

Key West Southernmost Runners

www.Southernmostrunners.com



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August, 2016

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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 April 2017

From the President

Hi Southernmost Runners,

Thanks for your help keeping our races running, check out the new Spring Grand Prix.
Mary Ann Nelson, KWSR President

Check Key West Southernmost Runners facebook page for morning runs.



KWSR Winter 2017, GRAND PRIX RETURNS!

New Poobah Takes the Helm

A huge THANK YOU goes out to Summerlander Dave Whetzel, who has offered to give it a go as the new Grand Prix Grand Poobah. He's a self-described "stat man", and is rarin' to go.

As such, our KWSR Vernal (Spring) Season will commence this coming Saturday, March 4, in Marathon, at the Sombrero Beach Run 5K. Only the 5K will score. The schedule looks like this:

8 races spread over 13 weeks.
You can run as many of those as you want, but only your best 5 scores will count.
Minimum of 3 races to be eligible for prizes.

The scoring system remains mostly the same, with points based on your place in your age group (AG): 10 for 1st, then 8-7-6-5-4-3-2-1-1-1... Overall race winner gets 20, top Master gets 15.

Hello Fellow Runners,

I'd like to a moment to introduce myself, my name is Dave Whetzel and many of you may have seen me around lately as I have been running most races over the last year or so. I am very happy to give back to the team by keeping this series going. I have lived in the keys for 15 years now. Like you I love to run and made it very important part of my life style. The camaraderie of the sport is incredible, I see so many familiar faces at the races and see the strong bond this group shares. I have made so many new friends since I joined KWRC and feel the urge to contribute to further the cause. I would like to thank everyone for the great races at the Sombrero Beach Run and the Menendez 5K. I personally would like to thank the teams that put so much effort in making them both a fun time for all. The SBR was the kick off for this Spring Gran Prix. Here is a list of the scheduled races for this series.

3/04 Sombrero 5K, Marathon
3/11 Menendez Miler 5K, Higgs Beach, Key West
3/18 Run With Deer 5K, Big Pine Key
4/15 Earth Day 5K, Indigenous Park, KW
4/27 Duval Street Mile, Key West
4/29 Mariners March 5K, Basicila School, KW
5/13 PAL 5K, Bayview Park, Key West
5/25 Seminole 5K, Higgs Beach, Key West

As new Grand Prix Grand Poobah I welcome any feedback on the series, I plan no changes for Spring Series, as I feel my way around. I truly am excited to help and meet all the members of this great team. So please if you see me at a race come up and introduce yourself so I may put faces to the list I use to score this fun. I appreciate the opportunity to serve our local running community and meeting everyone in this great club. My email address is keyzdave@yahoo.com.

Happy Running
Dave

So, rev up your racing shoes and get ready to rumble. The Grand Prix is ON.

Sombrero Beach Run - Menendez Miler KWSR GP Scores

Total Female Overall	Age	SBR	MenM
25 Deborah Holtom	66	10	15
20 Priscilla Weeks	22	20	
20 Kelly Maatta	33		20
10 Jane Welzien	18	10	
10 Kelly Jones		10	
10 Alice McGonigle	63		10

10	Haley Herriott	70		10
8	Gail Newton	64	8	
7	Susan Clavin	56	7	
6	Janet Briggs	65	6	
5	Stephanie Difolco	42		5
5	Susan Cooke	64		5
3	Lizzette Ramos	58	3	
0	Pat Kersey	73	10	

Total	Male Overall	Age	SBR	MenM
20	Joel Zaila		18	20
20	Dave Whetzel	60	10	10
10	Aydan Child	15	10	
8	William Dunnett	67	8	
8	Anthony Farretta	61		8
8	Eric Mealus	55		8
7	Richard Breese		71	7
6	Michael Higgins	60	6	
2	Marada Phillips	41		2

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

KWSR SINGLETS, For Members Only

Club uniforms and shirts, along with whatever visors and hats are still in supply, will be available for purchase after most of the GP races this Spring. First 2, for sure.

The white T's and tie-dyed shirts are for the world. Feel free to buy as many as you want for relatives and friends. Heck, buy them for enemies and strangers too.

BUT, the neon yellow singlets are for us club members ONLY! They are intended as our club racing uniform. They are a way of identifying ourselves among the throng. Anyone who covets one can join the club and we will happily sell them one. Several have done so.

But, please, no "buying one for a friend." And no gifting, and no buying for your wife or kids unless you have a family membership. This is a special shirt only for us special people. The phrase "club members only" does not mean that only KWSR members can buy one; it means that only KWSR members can own one.

That particular New Balance singlet is now a discontinued item that our vendor is sold out of. Local Awards & Engraving has a modest back-up supply — enough to last the season or even the year, provided we keep them, as intended, exclusively for our own use.

So, wear it with pride. You have something nobody else has!

WHAT'S HAPPENING KWSR Races

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

April 1, 2017, 36th Annual 7-Mile Bridge Run

I hope you made the registration for this Keys Classic, Note the new Pre and post race venue.

PARKING & TRAFFIC INFORMATION IMPORTANT!
Limited free parking is available at Stanley Switlik Elementary, 3400 Overseas Hwy between 5:15 am and 6:30am. Packet Pickup will be available at the school beginning at 5:30. Buses will be at the school for runners to board for transport to the start line. **ALL RUNNERS WHO WISH TO BE BUSED TO THE START LINE MUST BE SEATED ON A BUS NO LATER THAN 6:30! THE LAST BUSES TO THE START LINE WILL LEAVE THE SCHOOL AT 6:45** Runners are encouraged to carpool or to park elsewhere. Please allow extra time as the bridge will close precisely at 6:45 A.M. and the run will begin at 7:20 A.M. **ABSOLUTELY NO PARKING AT THE START**