

#2 man Aydan Child by one second, #3 man Matt Pinkley by :12 and #4 man Jon Pitchford by :18. Louis trailed all three of them at 2 miles.

The local girls XC scene is being dominated by Nicole Matsysik. The diminutive tenth-grader absolutely ran away from all pretenders at Titusville, cruising the first mile before leaving everyone gasping in her wake. Her 19:05 winning time was a KWHS sophomore class record and beat the runner-up by a whopping 1:17. Full results. Photos.

As if the drive to Titusville was not enough, the Conchs will trek to Tallahassee for the FSU invitational at Apalachee Regional Park, the State Meet venue.

KWSR is proud of the young Keys runners, and is also very proud of the support that our club and its members have shown to the youth running programs over the last two decades.

October 1, Montessori Charter School One Colorful Human Race 5K.

Opening Race of Key West Southernmost Runners winter season was Saturday, October 1st, a great day for the 7th Annual One Human Race 5K Run/Walk. With the challenge of colors being thrown and the first race of the season times were off for most of the runners and walkers but the top finishers did come close to course records.



Over 200 runners and walkers of all ages came out to race and raise money for the Montessori Charter School, which provides education for grades K – 8.

Congratulations to the overall winners: Keith Durden, Running the 5K in, 17 minutes and 16 seconds. Priscilla Weeks, running 20:20, taking more than a minute off her last year winning time. Masters winners were 3rd overall finisher Samantha Paterson, winning the women's Masters title in 21:14, and 60 Year old Summerland Key Runner Dave Whetzel, winning the Male Masters award in 23:47.

The first place walkers were Cudjoe Key Walker, Walt Breier, 44:14, and Kristen Winters, from Key West walking the 5K in 45:32.

A Mile and ½ Mile "Kids Fun Runs" were run after the 5K with dozens of our next generation of runners, showing their stuff on the beach running path.

Key West Southernmost Runners and Montessori Charter School would like to thank the volunteers and all of the sponsors who made this race a success.

Big thanks to Southernmost Runners Volunteers who providing the race results, course, management, working together with Lynn Marie Barras and Andrea Ippolito from the school.

October 5, KWSR Octoberfest Social

Once again Mark Bells food was great with more than we could eat. Many took home leftovers and I know I ate for a couple meals, enjoying Marks good cooking. In the spirit of Oktoberfest, we had a veritable cornucopia of malt beverages for your amusement. We forwent the 6:30 run this time in favor of hot food and clever competitions. We will get your innate racing juices flowing with some Beer Stein Relays

KWSR's ON THE ROAD

Chester heads across the country and back for some great races!.

Scenic Half

I race walked the Scenic Half Marathon in Sandpoint, Idaho on Sunday, September 18, 2016. The temperature varied from 52 to 59 degrees with partly sunny skies and winds varying between 5 and 10 MPH. The course was an out and back journey over 6 miles of paved bike paths and 7 miles of paved roads which were open to traffic. There were quite a few vehicles that for the most part respected the nearly 400 participants. The bike path was mostly flat and over a 2.5 mile bridge and the roads were generally up and down with no challenging hills near the shore of a extremely large glacial lake. Police and firemen controlled the large amount of traffic near the start finish area in the town itself. Water/Gatorade stations were located from 1.5 to 2 miles apart and were manned by plenty of efficient friendly volunteers. The race was very well organized and I enjoyed myself.

Quad Cities

On Sunday, September 25, 2016 I race walked the Quad Cities Half Marathon in Moline, Illinois. The event was somewhat hot as the temperature varied from 71 to 80 degrees with sunny skies and little breeze. The course utilized 10 miles of roads and 3 miles of a bike path along the Mississippi River. The half marathon which had approximately 2700 entries started in Moline, Illinois went across the I-74 Mississippi River Bridge to Bettendorf, Iowa, looping up and down a hill to the bike path along the river to Davenport, Iowa, looping through the downtown to an iron deck bridge back across the Mississippi (It had a series of linking 3 foot wide carpets across the entire half mile bridge for those who did not wish to use the iron decking, me included) to Rock Island, Illinois where the participants entered the Army's Rock Island Arsenal and transversed through the Arsenal to an exit in Moline, Illinois for the final half mile to the finish line. The intersections were controlled by plenty of friendly police officers from each of the cities and military personnel in the Arsenal. Turns had volunteers, arrows on the roads, and signs to ensure that the half marathon as well as the marathon and marathon relay participants stayed on course. Water/Gatorade stations were located between 1 and 3 miles apart with plenty of efficient, friendly volunteers to take care of the needs of the field. Because of the sunny warm weather there were a large numbers of spectators with chairs and coolers cheering enthusiastically for everyone participating, including military personnel in the Arsenal. There was also much live music played along the course. I have done this event 4 times (1 full marathon and 3 half marathons). It has been in existence nearly 20 years and is always recognized as one of the better events in the USA being extremely well organized with the emphasis on ensuring that all the participants enjoy themselves tremendously. My friend and well known ultra-runner, Dane Rauschenberg, was one of the celebrities at the event and ran the half marathon. There were also several elite runners in both the marathon and half

marathon. I enjoyed myself.

Hartford Half

On Saturday, October 8, 2016 I race walked the Hartford Half Marathon in Hartford, Connecticut. It was a nice day for the event that had a marathon, marathon relay, half marathon, and 5K. The temperature ranged from 48 to 56 degrees with overcast skies and little wind. The course utilized 12 miles of city roads and 1 mile of paved bike paths. It had quite a bit of up and down with no challenging hills. Police, firemen, and other volunteers controlled the intersections and signs marked where turns were located. Except for the first mile where the marathon and half marathon were together, the different distances had their own course; however, the starts were at the same intersection by the Connecticut State Capitol Building and the finish was in the same place for each event. There was much music, both recorded and live, played throughout the courses. Because of the nice weather and Hartford being a large city, there were spectators everywhere cheering enthusiastically for all the participants. Water/Gatorade stations were located from 1 to 2 miles apart and had plenty of enthusiastic, efficient volunteers taking care of the needs of the participants. There were about 3000 marathoners and 5500 half marathoners. The marathon relay was filled to capacity before race day. I do not know how many relays or 5k people participated. This was the 23rd year for this event and I have done the marathon once and the half marathon thrice. The event has always been well organized and fun.

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 November 8th runonn@gmail.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 its members to make our races happen. We need you! Call Don: 305-304-0091

Run On, Don

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