

Key West Southernmost Runners

www.Southernmostrunners.com



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KWSR Workouts

Lower Keys Long Run, 3-10+ Miles
Big Pine Key Sundays 7:30 AM
Call; 305-304-0091
don.n@juno.com

Key West Track Wed. 6:00 AM/PM
Call; 334-477-9024 jenamckay@aol.com

Key West Group Runs, 3-8 miles
All Week 5-7:00 AM
Different Locations
Contact: dr.dedraling@gmail.com

Upper Keys Runners Islamorada
Monday & Thursday 6 Miler
6:30 AM
Wednesday Form at the Track
6:00 AM
Saturday Long run, 6:00 AM
Call: bill O'Brien 305-853-9353
keysapt@bellsouth.net



KWSR-SFRF October, 2012

From the Editor and President

Hello Southernmost Runners:

October is cooling down month and start up of our season with the School Races. This year we start with the Montessori One Human Race 5K October 6. Unfortunately Poinciana 5K has been canceled due to course construction and lack of volunteers. Sorry to let you know at this late date but no matter how much planning for a race volunteers are needed and an early commitment can make a big difference in keeping our races running.

If you look at our upcoming events you will see November is full of great Keys running events. Plan on Running or helping to start the season with some classic events.

I am back to running and will be at the KWHS track Wednesdays at 6 PM, until November 7 when daylight savings time ends and we go back to 5 PM for workouts, come join me for a workout.
Running,
Don

Remember Volunteers are needed for every race, KWSR needs the support of its members to make our races happen. Call Don: 305-304-0091

WHAT'S HAPPENING

September 22, 7:30 AM, Cross Country Xcursion.
Key West High School Teams have invited mainland teams down to enjoy the local sights of the Florida Keys while running in our only home meet of the year. We need volunteers to help out with this event. Come see the kids run and help show the visiting runners a good time.

Wednesday, October 3, 6:30 PM, KWSR Social at Smokin Tuna
Donna once again has a great social planned with a program that you do not want to miss, look for future e-announcements for details and don't forget to Please RSVP to Donna Phillips, email: donna.mustludogs.phillips0@gmail.com : phone: 813-469-4112

October 6, 8:00 AM Montessori, On Human Race 5K Run/Walk
This 3rd Annual event is organized with a hard working group of educators that know that physical activity is the key to a healthy body and mind. Join in at Higgs beach for the 5K Run/Walk and the Children's run.

November 3, 20th Annual Zonta ABC 5K

Don't miss this November classic in its 20th year. Plans are in place for the biggest and best race ever!

November 10, 6:35 AM 4th Annual Key Largo Bridge, 1/2 Marathon
Last years race participation increased significantly. Once again they will be continuing the 10K race, and continuing its popular 5K.
This is a great race in our own Big Sky country, come enjoy the view from the top in any one of the 3 events.

November 17, 8 AM, Mariners Hospital 5K Run/Walk
Another great race up the Keys.

November 24, 8 AM Hog's Breath 5K Hog Trot Run/Walk
The 19th Annual, don't miss the great race with the outstanding Post race festivities, food and drink.

See our website for information on all upcoming events. www.southernmostrunners.com

WHAT HAPPENED

Sept 5, KWSR Sebago Sunset Cruise Social
Great time Great sail, something different for the runners socializing on this great sunset sail.

Sept 8, Conch Cross Country Challenge.
After a late announcement the CCCC was on again this year

with 6 teams running. With both girls and boys teams in 3 categories. Category 1, JS- Junior Senior team, 2, FS, Freshman Sophomore team, 3, SR Southernmost Runners team. Coach Terence White has been putting the teams through a great training program and with the help of Coach Doug Weeks, (Recognize the name, Dough has been overall winner of most of our races since the beginning of the year) and Graduate CC runner Aeschton Tomita our new and mostly younger team has gotten a speedy start. Both Doug and Aeschton ran for the SR team, while Willy Innes, KWSR Secretary, has joined the team for their training also, putting the Boys SR team in the lead with 39 points, the FS with 45 points and the JS not having enough runners to finish with a 5 man team.

This sounds good for the KWSR but when you add the scores of all the high school boys runners against the KWSR team HS boys runners had a substantial victory 27 to 39 points.

Girls had a similar story with JS Runners scoring well but not having a 5th runner so leaving it up to the FS girls team to challenge the SR team. Abby White lead the race for the SR team with the next 2 runners from the JS team that did not have enough finishers to score, next 11-year-old Nicole Matysik scored for the SR. Both the SR and the FS each had 5 runners score with SR beating the FR 39 to 45. once again this sounds good for KWSR but when you add the JS runners to the mix KWSR girls team was trounced but the HS Runners 39 to 23, Low score wins.

Team captains were also chosen, Liz Czerwinski and Tristin Milliken for the girls and Brock Guzman and Julian Ramirez. Coach White also announced that Pam Smith would be taking on the Girls coaching position.

Team Captains then received a check from the June 23rd, 36th Annual Swim Around Key West. Swim organizer Bill Welzien ran for the SR team and made the presentation after the race. KWSR has worked with the Annual Swim Around Key West for 9 years helping to contribute many \$ to our team.

From the records the times of this years KWHS CC teams are ahead of all previous teams. This should make for a good season. Everyone can see these runners run against 6 other teams September 22, at the Key West Golf Course, Girls race starts at 7:30 AM boys at 8:10 AM. KWSR's are needed for volunteer positions call Don at 305-304-0091 and let us know you can help.

KWSR's ON THE ROAD

No news from Runners on the road this month,
Send your stories for next month by October 1st to don.n@juno.com

KWSR's weekly group training run schedule is as follows:

Mondays: 5 am / Green Parrot Bar / 3 miles easy pace (9:30-10:30/miles)
Tuesdays: 5 am / White Street Pier / 5 mile tempo run (mile slow, mile faster, mile slow, etc.)
Wednesdays: 5 am, 6 pm / KW High School Track / Speed workout
Thursdays: 5 am / New Publix Store parking lot / 5 mile run with bridge repeats over the Garrison Bight bridge
Fridays: 5 am / Waffle House parking lot / 3 miles easy pace (9:30-10:30/miles)
Saturdays: 7 am / White Street Pier / 4 mile social run up the beach and back / breakfast afterwards (non-race Saturdays)
Sundays: 7:30 am / White Street Pier / 10+ miles long slow distance run

If you have any questions about the group runs, please e-mail Dedra at: dr.dedraling@gmail.com. The schedule is also always posted on the KWSR website as well. All runners are always welcome to join us any morning.

Check out Pictures and applications online from the www.southernmostrunners.com web site, all applications are in Adobe Acrobat PDF format. 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

Run On, Don