# Key West Southernmost Runners



KWSR Officers and Directors June, 2013

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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

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 keyscapt@bellsouth.net

# KWSR-SFRF September, 2013

#### From the Editor and President

Hello Southernmost Runners: Summer is warm here though the breeze has pick up the past few days. I hope that everyone is remembering to stay hydrated. Plans for our upcoming season are being made. We do need volunteers to help work with the upcoming event planning as well as learn the more challenging skills of race timing and results. Plan now for the season and give

us a call to help out.

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

# September 4, Wednesday, 6:30 PM KWSR Social on Higgs Beach

Come and bring the family for Food and fun on the beach and in the water. If you can bring a new member, to join. Our Board will be meeting at 5:30 to plan upcoming events. Join us if you are interested it volunteering at one.

## September Conch Cross Country Classic.

Date for this event has been given to a out of town cross country meet. Check the website for another date for the Annual Run with Members to Testing the kids on their home course.

#### October 5, 8:00 AM Montessori 5K 5K

Our racing season opens with 2 school races in Key West Join us.

## October 19, 8:00 AM. Poinciana PTA 5K

Another School Race through the neighborhoods of Key west

November 2, 8:00 AM. Zonta ABC 5K Run/Walk, Key West Don't miss this big event with the Parrot Heads Joining us on the beach for a great run.

See our website for information on all upcoming events.  $\underline{www.}$   $\underline{southernmostrunners.com}$ 

## WHAT HAPPENED

# August 7, Wednesday, KWSR Social at Half Shell

Good time with food and drink from the Half Shell, with a team run around the parking lot.

#### KWSR's ON THE ROAD Chester is on the road, running out both coasts, this month!

# July 14, Shipyard Old Port

Sunday, July 14, 2013 was a hot day to do the Shipyard Old Port Half Marathon in Portland, Maine as the temperature was in the 70's, the sky was sunny, there was no breeze, and the humidity was high. There were 5 steep hills to climb and descend, one was fairly long, two were of medium length, and two were relatively short. The course was two loops consisting of 8 miles of roads and 5 miles of gravel-sand paths. Water/Gatorade stations were located approximately every 1.5 miles and were manned by plenty of enthusiastic volunteers; however, a few of the stations ran out of Gatorade before I reached them. All stations had plenty of water and cups. Volunteers and/or police were located at every intersection and turn and did an excellent job of keeping vehicles and participants separated. The event was capped at 3000 participants in May and

was well organized. I was hoping for a cool New England day where I could really go after a good time. The challenge of the course and the heat made my time much slower than I had hoped. The race had a 3 hour time limit, but the organizers bent the limit to have finishers as slow as 3.5 hours because of the heat. I did not have any trouble meeting the time limit, but the ones who did appreciated the flexibility of the time limit. I enjoyed the event.

I got a surprise before the race as I saw two of my friends, Jamie Moger and Lori Richards, from Key West, Florida.

Lori Richards, from Key West, Florida, which is where I live. We were not aware that we would all be at the race together. It was a pleasant surprise.

# July 20, Shoreline Half

When I finished the Shoreline Half Marathon in Rochester, New York on Saturday, July 20, 2013, I brought my total race walking half marathons to 101. I expected the conditions for the race to be less than desirable as the Friday high temperature was 96 degrees and a cold front was supposed to bring violent thunder showers between 4 AM and 10 AM on Saturday morning with the race starting at 8 AM. I was lucky as the thunder showers arrived early, leaving much tree damage and forcing some changes in the course, but allowing the event to proceed with temperatures in the middle 70's, 10 mph winds, and overcast skies that produced some light rain. The course was on roads, starting in Hamlin Beach State Park, proceeding for 4 miles out of the park, doing a 5 mile loop, and returning to the park for the finish. Roads were open to traffic; however, there was only a little during the event. The approximately 500 finishers were served by plenty of enthusiastic volunteers manning the water/electrolyte stations, which were located

approximately every 2 miles, directing the turns, and helping control the traffic. The event was very well organized and featured a half marathon and 5K on Saturday and a triathlon on Sunday. At the awards ceremony which was conducted extremely efficiently, I was pleasantly surprised to learn that I earned third place in the male 65-69 running age group even though I race walked the entire distance. I enjoyed the event very much.

