

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors
August, 2016

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Members at large:
Mark Bell
Gerda Kalb
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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 January, 2017

Hello Southernmost
Runners:

From the President

Hi Southernmost
Runners,



We look forward to
seeing you at up coming events!

Happy Holidays,
Mary Ann Nelson, KWSR President

Check Key West Southernmost
Runners facebook page for morning
runs.

KWSR Summer 2016, Grand Prix Awards

Rick MacKenzie

“Fast Eddie” Clarke won the Masters
Division at Hog’s Breath Hog Trot
5K, adding 16 points to his Grand
Prix score (64), and vaulting him over
Jason Block (55), Anthony Farretta
(56) and Keith Durden (60) into first
place. Anthony, however, met the
minimum participation requirement by
competing in 5 or more races, while
Ed (4) and Keith (3) did not. Thus,
while Ed will go down in the history
books as being the GP Champion,
Anthony will receive the winner’s
prize. Ed does, however, earn the
prize for win- ning his age group. (AG
eligibility is 3 races.)

The women’s division was more
straightforward as Jane Welzien’s
second-place AG finish at HB5K gave
her enough points to pass mid-season
leader Katie Leigh for the Open title,
92-84. Jane had led the season early
by virtue of race wins at Earth Day
and Mariners March back in April.

Our prize structure is based on Age Groups:

- > Each AG winner gets \$25
supermarket gift card
- > AG winner with the highest overall
score wins at \$75 bonus as Open
Champion
- > Best score among the 40-plus
AGs wins a \$50 bonus as Masters
Champion.
- > If a 40+ wins the Open, the next
highest eligible scorer among the
40+ runners will win the Masters
Champions bonus.

Here is how we finished up:



Ed Clark

MALES:

- 15-19: 55 Jason Block (5)
- 20-29: 60 Keith Durden (3)
- 30-39: 0
- 40-49: 64 Ed Clarke (4)
- 50-59: 21 Tony DiFolco (5)
- 60-69: 56 Anthony Farretta (8)
- 70-Up: 27 Roger Fisher (3)
- Open: 56 Anthony Faretta (8)
- Masters: 45 Lazaro Ledesma (5)



Anthony Farretta



Katie Leigh

FEMALES:

- 15-19: 92 Jane Welzien (6)
- 20-29: 64 Priscilla Weeks (4)
- 30-39: 56 Kelly Maatta (5)
- 40-49: 84 Katie Leigh (7)
- 50-59: 16 Joan Scholz (1)*
- 60-69: 32 Patria McGee (2)*
- 70-Up: 30 Haley Herriott (3)
- Open: 92 Jane Welzien (6)
- Masters: 84 Katie Leigh (7)

* Not eligible for prizes



Jane Welzien

We’ll dole out the gift cards at the
KWSR Holiday Social, which you
may have read about. With any luck,
the Winter Season 2017 GP Schedule
will be available as well.

There ya have it!

Let’s all give a big THANK YOU to
Mark Bell for serving as the Grand
Prix Poobah for the last few years.
The GP had fallen by the wayside for
a while and Mark picked it up, dusted
it off, added a very successful Age
Group component to it, and brought it
back to life.

But Mark will be stepping down
from his lofty Poobah perch when
this season concludes. Anyone who
would like to take on this duty would
be MOST WELCOME. It’s not
“difficult”, but it does take time and
attention to detail. Please contact me,
the Vice Poobah, at kwsrclub@aol.com.

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

WHAT’S HAPPENING KWSR Races

December 17, 8 AM, A Positive Step New Years 5K Run/Walk

Down town Key West, running to the
beach and back for another post race
party, on the beach, at Southern Most
Beach Cafe.

December 30, 7 PM. Founders Park 5K Glow Run.

The traditional Run Walk or Crawl
has transitioned to the Evening Glow
Run. This Course is all on the path in
the park and finishes at the stage, with
music food and drink. Don’t miss this
evening run with a great post race
party.

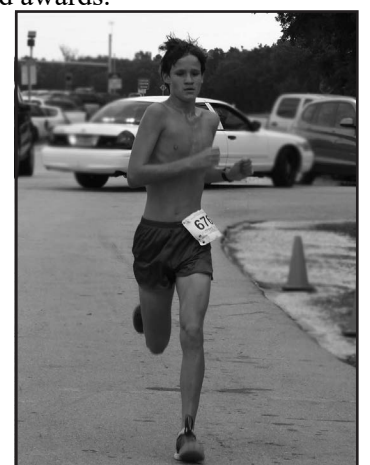
Other Keys Events, look for info on
our website.

Call 305-304-0091 to volunteer!

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

WHAT HAPPENED

**November 19, Mariners Hospital
5K-10K Run/Walk, Islamorada,**
Marathon High School Runner and
KWSR, Matthew Pinkley, was overall
winner of the 5 K run in a time of
18:26. KWSR. KWSR Snowbird,
Helga Rinneard, from Key Colony
Beach was the 5K Female Masters
winner in a time of 27:04. Not many
KWSR made the trip up the Keys for
the Mariners this year, the ones that
did were rewarded with the usual
Mariners great post race festivities
and awards.



Matthew Pinkley