

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



KWSR-SFRF December, 2012

From the Editor and President

Hello Southernmost Runners:

December, Cooler! Races have started, Zonta and Mariners will have happened. In the upper Keys the Key Largo Bridge Run happened on a beautiful fall day. Check the Race calendar for KWSR Races, If you look at our upcoming events you will see December has one event but January gets its first race of the year on the path at Founders Park in Islamorada January 1, and on we go with another year of great Keys running events. Plan on running or helping we need your help to keep our races rolling.

Key West High School Teams are running better than ever KWSR's are proud of the team and their coach. See story below and find results on our website under [KWHS Cross Country and Track & Field](#) when you read this State meet will be over, you can see the results on the website. We are proud of our Team and coach Terence White. Help us support the team. Keep your membership up to date and volunteer at our events. Our events keep the Key West High School Running teams Running!

Join me at KWHS track Wednesdays at 5 PM, all winter, you will be surprised what a little speed work can do for your race times.
Runon,
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

November 17, 8 AM. Mariners Hospital 5K Run/Walk

Another great race up the Keys.

November 17, Florida High School State 2A Meet
At Apalachee RP, Tallahassee

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 5, 6:30 PM KWSR Holiday Social at Camille's.

Once again Runners and friends will be celebrating at Camille's 1202 Simonton St., Key West. Don't miss the great holiday spread that this classic Key West restaurant will be serving up for our club. Please RSVP to Donna Phillips, email: donna.mustludogs.phillips0@gmail.com : phone: 813-469-4112

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

November 1 KW High School Cross Country District meet.
KWHS Boys 2nd Place, Girls 3rd place both move on to Regional meet.

November 3, 8 AM. 20th Annual Zonta ABC 5K

The 20th Annual Zonta ABC Run/Walk was run Saturday morning. Temperatures were great for the 5K Race. Runners had a great race as well as a great time at the post race festivities provided by the Ladies of Zonta.



Overall Male Winner, Douglas Weeks, from Key West, ran the winning time of 16:47, one of the fastest times ever on this course. Overall Male Masters Winner, Andy Kimball of

Key West, finished in 18:26. Overall Female Winner, Abigail White, from Key West, running a 21:31. Overall Female Masters Winner was Key West Zonta's President, Betsy Langan, running, 23:56. Walkers were lead all the way by Overall Female Walker Winner, Kelly Maalta, from Key West, with a time of, 33:02. Chester Kalb walking his first Key West race after recovering from knee replacement surgery was first male walker in a winning time of 36:30.

Locals and Parrot Heads from across the country come out to participate in this rewarding race that raises funds that will cover mammograms, and other diagnostic tests for women that need help covering the costs for these important tests. The Zonta Club of Key West makes this happen with the help of Parrot Heads in Paradise and many other Key West businesses as sponsors of this event.

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

Once again our VP Donna Phillips did a great job organizing the food and fun run. Awards were Publix gift cards to the runner who could answer the most questions about clues given on the course, and for the best side dish. Amazingly the runner award went to Pres. Don Nelson, who made some good guesses and deservedly to best dish, Pumpkin bars, baked by Lisa Gardi.



November 8, KW High School Cross Country Regional meet.

KWHS Boys 3rd place, move on to State meet. KWHS Girls, running best finish and score in KWHS History, take 7th place losing chance to go to state meet by 1 point.

November 10, 6:35 AM. 4th Annual Key Largo Bridge, 1/2 Marathon

Great weather for a great race on the 18 mile stretch. Many KWSR made the trip up the keys to participate joining our Upper Keys Runners friends.

KWSR's ON THE ROAD

Key West High School Cross Country Runners

By: Willie Innes

The day before the Florida Runners 13th Annual Invitational at Chain of Lakes Park on 9/28/12, Coach White prophetic speech came true: "Wouldn't it be awesome if one of you did something extraordinary?" "Wouldn't it be awesome if after the race you thought: I can't believe that I just did that!" Everett Wagner, Julian Ramirez and TEAM KEY WEST FULL OF CONCH PRIDE did exactly that... Prior to the race Coach White gave his marching order to Team Captain Brock Guzman concerning how to pace the race in order to maximize points for the entire team. Brock would pace the top three runners while Tyler Hancock & Connor Chaney would target the four/fifth spot in order to pace the rest of the team typically running within 30 to 55 seconds of the lead pack.



At mile marker 1, Brock was right on the mark running a perfectly paced mile with Julian in the second spot followed