

10	Roger Fisher	79	10	
10	Kevin Davis	35		10
10	Robert Schult	47		10
10	Brad Mason	59		10
8	William Dunnett 67	8		
8	Wayne Landrum 74		8	
7	Dan Leffers	65	7	
6	Michael Higgins 60	6		
6	Stanley Sack	60		6
6	David Sermak	55		6
5	Tony Difoclo	53	5	
5	Lazaro Ledesma	62		5
5	Mike McCloskey	72		5
2	Marada Phillips	41	2	

Check for complete updated standings, as well as race results and info at: [www.southernmostrunners.com](http://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

#### 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 Bottlecap 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](http://www.southernmostrunners.com)

### WHAT HAPPENED

#### \*April 27, Duval Street Mile, Key West,

Rick and crew did a great job see results at [duvalstreet.webplus.net](http://duvalstreet.webplus.net)

#### April 29, 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.

#### Jason Block Hana Tomita



Temperatures in the lower 80s and strong SE winds made for a warm and windy 7th Annual Mariners March 5k. The race started in front of the Basilica School of St. Mary Star of the Sea with 258 runners/walkers, headed west on Truman to Simonton and over the to Higgs Beach. The 20<sup>th</sup> Annual Paddle board Race was setting up and made for a crowded beach pathway, leading to the first 2 runners confusion, causing them to cut through the parking lot, earning them both a penalty but still eligible for awards.

The overall winner of the race was 16-year-old Jason Block of Key West with a time of 18:23. Overall female winner was 37-year-old Hana Tomita of Key West with a time of 23:43. Overall Male Masters winner was Ed Clarke with a time of 19:54 and overall Female Masters winner was Katie Leigh of Key West with a time of 26:30.



After the 5K race was complete, children 9 and under participated in a Fun Run.

The Basilica School's mission is to provide an affordable, quality Catholic education to all those who seek one. We do this regardless of a family's ability to pay a "full" tuition. Therefore, we subsidize nearly \$300,000 every year so that our school can be a school for every child--regardless of their families' socioeconomic status. Fundraisers such as the Mariners March 5K help us fund our Tuition Assistance Program or TAP fund to continue this mission and to serve the children of the Lower Florida Keys.

### FHSAA STATE MEET MAY 5-6

Key West and Marathon will be well represented at the May 5-6 FHSAA Class 2A and Class 1A State Championships. Both classes, along with 3A and 4A, will compete at IMG Stadium in Bradenton. The 800 and 3200 will be on Friday, with the rest of the meet on Saturday.

Sophomore Nicole Matysik became the first KWSH distance runner to be Regional Champion, as she shattered her own School Record and ran to a convincing win in the 3200 Meter Run, 4/27 Regionals. Her time of 10:53.55 knocked 14 seconds off her previous mark.

The sophomore phenom followed that up with a silver medal in the 800 Meters in 2:17.28 (shy of her SR by just :00.05) and a bronze medal in the 1600 in 4:56.32 (only :00.39 short of that SR). She will run all three events at States.

Owen Allen, also a sophomore, punched his ticket to States with a strong fourth place finish in the 3200. His well-paced 9:38.75 (4:49/4:49) clipped :00.13 off his own School Record, and made him the first KWSH boy distance runner to qualify for the Big Dance.

Freshman Robert Pedroza continued to amaze with a tenacious race in the 1600. His hard-fought fourth place got him on the State Meet bus, and his astounding 4:25.49 clocking took back his School Record. He and Owen have been trading that thing all season. There's no better training partner each could have.

Those three wunderkinds Times and Places at the State meet.

Girls 3200 M  
2 Matysik, Nicole 10:35.58

Girls 800 M

4 Matysik, Nicole 2:15.55

Girls 1600 M

2 Matysik, Nicole 4:57.65

Boys 3200 M

9 Allen, Owen 9:52.34

Boys 1600 M

7 Pedroza, Robert 4:25.43

Rick keeps up a great site with all KWSH Track and Cross Country info the link can be found on our website or at <http://duvalstreet.webplus.net/xctf.html>

### Marathon Track

Marathon High School will be bringing quite a contingent as well. It will be the first State Meet appearance for the Dolphins, and they'll be represented by 5 athletes in 6 events.

Senior Joel Zaila made the biggest splash at Regionals by taking first place in the 1600 meter run in 4:37.49. He narrowly missed a second win in the 3200, getting edged out by :00.3 seconds.

Classmate Keygan Jeffries ran the tough 400/800 double and came away with qualifying spots in both. His :52.11 and 2:02.68 clockings earned fourth place in each.

Aydan Child ran to a big PR in the 3200, taking third in 10:19.81 and securing his State Meet entry.

The three of them will run the 4x800 relay, joined by eighth-grader Jon Pitchford. That quartet ran 8:26.98 to place second at Regionals.

The lone Marathon girl qualifier was Takara McKnight, who placed third in the 200 Meters.

Best of luck and success to all the Keys athletes up in Bradenton! Bring home some bling!

### KWSR's ON THE ROAD

#### Chester walks a 3 more Half Marathons

#### Newport Half

On Saturday, April 15, 2017 I race walked the Newport Half Marathon in Newport, Rhode Island. The temperature varied from 38 to 49 degrees with sunny skies and a wind starting calm and building to 10 to 15 mph by the time I finished. The course had much up and down and what somewhat challenging on city roads through the famous mansion neighborhoods and along the Atlantic Ocean. The road were open to some traffic and had many police officers controlling to keep everyone safe. Water stations were located from 2 to 2.5 miles apart and had plenty of efficient friendly volunteers taking care of the needs of the participants. This was the first year for this spring race which has had an identical version in the fall for several years and I had completed once. I enjoyed this event that was well organized and fun. I even managed to get first place in my running age group despite the fact that I walked the entire way.

#### Pro Football Hall Of Fame Half Marathon

I completed the Pro Football Hall Of Fame Half Marathon on Sunday, April 30, 2017. It was a nice day for the event as the temperature varied from 57 to 73 degrees with partly cloudy skies and a gentle breeze. The course was on city streets in Canton, Ohio which for the most part was closed to traffic and had numerous police and volunteers at intersections controlling traffic. Water/Gatorade stations started at mile 2.5 and were spaced from 1 to 1.5 miles apart thereafter. There were plenty of friendly efficient volunteers to take care of the needs of the nearly 7000 participants in the full and half marathon. However, some of the stations were a little crowded. This was the second consecutive year that I did this event which is in its third year. The event was organized and fun again; however, one shortfall in the planning was that there was little parking near the start-finish line so participants had to park in the Stark County Fairgrounds and be bussed. This was no problem before the event but was a nightmare after the event because the busses had to cross through the course and traffic was backed up trapping the busses during their journey. I did not reach my car until 2.5 hours after I finished even though my car was about 3 miles from the start-finish area. I had to wait in a long line for the bus and the short ride took about 30 minutes. The finisher's medal was unique because it looked like a medal version of a ticket to a pro football game.

#### Pittsburgh Half

On Sunday, May 7, 2017 I race walked the Pittsburgh Half Marathon in Pittsburgh, Pennsylvania. The morning started off with a drizzle but stopped just before I arrived in my start corral as one of the 16000 half marathoners and 38000 participants in the two day event. After the gun sounded to begin the race, it took me about 35 minutes to reach the start line which is quite normal for an event this large and by using chip timing makes the event fair for

*Continued next page*