

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors
June, 2013

President
Don Nelson
305-304-0091
don.n@juno.com

Vice President
Beth Moyes
305-747-8563
bethmoyes@yahoo.com

Treasurer
Christine Maske
Christine.maske@gmail.com

Recording Secretary
William Innes
305-735-4457
William.Innes@comcast.net

Corresponding Secretary
Sonny Shaffer
shaffermf@gmail.com

Members at large:
Mark Bell
Susan Kochan
Megan Oropeza
Deirdre Robbins
Mike Russo

RRCA S Florida State Rep.
Editor
Don Nelson
305-304-0091
don.n@juno.com

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 July, 2013

From the Editor and President

Hello Southernmost Runners:
Summer time Running is here. This is the time of year that I always enjoy a post run swim in our great blue sea. If you haven't tried it do. It's amazing how the warm water followed by the cooling breeze, is just what I need to start the day right and also a great way

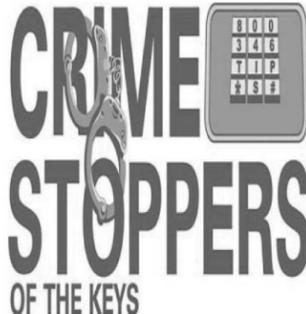
to end the day, with a shake out swim.

Lower Keys runners are seeing the long awaited Keys Heritage Trail construction looking closer to completion then ever. After my trip west, running on mountain trails, some covered with snow. I was looking forward to our flat and warm lower keys trails. My regular on was the old road on Cudjoe Key. On my first run upon my return to the Keys, it was Hot, Humid and flat. Much flatter the I was used to here on Cudjoe old road. The Trail that had been rough with dips and dunks in occasional puddles of Tidewater and rain, had been turned into a super trail for runners. This morning there was a worker with a 4 foot level crouching ahead of a grader giving hand signals of how to angle the blade to flatten the new fill that had been placed spread and rolled to make this fantastic path.

It won't be long now, stretches all along the lower Keys are being readied for paving, making distance running and training safer then ever here in the lower Keys. Thanks Florida D.O.T.

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



July 4, 8:00 AM. Rotary of Key West/Crime Stoppers 5K Run

Re organized by the Rotary Club of Key West with Crimestoppers of the Keys. Look for more info on our website Come start your 4th of July at White Street Pier, with a Key West tradition.

July 3, Wednesday, 6:30 PM, KWSR Social at McCoy Park

Our Board of directors meeting will be before the social at 5:30. If you have an interest in the organization of the club please join us for the board meeting.

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

WHAT HAPPENED

May 25, 7:30 PM Southernmost Seminoles 5K

The Southernmost Seminoles held the 4th annual Sunset Renegade Run on May 25, 2013. There were about 150 runners who participated as well as many Seminole fans. All proceeds go towards a scholarship fund, which goes to local high school students who will attend Florida State University.

The overall female winner was Samantha Paterson with a time of 22:17. The overall male winner was Bill Phillips with a time of 19:33. The male masters winner was Rodolfo Roque with a time of 19:49. The female master was Connie Warren with a time of 26:05.

After the race Centennial Bank provided hamburgers and hotdogs. There were many raffle prizes given away to runners and walkers. The Southernmost Seminole Club would like to thank all of their sponsors for their continued support.

June 5, 6:30. PM. Wednesday, KWSR Social and Board Elections.

Small group ran, ate and socialized, with Mark Bell providing the goodies of sandwich fixings. A new board was elected by

Acclimation. New members are Sonny Shaffer as Corresponding Secretary, and Christine Maske, as Treasurer.

June 8, 37th Annual Swim Around Key West

This is one of the oldest ongoing events in the Keys. This year we were blessed with great weather. Some of the fastest times in the past few years were swim. Overall winners were, Cody Brunette, from Juneau Alaska, in a time of 4 Hours and 8 Minutes, and female winner Laura Hineman, From Overland Park Kansas swimming a 4:43 over the 12.5 mile course. The first Key West Finisher was KWSR Roger McVeigh, in 5:16, with Cindy doing the Kayak work. Organizer Bill Welzien, swam his 55 SAKW winning the Senior Grand masters Category with a time of 5:52. Many Thanks to all the volunteers that worked to provide a safe and fun event for all that participated. Proceeds from this event support KWSR High School Cross Country team.

