

### **March 7, 8:00 AM. 9<sup>th</sup> Annual Sombrero Beach 10K Run 5K Fun, Run/Walk and 15K Challenge, City of Marathon**

The weather was Warm and sunny when over 400 Runners and Walkers from across and out of the country joined in 2 races Saturday morning, a 10K starting at 8:00 and a 5K Run/Walk following at 9:15. About 75 runners took the 15K Challenge and ran both events. Many Winners took home awards in both the 10K and 5K events.

The 10K overall winner was Brian Sharky, running the 6.2 Mile course in 34 Minutes and 42 seconds. Overall Female 10K Winner was Marlene Persson, from Deerfield Beach running a 41:31. Marathon Runner James Kidney was Male Masters running, 43:28. Harrisburg, PA. Runner Shelley Casey, won the Female Masters award in 45:28. Big Pine runner Mike Bailey was the top Grand Masters (over 50) runner in a time of 45:07, Local Marathon Runner Lori Grube won the Female Grand Masters Award in, 46:10. and Running a great time of 46:34, 66 year old Miami runner, Humberto Rubio took home the Senior Grand Masters award (first over 60). Female Senior Grand Masters winner was Deborah Holtom, from Howe Island, ON. 50:15.

Men's 5K Run winners were, Bryan Sharkey, Miami, 16:56, and Marlene Persson, 21:09. Male Masters Winner was, James Kidney, 21:06. And again Female Masters Winner Shelley Casey, 22:18. Male Grand Masters Winner was, Jeffrey Stouch from Mount Joy PA, 23:55 and Female Grand Masters winner Laure

Grube, 22:48 Michael Loney from Silver Spring MD, took the Senior Grand Masters award, 24:04, and the female Grand Masters winner was Deborah Holtom, 26:04.

Leading the Walkers all the way was Female Walker Winner was local City of Marathon Walker Cory Walter, 30:35, Male Race walker Winner was Bill Reed from Kalamazoo, MI, finishing in 31:03. Male Masters Walker winner was Larry Ferguson from Summerland Key. 42:45, and Female Walker Masters Winner was, another City of Marathon Walker Adriana Garcia, 35:32. Male Grand Masters Walker winner Bob Cavanagh from Wakefield, RI, 40:17, and Female Walker Grand Masters Winner was, Tavernier Walker, Phyllis Quinby, 37:20. Male Walker Senior Grand Masters Winner was, David Chinchar, Key Colony, 40:57. Female Senior Grand Masters Winner was Phyllis Pastore from Key Colony, In a time of 37:49.

See attached results for the 10K and 5K Age Group Winners. Many Runners took home awards in both the 10K and 5K Runs along with the 15K Challenge Hats.

A great many volunteers from many organizations helped with this event raising funds for KAIR (Keys Area Interdenominational Resources), 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. KAIR seeks to serve those individuals and families in Marathon and the Florida Keys who have found themselves in crisis. Working in partnership with other agencies and organizations, every effort is made to return people to self-supporting, productive lives. Get more information on KAIR at <http://www.kaironline.net>

Thanks to all the volunteers that made this event possible and the City of Marathon, County Sheriffs, Collectors Corner, Key West Southernmost Runners, Theme Runs Timing, and all the people and businesses that helped.

### **March 14, 8:00 AM 6TH Annual Menendez Miler 5K, Key West,**

This is another great event by the Sunset Rotary, benefiting the Bobby Menendez Scholarship fund. This year we will be starting at Salute on the Beach. Look for Results next month.

### **KWSR's ON THE ROAD**

USATF Race Walking with Adriana Garcia:

#### **Road Trip: Coconut Creek or Bust!**

Mother Nature giveth and she taketh away, but it is okay...bye-bye cold snap. On Sunday, February 22, with partly cloudy skies and morning temperatures in the 70's, the sport of racewalking brought out some of Florida's competitive racewalkers to compete in this year's state championship, the USA Track and Field Florida Association 8K Racewalk Championship, held at Tradewinds Park in Coconut Creek, Florida. Other events entertained were the Open 8K/ 6K, and 6K Healthwalk. It was a pretty good turnout in both the competitive and non-competitive walk divisions.

The race was supposed to start at 730AM; however, we waited on a couple of racers whom seemed to be MIA when it was time to take the start line. Moments later the race was on. The temperature was 71 degrees F at the commencement of the race; 73 degrees F when I crossed the finish line; albeit, it felt warmer. Windy for the first part of the flat and fast, Olympic-certified 2K loop...yep, four times around is the charm. There were three USATF Officials around the race course judging the competitive racewalkers. One encouraging and enthusiastic volunteer supporting the water aid station halfway through the course. To join him were drivers and passengers on the turnpike honking horns and yelling out their car windows offering their own brand of cheer. Thank you! Goals for today's race: Stay legal and finish upright. Results: Achieved a new PR in the 8K and a state championship gold medal in my AG. It felt great, indeed. Post-race festivities included an awards ceremony, association/club pictures, refreshments, and fun meet and greets. The racewalk event was well-organized and everyone seemed to have a wonderful time overall. P.S. This race and win is dedicated to my one and only dearest niece, Baby J., who's one-month of precious existence has modified my workout schedule (and apparently for the better). I couldn't have done it without you my love (and I wouldn't want to). Yours in sport...and sleep deprived, Adriana Garcia

### **Chester Kalb, Southernmost Walker**

Chester is reporting on 4 races this month, first is our own Half Marathon, the largest one ever.

