

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors
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 May 2017

From the President

Hi Southernmost Runners,

Good Workout at Kelly's.
Congratulation on all that run the
7 Mile Bridge, Don't miss the next
upcoming races.
Mary Ann Nelson, KWSR President

Check Key West Southernmost
Runners facebook page for morning
runs.



KWSR Winter 2017, GRAND PRIX RETURNS!

Sprin Season GPcommenced on March 4, in Marathon, at the
Sombbrero 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,

The SBR was the kick off for this Spring Gran Prix. Here is a list
of the scheduled races for this series.

3/04 Sombbrero 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, Indigenou 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

Sombbrero Beach Run - Menendez Miler - Run With Deer 5K KWSR GP Scores

TOTAL FEMALE OVERALL	AGE	SBR	MenM	RWD
40	Deborah Holtom	66	10	15
20	Priscilla Weeks	22	20	
20	Kelly Maatta	33	20	
14	Janet Briggs	65	6	8
11	Stephanie Difolco	42	5	6
10	Jane Welzien	18	10	
10	Kelly Jones	43	10	
10	Alice McGonigle	63	10	
10	Haley Herriott	70	10	
10	Helgs Rinneard	70		10
8	Gail Newton	64	8	
8	Pat Kersey	73	10	8
7	Susan Clavin	56	7	
5	Susan Cooke	64	5	
3	Lizzette Ramos	58	3	

TOTAL MALE OVERALL	AGE	SBR	MenM	RWD
20	Joel Zaila	18	20	
20	Dave Whetzel	60	10	
16	Anthony Farretta	61	8	8
10	Aydan Child	15	10	
10	Vincent Parent	52		10
10	Mike Bailey	62		10
10	Roger Fisher	79		10
8	William Dunnett	67	8	
8	Eric Mealus	55	8	
8	Wayne Landrum	74		8
7	Richard Breese	71	7	
7	Dan Leffers	65		7
6	Michael Higgins	60	6	
5	Tony Difolco	53		5
2	Marada Phillips	41	2	

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

Reminder

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

WHAT'S HAPPENING KWSR Races

*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.

May 20, KEYS 100 Ultra run

Once again we will be working the finish line and post run tent.
Please let me know if you can help anytime from Saturday 3PM
through Sunday 3 PM. If you are on a team come help after
your last shift and cheer your team at the finish.

May 27, 8:00 AM Southernmost Seminoles 5K Renegade Run

8th Year of this event and it will be better then ever, come join
us at Higgs Beach this year for morning run along the beaches
of Key West. Registration and Pre-Registration Package Pickup:
May 26th, from 5:00-7:00 pm will be at the Bottlecup Key West
with a great silent auction. Or sign up Race day 7:00 AM @
White St. Pier.

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

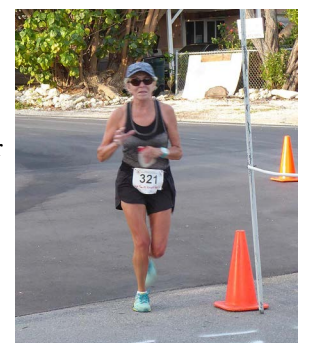
March 18, 8:00 AM Run with the Deer 5K, Run/Walk for F.A.V.O.R. Big Pine Key

3rd Annual Run With Deer 5K Run/Walk for F.A.V.O.R. March
18, 2017



Deborah Holtom

160 runners and walkers towed
the start line, at Big Pine
Community Park, for the 3rd
Annual Run With Deer 5K Run/
Walk. Weather was cool and clear
making for a great run. Overall
winner was US Fish and Wildlife
Intern, Reed Scott, running the
3.1 mile 5K course in 17 minutes
and 54 seconds. Mark Sterling
from Toronto was the Male
Masters winner in 19:34. Female
Overall Winner was Big Pine Runner, Helena Bursa in 20:33.
Female Masters winner was Deborah Holtom from Howe
Island, Ontario, in 24:03.



Griffin Vander Ploeg, from Surrey, BC. Was the 10-14 boys
winner in 24:25, followed closely by 9 and under boys winner
Vance Bursa, running a 24:38.

Walkers were lead by Overall Walker Winner, Bob Cavanagh,
from Wakefield, RI., in a time of 39:29, followed closely by
Big Pine Walker, Terry McGee, 39:54 and Key Colony Beach,
walker David Chinchar, 44:48. Overall Female Walker Winner
was Gail Brown, 40:35, from Big Pine, followed by Patria
McGee, 40:53, also from Big Pine, Third female walker was
Lynda Cavanagh from Wakefield, RI. Walking the course in
41:03.

Great Volunteers from FAVOR were on the course and at the
Finish Line with the Southernmost Runners.
Proceeds benefit FAVOR - Friends And Volunteers Of Refuges -
Florida Keys. FAVOR helps the Florida Keys National Wildlife
Refuges carry out their mission to protect the habitat and
wildlife of the Florida Keys. FAVOR supports activities that
include nature programs for kids; families and adults, education
and outreach events, wildlife festivals, research projects, native