

# Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors  
August, 2016

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Members at large:  
Mark Bell  
Gerda Kalb  
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Editor  
Don Nelson  
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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 July 2017

### From the President

Hi Southernmost Runners,

Summer is here and the rains changed out plans for the Fury Sail meeting.

Members that did come to town for the unexpected late cancellation of our sailing trip were treated to food and drink at the Waterfront Brewery.

Our Board meeting discussion lead to the decision that the board will meet again this month to work out details of another general meeting to hold our elections, with hopes that we can get more nominations to fill board positions.

We also discussed the need to review our bylaws and update them to reflect the changes that are necessary to keep the club up and running.

Thanks,  
Mary Ann Nelson, KWSR President

Check Key West Southernmost Runners facebook page for morning runs.

### KWSR Winter 2017, GRAND PRIX

Overall top 3, \$ Prizes were given out at the June meeting.

Total Female Overall	Age
60 Katie Leigh	46
40 Deborah Holtom	66
40 Haley Herriott	70
38 Kelly Maatta	33
25 Gail Newton	64
22 Stephanie Difolco	42
20 Priscilla Weeks	22
20 Kelly Jones	43
20 Chelsea Stamy	29
16 Charlene Nguyen	43

Total Male Overall	Age
55 Dave Whetzel	60
50 Edward Clarke	49
46 Eric Mealus	55
42 Anthony Farretta	61
28 Matthew Moreland	42
20 Joel Zaila	18
14 Richard Breese	71
13 Tony Difoclo	53
10 Aydan Child	15
10 Vincent Parent	52

More stats can be seen at:  
<http://duvalstreet.webplus.net/kwsr-gp.html>



Katie Leigh Haley Herriot Edward Clark

### WHAT'S HAPPENING

**June 24th, 7:30 AM. 41st Annual Swim Around Key West.**  
Come help and watch this great event that supports our KWHS Cross Country Team. The most action will be at Smathers Beach starting around 11:30 AM with the first finishers.

**July 4, 7:30 AM. Rotary of Key West 5K Run**  
Rotary Club of Key West with Theme Runs timing, are running this Key West 4<sup>th</sup> of July tradition at from Mc Coy Park at White Street Pier. Come run this great event. Info and Registration on our website.

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

#### May 20, KEYS 100 Ultra run

As usual Hot and Humid, and another great Race! Keys Runners did Great!

#### May 27, Southernmost Seminoles 5K Renegade Run

8th Annual Southernmost Seminoles 5K Renegade Run/Walk, May 27, 2017



Owen Fisher Atticus White Billy & Reese Kight

The Southernmost Seminoles held their 8th Annual Renegade Run on May 27, 2017. There were close to 100 runners/walkers who participated, as well as many Seminole fans. All of the proceeds generated go towards a scholarship fund that is awarded to local high school students who will attend Florida State University.

The overall Female Winner was Natalie Stamey, from Virginia Beach VA, with a time of 24:07. The overall Male Winner was Daniel Martin, from Washington, DC with a time of 17:41. The Male Masters Winner was Key West Runner, Eddy Clarke with a time of 20:35. The Female Master was Key West Runner, Katie Leigh with a time of 28:02. There was a strong representation of young runners, and the Overall Youth Winners were Billy Kight, 24:50 and Reese Kight, 40:14. Along with all of the race winners, the most spirited Seminole award went to Jack Bridger.

Al and Lisa Lindner from Casselberry, FL were Overall Walker Winners finishing close together in 39:06 and 39:08.

After the race, plenty of food and drink was provided for all of the participants of the Renegade Run/Walk, as well as many raffle prizes from our sponsors. Key West Southernmost Runners and the Southernmost Seminole Club would like to thank all of their sponsors for their continued support.  
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### KWSR's ON THE ROAD

#### Chester walks a 3 more Half Marathons

#### Shiprock Half

On Saturday, May 13, 2017 I did the Shiprock Half Marathon in Shiprock, New Mexico on the Navajo Reservation near the Four Corners. It was a nice day for the event, which had 800 in the half marathon and 85, 5 person marathon relays and 250 in the full marathon. The temperatures started about 60 degrees and climbed to almost 70 degrees with sunny skies and a breeze varying between 5 and 10 mph. The course utilized two highways. The first was a two lane road completely closed to traffic which was nearly the first 7 miles of the half marathon and started with a half mile uphill, followed 1.5 miles of downhill, then 1.5 miles of uphill, and the rest downhill- all of which was not very challenging. The second road was all downhill with the shoulder and right lane closed to traffic and the other lane containing plenty of traffic. Again the downhill was gradual. The total elevation drop was about 600 feet. Water/Gatorade stations were located at every mile and were manned by plenty of enthusiastic friendly efficient volunteers. This was the fourth time that I did the half marathon which has always been friendly, fun and well organized. Over the years the Navajo people have become more dedicated to running and now about 90% of the participants are Navajo- up from the 25% or so when I did the event the first time. I specifically entered this year's event to try to win another age group award, which are custom hand-made Indian pottery and go to the first 3 places in each age group. When I saw I was second of three I was elated. Shortly thereafter I was crushed as the race director explained that he did not make awards for second and third place in the 70 and over age group. He tried to make it up to me by giving me a nice Shiprock Marathon hooded sweat shirt. I accepted it; however, I