Run/Walk, Key West

The 23rd Annual, don't miss the great race with the outstanding Post race festivities, food and drink. This is one of KWSR's first and biggest races, all proceeds went and still go to our Key West High School track team. We really need volunteers for this race so call Mary Ann and let us know that you will help support this great event.

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

PREP UPDATE CONCH-DOLPHINS RUNNING WILD

It has been one of the most spirited high school cross country seasons ever in the Keys. The boys teams from Marathon and Key West have locked horns in a couple of duels for the ages, and Conch supersoph Nicole Matysik just keeps winding it up for a big second half.

Allen-Zaila



The blue and the red battled head-to-head in the Monroe County Championships at KWGC on 9/24 (the green, Coral Shores, was a no-show), with Key West prevailing by a tight 27-29 score. Conch sophs Owen Allen and Jason Block outlegged MHS' senior captain Joel Zaila for a 1-2, but the Dolphins' depth nearly pulled it out. Full results.

A week later, both squads took the long ride to Titusville for the FLrunners.com Invitational, one of Florida's largest and most prestigious XC events. Both teams were assigned to the Small Schools Race, and another frenzied fracas occurred. The teams placed fourth and fifth in the 20-school field, with the southern-most high school edging their northern rival, 113-120.

This time, Zaila got revenge on his younger opponents, kicking past Allen in the final 600 yards to finish fifth out of 166 runners, to Owen's sixth and Jason's eighth. It was the best time of the year for all.

The Dolphin pod was doing their usual pack running and would have had the Conchs' number if not for KW senior Peterley Louis, who chopped 30 seconds off his PR and edged out Marathon's