

Church's 5K Run/Walk. With a few sprinkles and a damp course, but cool breezes runners navigated through Big Pine Neighborhoods to run some great times.

Overall winner of the Race, was Key West High School Runner Scout Graft running a great time of 19:03. This was after running an 18 min 5K in yesterdays Cross-country meet. Male masters runners and past Vineyard winner, Storm Lefelar, ran 2<sup>nd</sup> overall and 1<sup>st</sup> Masters in 19:16. These time had to be adjusted due to the fast pace of these two closing on the course volunteers before they were in position to direct the runners, causing them to run about ¼ mile extra. Times were adjusted and no overall or age group winners were displaced, as these 2 were over 1 minute ahead of the next runners.



Women were lead all the way by Key West Runner, Nikki Miklos, winning the Overall Women's award in 25:11, and Pamela Dawn Smith, winning the Female Masters Award in 27:20.

11-year-old Jack Haggard, ran a great time of 26:52 to win the Male 10-14 age group and 8 year old Carly Barr won the 9 and under Female age group with a time of 34:17.

A Surprise finisher was the Key Deer running in 49<sup>th</sup> place as a bandit (did he run the whole course?) with a time of 34:50.



Top overall Walkers were Debra Pearl, 44:29 and William Argabrite, 52:33.

Vineyard Christian Center puts on this event as part of their weekend Fall Festival. The race follows the weekend family festival Sunday morning leading into the first Sunday Worship service.

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

Theme Runs joined Zonta entertaining Parrot Heads from around the country and locals, in this traditional Keys run benefiting Zonta's program to support women's health care.

#### November 12, 7:00 AM. 8th Annual Key Largo Bridge, ½ Marathon

Once again the Key Largo Baptist Church produces 3 Races, 5K, 10K and Half Marathon all on the 18 mile stretch, "The Gate Way to the Keys". It's an awesome course, flat and fast with one big challenging bridge and gorgeous views of the Florida Bay and Barnes Sound.

Few KWSR's made the trip north but the ones that did, were all winners. Marathon HS CC runner Aydan Child was Overall Winner of the 5K running 18:36



Key Largo Southernmost Runner Hugo Cortes, was the winner of the 60-69 male age group in 25:41.

And the Beverly and Denny Howley, enjoyed the view, walking 54:48 and 54:49 with Denny Winning the 80+ men's age group.

#### KWSR's ON THE ROAD

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

#### Des Moines

On Sunday, October 16, 2016 I race walked the Des Moines Half Marathon in Des Moines, Iowa. There was dense overcast fog with 100% humidity, no breeze and a temperature holding at about 62 degrees. The course was completely closed to traffic with no cross traffic allowed at any intersection utilizing 10 miles of paved roadways and 3 miles of paved bike paths. Except between miles 10 and 12 where the course encircled the Iowa State Capitol Building which sits on a hill, the course was mostly flat with small up and downs. There were about 7000 participants in the half marathon and 3000 participants in the full marathon. There were also a 5K and a marathon relay of whose numbers I am not sure. The water/Gatorade stations were located about every mile beginning at mile 3. There were plenty on enthusiastic, efficient, friendly volunteers taking care of the needs of the participants; however, the first three stations were a little crowded because of the number of participants. The event offered prize money to the top finishers and as a result there were several elite Kenyan and Ethiopian runners posting very impressive times. There were many spectators everywhere along the course cheering enthusiastically for all of the participants as well as live and recorded music spaced approximately every ½ miles. The post-race food was the best I have ever experienced in all of my 326 marathons and half marathons. Security was used to restrict the area to the participants who were allowed to eat as much as they want from a huge selection of items including pizza, Bar-B-Que Sandwiches, Soup, Etc. There were excellent live bands playing in the finish area. My friend, ex-Olympian-Coach, Jeff Galloway and his wife were there. Two of the running clubs to which I belong, Marathon Maniacs and Half Fanatics, held a reunion even in association with the event attracting at least 500 members. As a result the race provided the clubs with the lobby on the Civic Center with its indoor bathrooms immediately next to the start line, as an indoor place the wait for the start. The area had a separate gear check for the club member's exclusive use. This was extremely nice and added to my enjoyment of the event.