### **Lost Dutchman Half Maratahon**

I race walked the Lost Dutchman Half Marathon in Apache Junction, Arizona on Sunday, February 15, 2015. The temperature ranged from 59 to 68 degrees with mostly cloudy skies and little breeze, which made great conditions for the event. The course was out and back on roads that were completely closed to traffic and were located in a rural area at the base of the Superstition Mountains. Police and volunteers were located at every intersection ensuring that traffic did not enter the course and letting traffic through intersections as gaps developed in the field of 1100 participants in the various events. I only saw one intersection where the course crossed highway

88 where there was a significant back-up. Water stations were located every mile and Gatorade was available at every second station. There were plenty of student volunteers with accompanying adults to ensure the stations functioned smoothly and efficiently. This was the 14th edition of the event and I have done the marathon once and the half marathon twice. When I did the marathon in 2005 Apache Junction was a small rural town. This is no longer the case as it now has over 37000 people and would be considered a suburb about 30 miles east of Phoenix. The event is still very well organized and fun to do. The people of Apache Junction are still very friendly.

### **Mercedes Half Marathon**

On Sunday, February 22, 2015 I race walked the Mercedes Half Marathon in Birmingham, Alabama. I once again lucked out on the predicted rain which had a 90% chance of occurring at the start and a 70% chance of continuing throughout the race. However, about 15 minutes before the start the rain changed to a light drizzle. Throughout the race the rain fluctuated among light drizzle, misty rain, and no rain at all. The temperature remained near 52 degrees throughout the event and of course the skies were cloudy. The course utilized city streets that were completely closed to traffic. Every intersection had one to three police officers to control the cross traffic and protect the participants in the half marathon, marathon, and marathon relay. Nearly 4000 people participated in the half marathon. Water/Powerade stations were spaced at one mile intervals and were manned by plenty of enthusiastic volunteers that diligently did their duties in the less than perfect weather. A few spectators were cheering all along the route. I have done this event three times, the marathon once and the half marathon twice. It is always well-organized and fun to do.

### **Little Rock Half Maratahon**

On Sunday, March 1, 2015 I race walked the Little Rock Half Marathon in Little Rock, Arkansas. It was not the best conditions for a race as the temperature varied from 34 to 38 degrees with light on and off rain and slight wind. Fortunately the temperature stayed warm enough that there was no ice on the course which utilized roads that were completely closed to traffic. The course has quite a bit of up and down with no parts very challenging. Water/Gatorade stations were located every 1 to 1.5 miles and were manned by plenty of enthusiastic, efficient volunteers who tended to the needs of the participants despite the miserable conditions. I really appreciated their efforts as well as the police, firemen, and other volunteers who controlled all the intersections and kept everyone safe. Surprisingly there were quite a few spectators spread out all along the course. Two noteworthy spectators were Arkansas Governor, Asa Hutchinson and his wife, who were cheering on the street outside the Governor's Mansion which was located near mile 8 on the course. Another notable celebrity at the event was my friend, Bart Yasso, who is the chief running officer for Runner's World magazine who spoke at the race exposition and announced at both the start and the finish lines. This is the fifth year that I have done this event, 3 marathons and 2 half marathons. It is always very well organized and fun to do. The race directors go out of their way to see that the participants receive the best experience possible. An example of this involved the huge race medals. Two weeks before the event I received an email that explained that it was doubtful that the race medals were going to be able to reach Little Rock in time for the race because the medals were on a ship in Los Angeles Harbor and could not clear customs because the striking longshoremen would not unload them. The race directors quickly had substitute medals made that could be handed out at the race and would send every finisher their custom medal in the mail when it finally arrives in Little Rock and can be processed. As a result the participants were happy instead of disappointed.

### **Zydeco Half Maratahon**

It turned out to be a perfect day for a race as the temperature varied from 53 to 58 degrees with overcast skies and little breeze. I was lucky with the weather again as Thursday before the race the weather was supposed to have a 90% chance of experiencing rain with temperatures ranging from 44 to 57 degrees. In fact the race director, Michael Howard was so sure of bad weather that he rented a coliseum ¾ miles from the finish line and moved the post-race festival there. There were about 1800 people in the half marathon and 500 people in the marathon in this second year event. The course was almost entirely flat and utilized roads in Lafayette that were completely closed to traffic and took everyone past the main sights of the city. Police and volunteers were stationed at the many intersections to insure the participants' safety. Water/Powerade stations were located every mile and had plenty of enthusiastic volunteers to take care of the needs of the participants. The 50 States Marathon Club of which I am a member held a reunion at the event and I attended. It was nice to see many of my friends who I have not seen as much since I have been doing half marathons since September of 2009. Arturo Barrios was a celebrity at the event. He was an Olympian who has held the world record in the 10000 meters and half marathon and was the first person to finish a half marathon under an hour (59:59). I enjoyed myself at the well-organized event that was fun to do.

### **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:  
Key West Morning Runs are changing and various times Monday through Saturday E-Mail [dr.dedraling@gmail.com](mailto:dr.dedraling@gmail.com) for updated info.  
Sundays: 7:00 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

Check Key West Southernmost Runners Club on Facebook for more up to date info. All runners are always welcome to join us any morning.

Send your stories for next month by April 8<sup>th</sup>, to [don.n@juno.com](mailto:don.n@juno.com)

**Check out Pictures and applications online from the [www.southernmostrunners.com](http://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**