

Key West Southernmost Runners

www.Southernmostrunners.com



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KWSR Workouts

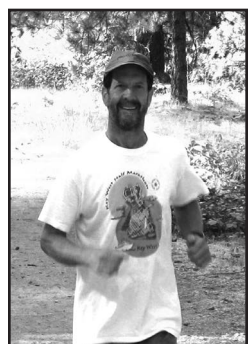
Lower Keys Long Run, 3-10+ Miles
Big Pine Key Sundays 7:30 AM
Call: 305-304-0091
don.n@juno.com

Key West Track Wed. 5:00 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 - March, 2013

From the Editor and President

Hello Southernmost Runners:

Don't look now but our calendar is full. Running and other athletic events are happening every Weekend this month and next!

We have one of our best and most challenging event coming up in the 2nd of March, If you haven't tried the 15K Challenge this is the year to do it. If you are not up to the challenge we need your help at the finish line.

And another race on Big Pine for the Big Pine Academy Later in the month will give you another chance running up the Keys. The month finishes with another new event for Mote Marine Sponsored by Smokin' Tuna. This will be a great event, come see what the Smokin' Tuna crew can do. Join us at our March Scavenger Social March 6, then close the month with the Tuna Trot 5K.

If you still have any breath left, check out the April Calendar. No Spaces, Races every weekend. Good luck to the 7 Mile Bridge Runners. Earth Day 5K April 6, is a great warm up.

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

February 23, 9:00 AM 6th Annual Blimp Road 4 Miler
Pirates Wellness Center hosting for this event that benefits the St. Peter Church SeaBee Foundation which provides educational scholarships for single parent families in the lower Florida Keys. Pirates Wellness puts on a great event just a short drive from Key West, (MM21)

March 2, 8:00 AM. Marathon Sombrero Beach 10K Run 5K Fun, Run/Walk and 15K Challenge

Great times for all, see what's new at www.sombrero beachrun.com/

Wednesday March 6, 6:30 PM, KWSR Scavenger Social at Smokin' Tuna

Winter fun on the streets of Key West; come see what Donna has planned this year. Please RSVP to Donna Phillips, phone: 813-469-4112

March 9, 8:00 AM. 6TH Annual Menendez Miler 5K, Key West,

This is another great event by the Sunset Rotary, benefiting the Bobby Menendez Scholarship fund. Celebrate after the race with free beer, free snacks and lots of door prizes and drawings. Call 305-923-1484 for more info

March 16, 8:00 AM. 1st Annual Big Pine Academy 5K, Run/Walk Big Pine Key,

A First time event on Big Pine Key running out and back to No Name Key. The Parent Teachers organization is working hard to make this first time event worth your while, Come on up and run for the Kids.

March 23, FKCC Sprint tri

Great Event, put on by the Keys Community College come Try a Tri!

March 30, 8:00 AM. First Annual Smokin' Tuna 5K Run/Walk for Mote Marine, Key West.

I'm sure that this new event will be a hit right off. With the experience of the sponsors and the enthusiasm of the volunteers. Don't miss after the race-Eco-Discovery Center KIDS FUN RUN 1/2 mile course. 11am-6pm -Mote Marine Laboratory Florida Keys Ocean Festival & Waterfront Craft Show. Fun for all ages celebrating our marine environment. Kids activities, Live Entertainment and featuring over 70 art, craft, food, vendors and exhibitors. Visit www.keysoceanfest.org for more info

April 6, 8:00 AM. 17th Annual Earth Day 5K Run/Walk, Key West, call 305-293-1881

This is another great annual event starting at White street pier. This race highlights Earth-Friendly Recyclable Awards and Proceeds to go to, Friends And Volunteers Of Refuges (FAVOR).

FAVOR volunteers have been directly responsible for mountains of trash being removed from our beaches and wildlands. The application is on our website. Call 305-745-3027 for information

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

WHAT HAPPENED

February 2, 8:00 AM, Anchors Aweigh 5K Buddy Pass Run/Walk

Saturday February 2, was a great day for a race! The First Annual Buddy Pass 5K was held to benefit Anchors Aweigh, which is a non-profit organization that provides recovery services for members of our community and those visiting the Keys. Every penny of the proceeds was donated to Anchors Aweigh. There were close to 200 runners for this first year event! The overall winners, both Key West Runners were Male Overall Winner, Ian Murray, running a time of 17:15, and Female Overall Winner Nicole Matsysik (who is just 11 years old!) running the course in 21:55. The master's winners were Canadian, Mark McMullen, 19:05 and Key West Runner, Betsy Langan, 24:34.

Overall Female Walker Winner was Key Wester, Kathryn Kilroy, who Walked the course in 35:53 and Male Walker from Summerland Key was John Vandertuyn, Walking a time of 40:28.



Thanks to all the volunteers that came out and made this run possible, and we would also like to thank the Key West firefighters for their participation. We commend you for running in your full gear. We give a big thanks to our sponsors and those who donated to this important cause. Congratulations to all who crossed the finish line and remember - The Buddy Pass 5K will be an annual event. See you next year!

February 6, KWSR Social-Run

Great gathering with a short run and wraps at Mc Coy Park. Don't miss the next Scavenger Social at Smokin' Tuna March 6!

February 16, Everglades Ultra 25K, 50K, 50 Mile

Look for stories from Keys runners competing in this ultra event, next month.

KWSR's ON THE ROAD

Chester is on the road again with 3 Florida Races in the last month!

Key West Half Marathon

I race walked the Key West Half Marathon held in my hometown Key West, Florida on January 20, 2013. The temperature ranged from 69 to 75 degrees with mostly cloudy skies and a gentle breeze. Water stations were located about every mile and were manned by plenty of enthusiastic volunteers. Because of the major construction in Key West, the normal loop course was replaced by a mainly out and back course which I found to be a much nicer course with better scenery, nicer Key West sights and no crossings of major roads; thus, very little traffic congestion occurred as a result of the event. The course used about 4 miles of roadway which was located in old town and only had sparse amount of traffic and the rest was bike paths and walkways. Every intersection had at least 2 enthusiastic volunteers to control the little amount of traffic and keep the participants safe. There were also friendly police officers stationed at key intersections. The event has really grown in size as there were over 1100 finishers in the Half Marathon. Hal Higdon, a well known author of running books and articles who won the Boston Marathon many years ago was a celebrity for the event. The race was extremely well organized and fun to do and had a very nice finisher's medal. I do hope next year's event can find a larger place for packet pick-up as there were too many people for the space allocated. That was to only negative aspect of the event. The rest was extremely positive.

ING Miami Half Marathon

I race walked the ING Miami Half Marathon in Miami, Florida on Sunday, January 27, 2013. There were 25000 participants entered