

# Key West Southernmost Runners

[www.Southernmostrunners.com](http://www.Southernmostrunners.com)



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KWSR Workouts

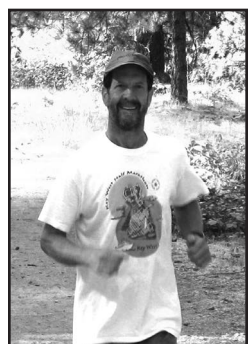
Lower Keys Long Run, 3-10+ Miles  
Big Pine Key Sundays 7:30 AM  
Call: 305-304-0091  
don.n@juno.com

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  
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KWSR-SFRF May, 2013

## From the Editor and President

Hello Southernmost Runners:  
Once again a Full month with new races in town see all the news below or check out photos and Results on the website. Remember to **pick an upcoming race to help out.**

We are coming to our June elections of new board members. This process starts with nominations at the May Meeting and continues with the elections of the new board members at the June meeting. The membership votes on a slate of 11 board members and after the elections the new board establishes the 5 officer positions and the Members at large. All of the board members vote on club policy and are responsible for keeping the everyday workings and events on track.

Besides the board we rely on skilled volunteers for each event to do the tasks required to put on a safe and fun event. We follow the Road Runners Club of America's, Event Guidelines, and work with many no profit organizations in the Keys for volunteer support and publicity of our events. All of the funds beyond our operating expenses go to the Key West High School Running teams. This season so far we have donated over \$5000 to the Cross-country team as well as many additional donations from generous race participants and sponsors from our events. KWHS Track team is finishing up their season and will be requiring funds to pay up their season's expenses. The work you do at our events is responsible for keeping these kids running. Thanks for your membership and time as volunteers making all of this possible.

**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

### April 20, 6:00 PM Road to Graduation 5K Run/Walk, Key West

This is a regular run that we do annually for the Graduating class at Key West High School. This year it will be an evening run starting across from the Eco-Discovery center and running into Fort Zach and along the Truman waterfront.

### April 25, Thursday 7:00 PM. Duval Street Mile, Key West, Another new race that has been a long time in the planning, Info on the website or Call 305-304-1019

### April 27, 8:00 AM. 3<sup>rd</sup> Annual, The Basilica School of St. Mary Star of the Sea Mariner's March 5K Run/Walk and 1/2 Mile Children's Fun Run, Key West.

The 5k Run/Walk will start at 8am and the Children's Fun Run at 9am. The Fun Run will be for children 9 and under. After the race, there will be entertainment in the front circle of the school, as we will have a DJ, kegs of beer, Bloody Mary and Mimosa Station, This is more than a race it is an event! For more information on the race please contact Bascom Grooms at 305-304-7444 or visit Southernmostrunners.com

### May 18-19, Keys 100 and 50 Mile Ultra Run and Team Relay.

Key West Southernmost Runners will once again be the finish line greeters and do other volunteer duties along the course. Susan is making a list of volunteers and times from 2 PM on Saturday to 2 PM on Sunday. Give her a call to lock in your times. Susan Kochan slkochan@bellsouth.net or 305-304-0746 texts are welcome

### May 25, 7:30 PM Southernmost Seminoles 5K

4th Year of this event and it will be better than ever, come join us at Higgs Beach for an evening run along the beaches of Key West.

### June 8, 37<sup>th</sup> Annual Swim Around Key West

This is one of the oldest ongoing events in the Keys. Come join in the fun by joining up to support a Swimmer by kayak or boat. This event has contributed thousands of \$ to the Key West High School Cross Country team, in the past few years. Call Don at 305-304-0091 or Katie at 773-502-5087

See our website for information on all upcoming events.

[www.southernmostrunners.com](http://www.southernmostrunners.com)

## WHAT HAPPENED

### March 16, 1<sup>st</sup> Annual Big Pine Academy 5K Run/Walk

Overall Winner was Big Pine's Helena Bursa, 20:33 followed by overall Male winner, Marathon runner James Kidney, 20:44. Masters winners were Key West Runner Ty Walinski, 21:01 and Female Masters runner Erin Gordon from Honesdale, PA. ran the 5K course in 24:18.

Walkers were lead all the way by Summerland Walker, Larry Ferguson, 31:20 and Patricia Cronk, from Newport Center, VT. Took home the women's Walker winners award.



A 1/2 mile kids fun run was held after all the 5K finishers were in. Many of the kids that ran the 5K also ran the fun run.

Over 100 runners came out for this first time event run from the Old Wooden Bridge Fish Camp to No Name Key. Proceeds all go to the Big Pine Academy who provided great post race refreshments, Awards and raffle prizes.

### March 30, First Annual Smokin' Tuna 5K Run/Walk for Mote Marine, Key West.

The Smokin' Tuna 5K Tuna Trot for Mote Marine was run under ideal conditions from the Eco Discover Center, Saturday morning at 8 am. Runners from across the country gathered for the inaugural event to raise money for Mote Marine's Coral Reef Restoration Program.

The course was challenging as 350 runners and walkers took off running into Fort Zachary Taylor State Park and onto a single-track trail. Runners past the fort then ran along the Key West channel, doing a double loop before heading back to the quay and the Eco Discovery center where the ocean fest festivities were getting under way. Key West Runner Douglas Weeks lead the race finishing in a record time on the original course laid out by Key West's legendary Hops Mc Barley. Weeks 16:41 time was a record for this course beating his own record from the 2012 Road to Graduation 5K by about 30 Seconds. KWHS Cross country runner Everett Wagner was next across the line, just seconds behind Weeks. Another KWHS Runner Connor Chaney was 3rd overall finisher. First place Female runner Shannon Grady, from Exton PA, finisher 4th overall with a great time of, 18:25.



Masters runners were lead by City of Marathon runner, Laure Grube, 21:10 for the women and Key West's Daren Cassani, 21:17 for the men. Runners were really fast on this course with over 25 runners running under a 7 minute per mile pace.

Walkers were lead by Summerland Key male walker Larry Ferguson with a fast, 30:42 time. Key West's Kathryn Kilroy was the first female over the line in a great time of 35:48

Key West Southernmost Runners thanks Smokin; Tuna, Mote Marine and all the sponsors that made this race possible. Special thanks go to Ft Zachary Taylor State park for the use of their great trails and views of Key West Channel.

### April 6, 17<sup>th</sup> Annual Earth Day 5K Run/Walk, Key West, Over 150 Runners and walkers participated, running in the Earth