

Key West Southernmost Runners

www.Southernmostrunners.com



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Position Open

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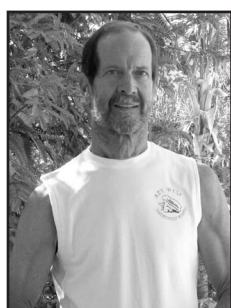
KWSR Workouts

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 5-7:00 AM
Different Locations
Contact: dr.dedaling@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 February 2014

From the Editor and President

Hello Southernmost Runners:
2014 is off with a bang. We already have 2 races run in 2014 and it looks like every weekend for the next couple months is filled with events for runners and triathletes. Key West Half Marathon, Ragnar Relay, Bone Island Tri, Theme Runs and FKCC Sprint Tri and Biathlon, all give runners alternatives to our KWSR races.

We have a lot of members that have let their membership lapse. With so many new race organizers in the Keys, volunteers for our events are harder to find. We appreciate the members that come to most of our events and help out. Without you we could not do all the events that we do. If you have not helped at one of our events for a while give a call and sign up. Giving back to the community is rewarding. Our winter season volunteer coordinator, Dennis is back. If you get a call from Dennis, just say Yes..

We need your volunteer support! Look at the calendar and pick a race to volunteer!

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

Wednesday, February 5, KWSR Social at Smokin' Tuna

We have plans for a scavenger social, Look for more info on the web.

February 8, 5:15 AM – 4:45 PM KWSR Ragnar Relay Exchange

KWSR will be helping the Ragnar Relay at Blimp Road Cudjoe Key Exchange this year. We are looking for 10 volunteers that can cover a 12 hour shift on Saturday February 8. Call or write me if you would like to help with this extraordinary event. 305-304-0091

February 15, 8:00 AM Christina's Courage 5K Run/Walk

New Race on stock Island, starting at the Sheriff's Headquarters Office. Come run or volunteer to support the Monroe County Christina's Courage Rape and Child Abuse Center.

February 22, 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, on Cudjoe Key (MM21).

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

This community rallies together to make this an experience the runners will never forget. Restaurants, hotels, businesses and individuals generously donate, raffles, overall prizes, food, entertainment and time. That's why this race is so special!

After the race, enjoy a swim at Sombrero Beach. Sombrero Beach is open to the public and offers free parking, bathhouses, a large pavilion, covered picnic tables, grills, volleyball nets and a child play-scape. Come see for yourself why this is the #1 event of its kind in the Florida Keys.

100% of the proceeds of this race go to KAIR. KAIR is a non-profit organization providing food and emergency services to those in need in the middle Keys. Great times for all see what's new at www.sombrero beachrun.com/

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

WHAT HAPPENED

December 21, 2014, 6th Annual A Positive Step 5K

The 6th Annual A Positive Step 5K, ran the runners along

the South Shoreline of Key West on a breezy and humid in Key West, morning. Over 140 runners, some with Santa outfits and Reindeer horns, ran the course following the shoreline from the Southernmost Beach Café to South Roosevelt and back. Overall Race Winner was Timothy Gruber from Huntersville, NC. Winning in a time of 17:11, beating his last years time by 10 seconds. Overall Male Masters Winner was, Mike Bailey, from Little Torch Key and was the 4th overall male finisher in 19:56. The women were lead by Millsboro, Delaware, runner, Emily Rutter running the 5K course in 20:28. Female Masters Winner, Karina Martin, from Palm Beach Gardens, ran a time of 25:32.

Walkers were lead by Overall Female Walker Winner, Adriana Garcia, of Marathon, walking a great time of 34:31. Jim Krause from Key West was the Overall Male Walker Winner in a time of 37:51.



January 1, 2014, Founders Park Run, Walk or Crawl

Jan. 1, 8:00 AM, Village of Islamorada's Founders Park, Run Walk or Crawl 5K.

Once again we worked with the crew at Founders Park to put on the first 5K of the year. Over 200 Runners and Walkers chose to start the year New Year in this beautiful upper Keys location. Visitors outnumbered the locals this year in the best turn out ever. Here are the winners that stated the New Year right

Overall Male Winner; Jon Williams, Miami FL,
18:22

Overall Male Masters Winner: Lars Anderson, Iowa City IA,
18:57

Overall Female Winner: Kate Myers, Islamorada FL,
20:23

Overall Female Masters Winner: Dinna Barker, Freeport IL,
23:39

Overall Female Walker Winner: Kim Smith, Halifax CA,
36:40

Overall Male Walker Winner: Danny Reich, Tavernier FL,
41:04

January 8, 6:30 PM KWSR New Years Social at Shanna Key Irish Pub

We had a good turn out with some of our Snowbirds back for the first social this year. Thanks Sonny for leading the Fun Run on a kinda damp evening.



January 11, 8:00 AM 14th Annual No Name 5K Run/Walk

Over 200 runners took the opportunity to run the road to No Name Key in the 14th Annual Domestic Abuse Shelter No Name 5K Run Walk. Runners from across the country enjoyed the cooler weather allowing for some great times. Winning his second race of the year in Monroe County (Jon won the

Founders Park New Years 5K January 1) was Jon Williams, from Miami, upholding his title as the fastest runner on No Name Key and winning the race for the third time, with a time of 18 Minutes and 53 Seconds. Following in 5th place overall was Local Big Pine Key Runner and top Female finisher Helena Bursa in a time of 20:21. Male Masters Winner (over 40) Dave Furfy, from Ann Arbor, MI was 2nd overall finishing in 19:11. Female Masters winner was Cudjoe Key Runner, Michelle Szurek, running a 24:34.

Walkers were lead by, City of Marathon Key Walker Adriana Garcia, who race walked the 5K course in 34:05 and the