

# Key West Southernmost Runners

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



KWSR Officers and Directors  
June, 2014

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

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

Treasurer  
Mary Ann Nelson  
305-509-0672  
marymassage@juno.com

Recording Secretary  
Tracy Ziegler  
305-394-0137  
tracyziegler@hotmail.com

Corresponding Secretary  
Donna Phillips  
813-469-4112  
donna.mustludogs.phillips0@gmail.com

Members at large:  
Mark Bell  
Sonny Shaffer  
Taz Davis  
Kristin Chester  
Dedra Ling

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

KWSR workouts

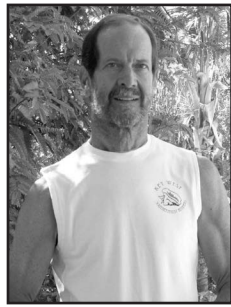
Lower Keys Long Run,  
3-10+ Miles  
Big Pine Key Sundays 7:00 AM  
Call; 305-304-0091  
don.n@juno.com

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 November, 2014**

## From the Editor and President

Hello Southernmost Runners:  
Running in the Keys has never been better. Southernmost Marathon has just run for the second year with many of our Keys runners training all summer. We started the KWSR Season with the Montessori, 5K and Continue in November with 3 of our biggest Races.

Zonta, Mariners and Hog's Breath. All 5K's and this year Mariners is running the 10K out and back again on our 5K point to point course. Check out the info below.

There are many new fun and exciting races coming to Key West - check out the Southernmost Runners website and find us on Facebook to become a member, join us for our runs and socials, and find out about purchasing merchandise!

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

### Sunday October 26, Vineyard Christian Center 5K, Run/Walk Big Pine Key.

Again we will be helping the Vineyard with this event promoting fitness up the Keys

**November 1, 8:00 AM. Zonta ABC 5K Run/Walk, Key West**  
Don't miss this November classic in its 21st year, with the Parrot Heads Joining us on the beach for a great run.

**November 5, 6:30 PM. KWSR Social in Key West**  
Still planning check the website and facebook for details.

### November 8, 6:35 AM. 5th Annual Key Largo Bridge, 1/2 Marathon

Last years race participation increased significantly. Once again they will be continuing the 10K race, and continuing its popular 5K.

This is a great race in our own Big Sky country, come enjoy the view from the top in any one of the 3 events

### November 15, 8 AM. Mariners Hospital 5K Run/Walk, 10K Run

Another great race up the Keys. Again a 10K at the same time running out and back on the same course. But the 10K starts at the finish of the 5K point to point run. Please watch out when the runners meet on the course!

### Sunday November 16, 8:00 AM, Montessori Children's School 5K from Salute

Another Montessori Race for the Children's School that we are helping with. Support our schools.

### November 29, 8 AM. Hog's Breath 5K Hog Trot Run/Walk

The 21st Annual, don't miss the great race with the outstanding Post race festivities, food and drink. This is one of KWSR's first races and all proceeds went and still go to our Key West High School track team.

### December 20, 8 AM. A Positive Step 5K Run/Walk

Time to Run the holiday Run for a great cause, starting and finishing at the Southernmost Beach Café, don't miss the great post race festivities.

See our website for information on all upcoming events. [www.southernmostrunners.com](http://www.southernmostrunners.com)

## More Races in November, Check our calendar page at [southernmostrunners.com](http://southernmostrunners.com)

A Few Other Keys Events, Look for info on our website.

\*October 20. Theme Runs Heroes and Villains Run\*  
\*October 26. 8 AM, Sunday, Vineyard 5K Run/Walk, Big Pine Key\*

\*December 6, Tri Key West\* We man the waterstations for a generous donation to our KWHS Running teams. Call to volunteer!

## WHAT HAPPENED

### October 4, Montessori 5K

Saturday was a great day for the One Human Race 5K Run/Walk.

128 runners and walkers of all ages came out on this sunny day to race and raise money for the Montessori Charter school,

which provides education for grades K – 8. Congratulations to the overall winners: Keith Durden, 17:05, and Priscilla Welzien, 22:29, and masters winners: Elizabeth Kennedy, 26:52, and Edward Clarke, 19:00, all local runners. The first place walkers were Terry Randall McGee, 37:28, and Raquel Robbins, 39:29.

Key West Southernmost Runners and Montessori Charter School would like to thank the volunteers and sponsors who made this race a success, including Centennial Bank, First State Bank, FloridaKeys.com, Gary the Carpenter, Keys Financial, Southernmost Foot and Ankle, Two Friends Patio, The Porch. Thanks also to Salute, Sound Wave, Pirate Radio, Barrett Printing, Local Awards, Winn Dixie, Civil Air Patrol, Florida Keys Aqueduct Authority, Fury Water Adventures, Dean Walters, and Key West Massage.

### October 8, KWSR Social and Fun Run at Mc Coy Park.

Many members came and brought guests, costumes were scarce but here are the best. Gerda in the potato sac (Chesters goodie bag from Idaho) was the winner.



### October 11, Southernmost Marathon, 1/2 and 10K

2nd Annual SOMO is in the books. We had lots of local runners and winners 10 K winners were KWSR Eddie Clark and Nicole Matsik.

### KW High School Home Cross Country Teams Ran Two big meets: Records were broken.

### October 3, FLRUNNERS.COM INVITATIONAL

GIRLS VARSITY SMALL SCHOOLS: 12th place / 25 teams  
BOYS VARSITY SMALL SCHOOLS: 1st place\*\* / 29 teams

### KWHS SENIOR CLASS RECORD: Everett Wagner 17:25

Old mark was 17:28 by Ryan Wagner in 2011  
BOYS JV BLUE: 8th place / 25 teams

### October 11, FSU Invitational

Varsity Boys A Teams  
Key West Varsity Boys A teams: 3rd place / 25 teams

### KWHS SENIOR CLASS RECORD: Everett Wagner 16:47

Key West Varsity Girls 3rd place/ 16 teams

### KWSR's ON THE ROAD and TRAIL

