

Key West Southernmost Runners

www.Southernmostrunners.com



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June, 2014

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KWSR workouts

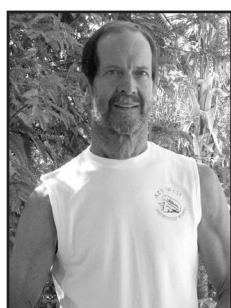
Lower Keys Long Run,
3-10+ Miles
Big Pine Key Sundays 7:00 AM
Call; 305-304-0091
don.n@juno.com

Key West Track Wed. 6:00 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.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, 2014
From the Editor and President

Hello Southernmost Runners:
Summer is warm and calm so far. There seems to be lots of training going on. Local races are starting up again and are all listed on our calendar. KWSR Club events are listed below. We need your help to keep our club events running call to volunteer and enjoy the benefits of sharing your skills at our events.

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

August 23, 7:30 AM Conch Cross Country Classic.

The 7th Annual Conchs Cross Country Classic (CCCC) will take place on Saturday 8/23/14 at Key West Golf Club. Established as a pre-season time trial for the Key West High School Cross Country team, the event pits the older club members against the younger in a true Battle of the Ages.

Any non-members can join the club that morning, with their membership dues effectively serving as race entry. There is no entry fee for club members.

There are also no T-shirts, no awards, and no raffle. This ain't no dang road race; it's Cross Country, pure and untainted by commercialism.

So, here's how the team aspect works. Youthful Hubris (anyone 19-and-under) races Sage 'n' Savvy (20-and-over). The male race scores as a dual meet, and the females compile their own score. The two scores are then added together to see who wins the day.

If you're rusty on your Cross Country scoring methods, here's a nutshell version:

- > Each team scores its first 5 runners.
- > Your place in the race = your score (i.e., 4th place = 4 points)
- > Low score wins
- > Best possible score is 15 (1-2-3-4-5)

September 3, Wednesday, 5:30 PM KWSR Sebago Sunset Sail Social

Come and bring the family for Food and fun on the water. Bring a new member, to join.

Please RSVP no later than 09/01 to Donna Phillips at donna.mustludogs.phillips0@gmail.com or 813-469-4112

KW High School Home Cross Country Meets

Come help out or just cheer our teams on!

Saturday 9/13 (7:30 AM) -- Key West Summer XCursion @ Key West Golf Club

Saturday 9/27 (7:30 AM) -- Key West Autumn XCursion @ Key West Golf Club

Saturday 10/18 or 10/25 (7:30 AM) -- Monroe County CC Meet @ KWGC

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

October 4, 8:00 AM Montessori 5K

This 5th Annual event is organized with a hard working group of educators that know that physical activity is the key to a healthy body and mind. Join in at Higgs beach for the 5K Run/Walk and the Children's run.

October 18, 8:00 AM. Poinciana PTA 5K

The Poinciana PTA is excited about their 5th Annual 5K. Join us along the beaches of Key West

November 1, 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. www.southernmostrunners.com

WHAT HAPPENED

Summer time slow down,

KWSR Track is open again and Wed Track Speed and form workouts are at 6:00 PM

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

KWSR's ON THE ROAD and TRAIL

RaceWalker Andy Smith Appalachian Trail Journal

I know it's been a while since my update but I have had limited computer access. I spent 2 days at the Bearded Wood Hostel in Salisbury, CT. Great hostel with comfortable bunks, great food, and shuttles to the trail and town. I actually slack packed one day. Basically I kept my food bag out of my pack but still had 25 pounds.

We continued on thru CT to MA. Crossed the border on 7/31 and also past the 1500 mile mark. I have been hiking with 3 others who left Bearded Woods with. Obsidian, my german friend, Frankie the Sleeper, and RW. On 8/2 we took a 1/2 mile side trail to the Upper Goose Pond Cabin. This is an AMC Cabin with a caretaker and 14 bunks plus tenting areas. It is on a pond and has canoes to use. There were 32 hikers that night. The next morning the caretaker makes coffee and pancakes. Nice facility.

We then hiked 21 miles to the town of Dalton, MA. Stayed at the Shamrock Inn, which was very hiker friendly. We got trail magic of sodas and cookies at a road crossing by a gentleman who used to run a hostel in Dalton. He now does trail magic and helps hikers slack pack (carrying less than a full pack).

On 8/5 we climbed the highest mountain in MA, Mt Greylock. That afternoon we crossed the MA-VT Border. It is here the AT joins the Long Trail. The Long Trail goes the length of Vermont to Canada. Vermont started like everyone said - MUDDY. The mosquitos were bad thru the swamps of CT and MA but the mud was worse in Vermont.

The trail had some ups and downs but was tolerable. Our next major stop was the Autumn Inn in Bennington.

We past the 1600 mile mark that morning. We had some climbs that day from 2400' to 3800' to Galstenbury Mt. The last couple of days the weather has been cool during the day and actually cold at night.

Overall the weather has been good with cool sunny days without rain. I'm feeling good and strong even on the uphills.

Then next couple of days should be interesting since I have some major climbs to Killington and other mountain. I will probably be out of Vermont on the 15th.

Again thanks for the support.

Andy Racewalker Smith: www.trailjournals.com/racewalker

Mike Bailey, Trailer Running Trails:

July 23 Cudjoe Key
First run.... 5 down the old road. Mostly cloudy, so an easy run ! Its nice to see this beautiful path being used (though the portion that I took the picture is not part of the "official" heritage trail so it didn't get the face lift) Even better to see a running buddy from Middle Torch that I hadn't seen for months ! Thanks for the tip about Zion, Sue. Hope to see you out there!



July 25 Sebring

Highland Hammock State Park is located just west of Sebring. It was "built" by the Civilian Conservation Corp in the 1930s with the financial assistance, and help, of local citizens... so it comes complete with a beautiful rec hall, amphitheater, music pavilion, museum and all the classic mortise and tendon junctures that make for a park from that era.

Jammed with old growth live oaks (think 1000 years old), cypress, bromeliads and white tail deer (that look about the same size as key deer ... strangely enough). This is perfect spot for a getaway. Biking, Equine and hiking trails are everywhere ... not to mention a couple miles of boardwalk that connect the various trails! The buzzing of the cicadas, crickets, and katydids are about the only sounds you will hear (except for the owl that hooted at my window around 4 a.m.)

I wanted to run 12 or so to keep up with Angie and Tracy ... but the gps doesn't work in the big trees and the cushy trails worked my legs and feet.. So after 80 minutes I was done. There are at least another 10k to get on the way back!

July 27 Birmingham, AL

I made it as far as Oak Mt State Park (south of Birmingham) and luckily, for whatever reason, gave up and turned off..... Oh smart move Bailey! Miles and miles of trails. Ups and downs. But what the heck. Saturday nite in a state park can be ... meh. but I had great neighbors that fed me and had just finished a 2 month stint volunteering at WAIT FOR IT.. The Black Hills of South Dakota. So I got the skinny!

Woke up early (even with the time zone change) ran 8 on some knarly trails and was on the road by 10. How Gnarly were they??? They were so gnarly I did not take a camera (phone) because I needed both hands free to pull my ass up the hill ... or more important ... two hands to stop myself (trees) coming down !