

tree planting, trash cleanups, photography club activities, volunteer programs and much more.

Next Key West Southernmost Runners Race will be the 21st Annual Earth Day 5K in Key West in April 15 running from White Street pier. FAVOR again will be on the course and benefiting from this Great Key West event.

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

With a new venue for the pre and post race events and the need for bussing from parking to the start line there were some concerns. But the 7 Mile Bridge Run Crew did a fantastic job working the new system to continue with this Key's tradition.

Local Runners faired well in a field of predominately out of town runners, aided in the registration process by online registration.

Here are some of what our Key's Runners Winners.

Name, Age, Time;

Overall Winners

3rd Overall, Joel Zaila, 18, 42:03;
Female Masters, Helena Bursa, 41, 46:48;
Male Grand Masters, Martin Sykut, 54, 44:39;

Age Group Winners:

Caylaa Makimaa, 10, 1:03:26; Aydan Child, 16, 42:54; Scout Graft, 15, 44:17; Jonathan Pitchford, 14, 44:25; Jane Welzien, 18, 53:21; Carlos Valdez, 28, 49:16; Cary Caviness, 36, 54:32; Bethany Tietz, 40, 51:10; Vincent Parent, 52, 49:05; Mike Bailey, 62, 49:07; Dave Whetzel, 60, 54:57; Lazaro Ledesma, 62, 56:47; Anthony Farretta, 61, 58:15; Barbara Battaglia, 63, 1:04:32; Renda Ruppert, 63, 1:04:27; Miroslava Bedo, 65, 1:07:36; Humberto Rubio, 69, 54:39; Chuck Bayles, 70, 1:03:52; Helga Rinneard, 70, 1:02:35; Roger Fisher, 79, 59:33;

Thanks to the Marathon Runners Club for continuing this great Keys Running tradition!

April 5, KWSR Social at KELLY'S AERIAL FITNESS

This was a hands on experience with Kelly Goss, providing some good tips for pre and post run Stretching and Runner's Self care. Post instruction Social with snacks.

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. Look for results next month.

KWSR's ON THE ROAD

Chester walks a couple Southern events!

Blue Angel Rock and Fly Half

On Saturday, March 18, 2017 I race walked the Blue Angel Rock and Fly Half Marathon in Pensacola, Florida. It was a nice day for the event of 3000 in the half marathon and 5K as the temperature varied from 56 to 65 degrees with sunny skies and little wind. The half marathon was completely held on the Pensacola Naval Air Station on paved roads that were completely closed to traffic. Because it was held on a military base security was extremely tight with military police everywhere. This was the fourth time this event was held and I have done three of them. Water/Gatorade stations were located every 1.5 miles with plenty of enthusiastic efficient volunteers taking care of the needs of the participants. It should be noted that Gatorade was only available at about half the stations and only had about 2 ounces in a cup. I would have liked to have it available at all stations with full cups. The event was very well organized and fun to do. There was a nice after party near the finish line with live music appropriate for the Soul Train theme. At the start a live performance of the Star Spangled Banner was played on sounded almost as good as Jimi Hendrix.

Andrew Jackson Half

On Saturday, April 1, 2017 I race walked the Andrew Jackson Half Marathon in Jackson, Tennessee. It was a nice day for the event of about 500 participants in the full and half marathon as the temperature varied from 48 to 58 degrees with sunny skies and a wind around 5 mph. The course was on city roads that for the most part allowed traffic; however, some of the more major roads had a dedicated lane for the participants. There were almost no flat parts and some of the changes in elevation were somewhat challenging. Water/Powerade stations were located at every mile and were manned by plenty of enthusiastic, efficient, friendly volunteers. This event has been in existence for 45 years and this is my first time participating. The event has chip timing; however, it only recognizes gun times as in the old days. I guess that is why an event that is so old is so small. The event was well organized and I enjoyed the challenging course. In fact I was able to get third place in my running age group (they have no walking division) despite the fact that I walked the whole thing.

On Friday, March 31, 2017 I had a wonderful experience. I was taking photos of the outside of the Rock-A-Billy Hall of Fame and a man came up to me and asked if I would like a tour. It turned out to be Henry Harrison, the President of the HOF. He personally guided me through the museum for about 2 hours. He personally knows most of the stars of Rock-A-Billy music. He allowed me to take a photo of him holding and old photo of four young local artists having a jam session --- Jerry Lee Lewis, Carl Perkins, Elvis Presley, and Jonny Cash. He also allowed me to play on some drums that had been used by D. J. Fontana who was Elvis's drummer for about ten years. In addition he took a photo of me holding one of Carl Perkins Guitars. The stories that he told me about the artifacts and artists were truly interesting and inspirational. He also insisted that I take a marker and sign my name on the wall in the Elvis display which I did. Near the end of the tour he took me in a back area where he showed me artifacts from his early life as a boxer. He was a National Golden Gloves Boxing Champion and on the card when he won was a boxer named Cassius Clay, later known as Mohammed Ali, who also won a championship. I am truly lucky and honored that he would take all this time for me personally and really appreciate all the stories and information that he presented to me.

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 May 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 it members to make our races happen. We need you! Call Don: 305-304-0091

Run On, Don

