

LINE OR FINISH LINE.

The bridge will be closed at 6:45!

April 15, 8:00 AM. Earth Day 5K Run/Walk, Key West

This annual event starting at White street pier, highlights Earth-Friendly Recyclable Awards with Proceeds to go to, FAVOR, Friends and Volunteers of the Refuges.

***April 27, Thursday 7:00 PM. Duval Street Mile, Key West,**

Another great race, that was a success last year and will be event better this year. Info on the website or Call 305-304-1019

April 29, 8:00 AM. 6th Annual, The Basilica School of St. Mary Star of the Sea, Mariner's March 5K Run/Walk and Children's Fun Run, Key West.

Once again we will be running down town from The Basilica School of St. Mary Star of the Sea. Come enjoy the family fun, at this great event running through the neighborhoods to the Beach and back.

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

March 1, KWSR Social at Mc Coy Park.

Pizza and Beer with Challenging Games

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

Great run with a challenging 15K challenge. Look at results on our website and GP Points above.



SBR Winners

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

On a beautiful cool Keys morning Runners and Walkers lined up on time and Bobbie got us off the lane to a fast start. It was welcome 1, 2, 3, GO. A First for a Key West Race, was over all finisher, Peter Ryan pushing his young daughter in a stroller, finishing in a of 20:23, And she is not a baby! Good job Peter!! Our first female finisher was Kelly Matta, in a time of 23:17. Daniel Markiewicz taking Male Masters win in a time of 22:13. and Deborah Holtom taking the Female Masters win in a time of 23:36.

The runners enjoyed the course, saying it was shady most of the way, with a tail wind on the way back. The course was clear by 9:00 and the raffles started soon after that. The Key West Sunset Rotary had great volunteers working the race and supplying all the food, water and raffles. The Menendez Family was there in support of the event and the scholarship program for the High School Seniors. Conch Pride don't leave home without it!

Thanks to all the Key West Southernmost Runners Club Volunteers that set up the course, water station & start/finish line. It take a lot of hands to pull a race together and I want to thank everyone for your help, you ALL know who you are!

KWSR's ON THE ROAD

Chester walks beyond his 200th event!

Lost Dutchman Half Marathon

On Sunday, February 19, 2017 I race walked the Lost Dutchman Half Marathon in Apache Junction, Arizona. The temperature stayed about 50 degrees and the wind blew 5 to 10 mph which would have been wonderful conditions for the event; however, even though Apache Junction is in the desert, it rained the entire time which made many places where water flowed across the roads. The course was out and back and featured ups and downs in its entirety. None of the changes in elevation were very challenging. Police and volunteers controlled the cross roads keeping the participants safe. Water/Gatorade stations were located approximately every mile and were utilized in both directions. I really appreciate the volunteers and police who tended to their duties despite having to endure the rain. I have done this event 4 times completing one full marathon and 3 half marathons. It is always well organized.

Gasparilla Half

I race walked the Gasparilla Half Marathon in Tampa, Florida on Sunday, February 26, 2017. It was a nice day for the event as the skies were mostly clear, the temperature varied from 56 to 64 degrees, and the wind was 5-10 mph. The course was flat on city streets that were completely closed to traffic. The first five miles circled through Davis Island and the last eight miles went out and back along Tampa Bay. Traffic was controlled by numerous police officers. Water/Gatorade stations were located every mile and had plenty of efficient enthusiastic volunteers

Gerda and Bart



taking care of the needs of the 6500 entrants in the half marathon. The Gasparilla Distance Classic is a two day event that had approximately 32000 entries in the 5K, 8K, 15K, Half Marathon and kid's races which are all schedule at different times with enough time in between starts that many participants did multiple races, even all four main races. I have done this event 10 times in its

40 years of existence – 6 full marathons (no longer part of the event) and 4 half marathons. It has always been a very well organized event that is fun to do.

In addition to completing the half marathon, I had the opportunity at the Saturday Exposition to talk with Mark Johnson who is the President of the Gasparilla Distance Classic Association for about 15 minutes and meet 4 famous running celebrities. My friend, Bart Yasso from Runner's World was at the Exposition signing autographs and announcing at the start and finish line of the Half Marathon. Bill Rodgers who won the Boston Marathon 4 times was at the Exposition signing autographs and ran the 15K on Saturday. Joanie Benoit Samuelson who is most noted as the first woman to win the Marathon Olympic Gold medal which occurred in Los Angeles in 1984 and won the Boston Marathon twice was at the Exposition signing autographs and ran the 15K, 5K and Half Marathon. Meb Keflezichi who won both the Boston Marathon and New York Marathon and medaled in the Olympics was at the Exposition signing autographs and ran the Half Marathon. I also met Meb's brother, Howie, who is not a runner. I enjoyed myself tremendously.

Myrtle Beach Half

On Saturday, March 4, 2017 I race walked the Myrtle Beach Half Marathon in Myrtle Beach, South Carolina. It was cold as the temperature varied from 35 to 45 degrees with sunny skies and a breeze of 5 to 10 mph.

The course was relatively flat on city roads that were completely closed to traffic and were controlled by numerous police officers that kept the approximately 4500 participants in the marathon and half marathon safe. Water/Gatorade stations were located approximately every two miles and were very crowded at each station as the amount of tables were not enough to allow a smooth operation. There were probably enough volunteers if they were on both sides of the course and spread out over a greater area. The volunteers were friendly and did a good job considering the organization of the stations. I really appreciate the police and volunteers who braved the cold to provide for my needs and safety. Everything else about the event seemed to be well organized and made the event fun to do. There is an after party at the House of Blues on Saturday night, which I plan on attending. I enjoyed myself and have now done the 20 year event 3 times- one marathon and two half marathons.



Gerda, Meb and Chester

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 April 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