

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 PM
Call: 305-304-0091, don.n@juno.com
Key West Group Runs, 3-8 miles
All Week 6-7:00 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
keyscapt@bellsouth.net



From the Editor and President

Hello Southernmost Runners:

November, Cool! Races are coming up, out season is happening with some great classic events and some new ones, Check the Race calendar for KWS Races, 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.

Key West High School Teams are running better then ever KWSR's are proud of the team and their coach. See story below and find results on our website under [KWS Cross Country and Track & Field](#)

Join me at KWSR 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 it members to make our races happen. Call Don: 305-304-0091

WHAT'S HAPPENING

November 3, 8 AM. 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 7, 6:30 PM. Sweaty Social at Indigenous Park

Join us for a pre holiday Social, fun run and potluck. We will provide the Turkey and Ham, you bring the sides. Board of Directors will meet at 5:30, Members gather at 6:30 ready for a fun run with a twist at 6:45, Dinner at 7:15. Run for Fun. Call and see what we need or let Donna know what you can bring. Please RSVP to Donna Phillips, email: donna.mustluvdogs.phillips0@gmail.com : phone: 813-469-4112

November 10, 6:35 AM. 4th Annual Key Largo Bridge, ½ 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.

December 22, 8 AM. A Positive Step 5K Run/Walk

Time to Run the holiday Run for a great cause, starting and finishing at the Southernmost Beach Café, don't miss the great post race festivities.

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

WHAT HAPPENED

September 22, Cross Country Xcursion.

In this only Home meet 4 teams came to Key West Golf Club the challenge the Key West High School Teams. In this second race for our team, the boys placed 3rd behind, Matanzas Pirates and Spruce Creek Hawks. Girls also placed 3rd behind Spruce Creek Hawks and Matanzas Pirates.

September 29, FLrunners.com Invitational 13

Key West High School Cross Country Boys finish 2nd by 1 point. Girls 11th out of 24 teams

Wednesday, October 3, 6:30 PM, KWSR Social at Smokin Tuna

Donna once again set up a great social with Matt Gardi providing the entertainment with a trivia contest that was one by the Team of Susan Kochan and Taz Davis, who took top prizes in more of the 6 games then any of the other teams. Taz

and Aeschton had a draw n out paper, scissors, rock contest, to settle a tie, one after at least 10 draws by experienced Taz. See photos of this contest at southernmostrunners.com KWSR Photo Album.

October 5, Varela Viper Invitational

Key West High School Cross Country Boys Team finishes 1st Overall. Girls 3rd

October 6, Montessori, On Human Race 5K Run/Walk

3rd Annual Montessori One Human Race 5K Run and Walk had the largest field of runners and walkers yet. This was the first race of the Key West Southernmost Runners season.

Keys runner's and a few visitors had a great day for a race in the Keys. New KWSR and racer Andy Kimball, 18:56, passed veteran Key's runner Agustin Puac, 19:00, to take the overall win, KWSR William Innes, 21:27, took the Male Masters win. The women's race was lead by Gwen Esbensen, 22:12, with Key West's Taz Davis, 24:30, taking the woman's Masters Prize. Walkers Overall winners were Kelly Maatta, 35:49, for the women and Brad Makimaa, 37:26, for the men. Complete Results at southernmostrunners.com

Many thanks to everyone for their support of this 5K fundraiser! We had over 250 participants in the race, and many young, first time runners participating in the 1/2-mile fun run! There was a contest for the front the t-shirt this year, won by Siddharth Singh one Montessori's third graders.



KWSR's ON THE ROAD

Key West High School Cross Country Runners By: Willie Innes

I have had the opportunity to work out with a highly motivated group of individuals who have decided to come together as a team representing Conch Pride; The Key West High School Cross Country Team coach by Terence White. This team is focused, driven and equally important light hearted and resolute. The tenacity and well rounded character of this team is represented by team captains Brock Guzman and Julian Ramirez for the boys and Elizabeth Czerwinski, Erin Czerwinski & Tristin Milliken representing the girls.

Every afternoon at 4:15, the team comes together for a ten minute gathering in order to muster and begin the daily workout routine. The team begins by a short jog down the ramp from the high school court yard to the running track quickly devouring a ½ mile warm up followed by 15 minutes of stretching lead by Elizabeth Czerwinski; fair warning, slack on the ½ mile warm up and she show no pity for tardiness.

Shortly after the warm up, Coach White quickly injects a few words of inspiration and off they go on one of many different workouts Monday through Friday. Monday and Wednesday's workouts are mandatory and strenuous. Let there be no misunderstanding about High School Cross County; this is not a sport for the frail or tentative souls. If you don't like to run and push all the limits of your physical fitness abilities, don't join in this band of competitors. Coach White daily running assignments include 3, 5, 7 mile runs with longer runs up to 10 miles for the hard core veterans. Moreover, the infamous singles, doubles, triples and quads (1.5 miles) sprinting up and over the ¼ mile Palm Avenue Causeway seems to bring a delightful sense of joy to the Coach as he witnesses his team forming a formidable bond of accomplishment as they become stronger and stronger day by day. Personally, I immediately became aware of how his training agenda increases strength and resolve while his motivational guidance positively impacts each athlete's self-confidence.

The work outs directed by Coach White are directed at individual goals which will in turn help in team competition. In Cross Country competition, lowest score wins which invokes the age old saying: "you are only as strong as your weakest link". Coach White promulgates this concept by allowing the end points of each daily runs determined by the stronger runners, while less experienced runners have the ability to turn around as soon as they see one of their teammates doubling back. This way everyone starts outs and ends together as a team.