May 18-19, KEYS100 and 50 Mile Ultra Run and Team Relay. Report by Last Key Deer Runner, Tracy McDonald.

This year's Keys 100 was the best one I've participated in, yet. I've done the individual 50, attempted the 100, and completed the relay in the past. As far as I can tell, none of the prior races compare to this year's. Mr. Becker amassed his usual crowds of volunteers including many locals who are super supportive of this event. The crews all seemed to follow the rules and safety was never an issue that I noticed.

It was the hottest race I can remember. Most people likely found this bothersome, but for me, and my team of locals, it was to our advantage. The Last Key Deer Runners trek weekly to the end of the earth (because anyone who's been to the end of No Name Key in the summer knows exactly what I'm talkin' about) together with friendly banter and subtle rivalries and something so silly as a heat index of 94 is certainly not going to slow us down. I noticed other groups wilt as the day and heat wore on. Like our No Name Key turf, the runners in my crew seemed to be solar powered.

The race began in the dark in Key Largo and many runners began it in a sprint. Officially, we were Team Question Mark because, for some reason, we didn't think to call ourselves after our regular running group. Our leadoff man, Richard, kept the pace with the best of them. In his stylish blinking vest, he looked like he belonged on the cover of Men at Work album. By the time it was my turn to run, I was pleasantly surprised that my team of 'Piners had held our ground the way we did. I especially appreciated the teams who had the forethought and awesomeness to run in matching costumes. It helped me know who to work hard to pick off (yeah, I'm talking about you, shiny skirt ladies) and who to let go (big Forest Gump guys weren't kidding about their skills).

The other teams seemed to have their stuff together more so than we did. Matching uniforms, cool team names, even signature cow bell ringing to call home the runners all made me pine for such ridiculousness, especially the costumes. With the exception of Scott's Party Boy motif complete with sparkly bow tie, we just had running clothes. ...running clothes that seemed to smell worse by the mile despite the valiant efforts of our driver Rebecca to keep the van ventilated. By Grassy Key, our van was no longer a refuge. I was more than happy to jump out and run the 7 Mile Bridge. As anyone who has hoofed it several miles over a bridge spanning the azure beauty that is our ocean here in the Keys, I can assure you that you can forget the burning sun, stinging sweat, and endless distance with a simple glance at the water. Only infrequent honks from encouraging passersby interrupted the splendor. Honks and the realization that there were an awful lot of cell phone batteries littering the bridge. What the heck is up with that, anyway? I used to remark on the amount of dead birds on the bridges but this year was virtually deceased bird-free and in the place of the fallen fowl lay multitudes of broken cell phone batteries, but I digress...

After the bridge, the van's aroma no longer bothered me a bit. I reveled in the AC while the other runners took their turns. Event planner and fun magnet Angie kept the spirits high and the pace fast (for us, anyway) as we ground out the second half of the run. Our new friend Jay ate up his share of the miles, and Key Deer Queen Lizette made sure everyone had neck ice between her miles. Before I knew it, we had the home team advantage. Running through Big Pine Key was glorious. Never before have I felt like such a celebrity. The Lower Keys had much love for Team Question Mark and its members.

The last few miles were a blur. Our goal the entire time was to make it to Outback before closing time and as we kept our pace up through Rockland and Boca Chica, it became apparent that we were going to make it. Perhaps this goal sounds lame but only those who live in the woods of Big Pine understand the lure of a chain restaurant. The Thunder from Down Under called, and Team Question Mark answered.

When we crossed the finish line somewhat together, I felt fantastic. Soreness eluded me. Fatigue was nowhere to be found. Unlike the last time I ran the relay with much the same crew, I felt hungry. After completing the 50 I felt nauseous. After dropping out of the