## August 4, Greater Portland Half Marathon

I race walked the Greater Portland Half Marathon in Forest Grove, Oregon on Sunday, August 4, 2013. The skies were cloudless, the wind was light, and the temperature varied from 65 to 75 degrees. The race had approximately 150 entries, which made it a lot smaller than I expected. The course was mostly on rural roads that had light traffic through farm areas where nurseries and vineyards were abundant. Turns and intersections had no volunteers after mile one; however, orange tape on the road and signs on the side marked the way. I am sure glad that I drove the course the day before the event, which I normally do. I also found when I picked up my race number than the map that I used that was published on the website and dated July 27, 2013 was changed. I am glad I went back out on the course to view the changes. I did not have any trouble following the course, but at least one participant did have trouble. Water/Gatorade stations were located approximately every two miles and I could not tell how many volunteers manned the stations as most of the stations had nobody by the time I reached them, even though my pace was much faster than needed to reach the cut off time. In fact, I finished the race more than an hour and a quarter before the time limit. There were tables with cups of water and Gatorade at three of the stations and a table with empty cups and bottles of water and Gatorade at the last station, meaning, I had to stop and pour my own liquid which meant my walking rhythm was interrupted and my finish time was slower by about one minute. This was disappointing as my finish time was less than a minute slower than my best time since my knee replacement operation. The event advertised than age group awards would be 3 deep; however, only first place was given an award in each age group. I was surprised; however, as they gave an overall award for walkers which I received for finishing 30 or more minutes in front of the rest of the walkers. As you can tell, the event could have used a little better organization. Despite the about mentioned, I still enjoyed myself and my trip to the far Northwest, USA.

#### August 10, Run with Guys

I race walked the Run with Guys Prostate Half Marathon on Saturday, August 10, 2013 in Soap Lake, Washington. The event was the smallest in which I ever participated as there was only 15 participants in the half marathon. The size of the event caught me by surprise. I knew it would be a small event, but I did not expect it to be that small. The race director, Christine, and her Police Chief Husband were a very friendly. The event awarded every finisher a medal and a trophy for first place overall. The event was well organized; however, somehow in the marking of the course, a 1.2 mile out and back section was not marked and was not run. When I approached the finish line, I realized on my GPS watch that the course was short. Thus, when I was one block from the finish line, I turned around and went out just over 0.6 miles and then turned around and finished. My GPS distance registered 13.21 miles. I wanted this to be a full half marathon so I could count it as a state completed on my artificial left knee. This count stands at 13 states. The course was 9 miles of gravel road and 4 miles of pavement. It was a difficult course with two major climbs and the footing on the gravel roads was not very friendly for race walking. A section of about 150 feet near mile 5 was steeper than any other section of a race that I have ever done, including my trips up Pike's Peak. I had to carry my own water/ Gatorade, as there were three places where water was available, near miles 4, 8, and 10. Except at these three places and the start/finish area, there were no volunteers anywhere else on the course. I enjoyed myself and Christine and her husband apologized profusely for not marking the course properly. I thanked them for holding the event and that I appreciated that they held the event to help fight prostate cancer.

# Chester Kalb, Southernmost Walker. Pictures from my trips can be viewed on my blog: http://southernmostwalker.blogspot.com/

KWSR's weekly group training run schedule is as follows: Start Times and places have changed please note.

Mondays: 6 am / Green Parrot Bar / 3 miles easy pace (9:30-10:30/miles)

Tuesdays: 6 am / White Street Pier / 5 mile tempo run (mile slow, mile faster, mile slow, etc.)

Wednesdays: 6 am, White Street Pier / 5 mile. 6 pm / KW High School Track / Speed and form workout

Thursdays: White Street Pier at 6 am.5 Miles

Fridays: 6 am / Green Parrot Bar / 3 miles easy pace (9:30-10:30/miles)

Saturdays: 7 am / White Street Pier / 4 mile social run up the beach and back / breakfast afterwards (non-race Saturdays)

Sundays: 7:30 am / White Street Pier / 10+ miles long slow distance run

Sundays: 7:30 am/ Big Pine Key Win Dixie Parking lot, 3.5-9.3 miles Group Run.

Call Don for Big Pine Key Run Info 305-304-0091

If you have any questions about Key West group runs, please e-mail Dedra at: dr.dedraling@gmail.com. The schedule is also always posted on the KWSR website as well. All runners are always welcome to join us any morning.

Send your stories for next month by September 8th to **don.n@juno.** 

Check out Pictures and applications online from the www. southernmostrunners.com web site, all applications are in Adobe Acrobat PDF format. Race results from all our events are posted promptly.

Remember all memberships are now good for 1 year from the date you joined, Check on the website to see when you last paid or call me at 305-745-3027

Run On, Don