

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors
August, 2016

President

Mary Ann Nelson
305-509-0672
maryamassage@juno.com

Vice President

Dedra Ling
708-351-5701
dr.dedraling@gmail.com

Treasurer

Don Nelson
305-304-0091
runonn@gmail.com

Recording Secretary

Chelsea Stamy
319-551-6677
Stamy34@yahoo.com

Corresponding Secretary

Rick Mac Kenzie
305-304-1019
localawards@aol.com

Members at large:

Mark Bell
Gerda Kalb
Mike Higgins

RRCA S Florida State Rep.

Editor

Don Nelson
305-304-0091
don.n@juno.com

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 March 2017

From the President

Hi Southernmost Runners,

We had a really great turn out for the February social. We got new members to attend and get connected with other runners to train with. Hope to keep getting more people involved with the club events and race duties. With Don and I stepping down from the board in June we need members to step up to help keep the club going. We're trying to cut back on the number of races that the club works, so that the workload is much easier. Don will still be available to guide the new board members on how to do the race management. We have some time to teach and train anyone that is willing to help.



March 1 will be our March, KWSR social, pizza and Relay Races, at Mc Coy Park Wildlife pavilion.
Mary Ann Nelson, KWSR President

Check Key West Southernmost Runners facebook page for morning runs.

Volunteers



Rick MacKenzie

We still need a new Grand Poobah to take over this season-long event. I did it for several seasons a decade or so ago, and worked with Mark Bell on it for the past couple of seasons. Mark revived it and I assisted him in revving it back up. He has stepped down, and we all thank and hail him for his efforts.

The Grand Prix a good event. It helps us all to be aware of who our club-mates are. It stirs up some lively competition and camaraderie. It gives back to the membership through prizes and recognition. I think it -- or something like it -- is essential to having a vital and spirited running club.

But if it's going to continue, someone else is going to have to take it over. It's going to have to be someone else's turn.

The Grand Prix Grand Poobah is a job that requires enthusiasm for the task, a passion for stats, and a good eye for detail. If you have all that, you'll actually enjoy doing it.

If any among you feel like taking this on, please step forward. Otherwise, we will not have a GP season. Drop me a line at KWSRclub@aol.com if you have any interest or questions.

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

WHAT'S HAPPENING KWSR Races

March 4, 8:00 AM. Marathon Sombrero Beach 10K Run 5K Fun, Run/Walk and 15K Challenge

This community rallies together to make this an experience the runners will never forget. Restaurants, hotels, businesses and individuals generously donate, raffles, overall prizes, food, entertainment, and time. That's why this race is so special!

March 11, 8:00 AM 8TH Annual Menendez Miler 5K, Key West,

This is another great event by the Sunset Rotary, benefiting the Bobby Menendez Scholarship fund. Celebrate after the race with free beer, free snacks and lots of door prizes and drawings. This year we will be starting at Salute on the Beach.

March 18, 8:00 AM Run with the Deer 5K, Run/Walk for F.A.V.O.R. Big Pine Key

The Friends and Volunteers of the Refuges. are putting on a weekend of events at the Second Annual Florida Keys Wildlife refuges Outdoor Fest This group supports the National Wildlife Refuges of the Florida Keys, with many programs, all hands on. Come learn more, about what's happening on Big Pine Key, from the Refuge Register Friday at the Center book Store in the BP Winn Dixie shopping center. Run, Saturday from the Big Pine Community Park. Outdoor Fest info at favorfloridakeys.org

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

February 8th, KWSR Social at Lucy's Retired Surfers Bar and Restaurant

We had a great crowd, at this new Restaurant at an old location. "AIN'T NOTHIN' TIRED ABOUT RETIRED"



February 11, Christina's Courage 5K Run/Walk

Key West's Stock Island Headquarters was the start line of the 4th Annual Christina's Courage 5K Run/Walk. Runners and Walkers headed out from the Headquarters onto college loop road. Weather was almost perfect for the race, a little cool, with a light headwind on the way out.



Joel Zaila

Prescilla Weeks,
Cammie McConnell

Marathon High School Runner, Joel Zaila, running Personal Best and course record, was the Overall Winner in a very fast time of 16 Minutes and 58 seconds, 2nd Overall finisher was Male Masters (over 40) winner Edward Clarke running the 5K in 18:43

Sugarloaf runner Priscilla Weeks, was the Woman's Top Finisher in 18:50 only a seconds ahead of second place Female runner, 16 year old Michigan runner, Cammie McConnell, in



Peter Ryan

Deborah Holtom,
Dave Whetzel