#### Ron Jon Half

On Sunday, October 23, 2016 I race walked the Ron Jon Half Marathon in Cocoa Beach, Florida. It was a nice day for the event as the temperature ranged from 64 to 70 degrees with sunny skies and a 5 to 10 mph wind. The course was completely closed to traffic and consisted of 10.2 miles of paved roadways and 2.9 miles of sandy beach which for the most part was solidly packed sand; however, the exit off the beach consisted of loosely pack sand that was hard to traverse. Water/Gatorade stations were located from 1 to 2 miles apart and were manned by plenty of efficient enthusiastic volunteers taking care of the needs of the participants. The event is a Jeannie themed event based on the old television show: "I Dream of Jeannie". This is the second year for the event and there were more than 100 participants dressed in Jeannie costumes. In the first year, Barbara Eden, whom played Jeannie on the TV show, attended. This year Dawn Wells, who played Mary Ann on Gilligan's Island, attended. The event is well organized and fortunately was able to be held less than 2 weeks after Hurricane Matthew went through the area. I enjoyed myself and even managed to win third place

in my running age group even though I walked the entire way.

#### Monumental Half

On Saturday, November 5, 2016 I race walked the Monumental Half Marathon in Indianapolis, Indiana. I was a perfect day for a race as the temperature varied from 42 to 52 degrees with almost no wind for the more than 15000 participants in the Marathon, Half Marathon, and 5K. The course was almost flat on paved roads that were completely closed to traffic and allowed no cross traffic. The numerous friendly police officers controlled the course. The water/Gatorade stations were located approximately every 1.5 miles and had many tables on both sides of the road with plenty of friendly, efficient, enthusiastic volunteers; however, the number of participants caused crowding most of the time when I was at a station. There were many spectators along the entire course cheering and encouraging the participants as well as much recorded and live music being played or performed. My friend from San Antonio, Texas, Larry Macon, was there doing his 1797th marathon in his career. This is the third time I have done the Monumental Half Marathon and my performance was outstanding as I race walked a time of 2:32:06. I have now completed 193 race walking half marathons of which 115 have been completed since I had my left knee replaced on February 20, 2012 and started doing half marathons again on October 21, 2012 after my recovery and rehabilitation. The first seven from January 10, 2009 and earlier and the 24th in Little Rock, Arkansas on March 7, 2010 are the only ones that had faster times. The event has always been well organized and fun to do.

#### 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 December 8<sup>th</sup> [runonn@gmail.com](mailto:runonn@gmail.com)

Check out Pictures and Race registration online from the [www.southernmostrunners.com](http://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



## Race for a Positive Step

### December 17, 2016

#### 5K Family Fun Run/Walk, 8:00 AM

**Start/Finish @ Southernmost Beach Cafe**  
**South end of Duval Street, Key West**  
**Entry Fee \$25, \$15, 15 and under Add \$5 race day**  
**Free 1/2 Mile Kids Run**

<p><b>Registration: Pre Race Packet</b> <b>Pick up Friday Dec. 16,</b> <b>Southernmost Beach Cafe</b> <b>5-7 PM</b></p> <p><b>Race Day: Packet Pick up</b> <b>and Registration 7:00 AM</b></p> <p><b>Info Call: 305-304-1969, or</b> <b>southernmostrunners.com</b></p>	<p><b>Post Race; ,</b> <b>Refreshments Raffle Prizes,</b></p> <p><b>Run Awards: Overall, Masters</b> <b>1st &amp; 2nd, M/F 9 and under</b> <b>10-14, 15-19 then 10 yr</b> <b>Age Groups to 70+</b> <b>Walkers: 1st - 3 M/F</b></p> <p><b>First 150 Registered receive</b> <b>Tee shirt</b></p>
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