

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors
January, 2015

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Mark Bell
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Taz Davis
Kevin McDonald
Dedra Ling

RRCA S Florida State Rep.
Editor
Don Nelson
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KWSR workouts

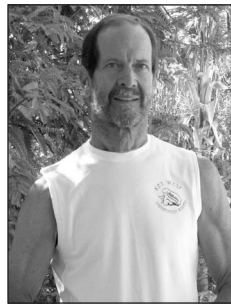
Lower Keys Long Run,
3-10+ Miles
Big Pine Key Sundays 7:00 AM
Call; 305-304-0091
don.n@juno.com

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 June 2015

Hello Southernmost Runners:

We are coming to our June elections of new board members. This process starts with nominations at the May Meeting and continues with the elections of the new board members at the June meeting. The membership votes on a slate of 11 board members and after the elections the new board establishes the 5 officer positions and the Members at large. All of the board members vote on club policy and are responsible for keeping the everyday workings and events on track.

Besides the board we rely on skilled volunteers for each event to do the tasks required to put on a safe and fun event. We follow the Road Runners Club of America's, Event Guidelines, and work with many non-profit organizations in the Keys for volunteer support and publicity of our events. All of the funds beyond our operating expenses go to the Key West High School Running teams. Along with many additional donations from participants and Race Sponsors, this season so far we have donated over \$8,000 to the KWHS Cross-country and Track Teams. The work you do at our events is responsible for keeping these kids running. Thanks for your membership and time as volunteers making all of this possible.

Remember Volunteers are needed for every race, KWSR needs the support of its members to make our races happen. Call Don: 305-304-0091

57th Annual RRCA Convention April 23,
As South Florida State Rep for the RRCA, I again joined in the Annual Convention, with our Treasurer Mary Ann, this year in Des Moines, Iowa.

RRCA State Reps are volunteers that assist the National Office and the RRCA Board in carrying out the mission, vision and values of the organization.

What's the RRCA

Founded in 1958, The Road Runners Club of America is the oldest and largest national association of running clubs, running events, and runners dedicated to promoting running as a competitive sport and as healthy exercise. The mission of the RRCA is to promote the sport of running through the development and growth of running clubs and running events throughout the country. The RRCA supports the common interests of runners of all abilities during all stages of life by providing education and leadership opportunities along with programs and services that benefit all runners.

Some of the speakers that we heard were USATF CEO, Max Siegel, and Spirit of the Marathon Film Director, Jon Dunham. Sarah Mae Berman unofficially won the Boston Marathon 3 times before women were recognized as official participants.

Key West Southernmost Runners was founded in 1996 with the support of the RRCA, and follows RRCA Guidelines to promote and encourage long distance running as a competitive sport and as a means of healthful exercise.

Among the programs of the RRCA are the Kids run the Nation, Volunteer acknowledgment Awards, runner Friendly Businesses and Community designations, and State, Regional and National Championship events. Upcoming RRCA Florida State Championship Events are the Space Coast Runners Space Coast Marathon, and Half Marathon. Championship events are selected by a complete bid process from our clubs, Bids for 2016 events are due by October.

WHAT'S HAPPENING

KWSR Summer Grand Prix starts with

April: Smokin' Tuna 5K
Duval Street Mile
May: Southernmost Seminoles Renegade Run 5K
June: None
July: Rotary Crime Stoppers 5K
August: Conch Cross Country Classic 5K

Summer GP Leaders after April Races and KWSR Social:

Men	Women
Keith Durden 5	Nicole Matysik 10
Ty Walinski 3	Haley Herriott 6

Volunteers

Dennis Gormley 12
Donna Phillips 13

May 16-17, KEYS100 & 50 and new 50K Ultra and Relay

Key Largo to Key West. KWSR will be at the finish line from Saturday afternoon until Sunday Afternoon Greeting the runners and teams as they finish. Send me your Ultra Stories for next months Forum.

May 23, 7:30 PM Southernmost Seminoles 5K Renegade Run
6th Year of this event and it will be better then ever, come join us at Higgs Beach for a evening run along the beaches of Key West. This year Registration and Pre-Registration Package Pickup: May 22nd, from 5:00-7:00 pm will be at the Bottlecap Key West with a great silent auction. Or sign up Race day 6:00 pm @ White St. Pier.

June 3, Wednesday, 6:30 PM KWSR Social and Elections at Ibis Bay

Join us for a run along the Boulevard snacks and Drink at the Ibis Bay Resort. We will be electing our Board of directors for the next year as well as going over other volunteers opportunities. We need your support to Keep things Running in the Keys.

June 6, 39th Annual Swim Around Key West

This is one of the oldest ongoing events in the Keys. Come join in the fun by joining up to support a Swimmer by kayak or boat. WE need Boats and Captains. This event has contributed thousands of \$ to the Key West High School Cross Country team, in the past few years. To help, call Don at 305-304-0091 or Katie at 773-502-5087

Other Keys Events, look for info on our website.
Call 305-745-3027 to volunteer!

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

WHAT HAPPENED

April 18, 34th Annual 7 Mile Bridge Run, Marathon, FL
Some of our Members and locals, did well, here are some winners.

2nd Overall Female,
Helena Bursa, Big Pine Key, 45:34
3rd Overall Female,
Nicole Matysik, Key West, 46:57
Female Grand Masters,
Laure Grube, Marathon, 49:36
1st Male 13-18,
Owen Allen Key West, 41:27
1st Male 50-54,
Martin Sykut, Marathon, 42:28
3rd Male 60-64,
Michael Bailey, Little Torch Key, 47:48
1st Female 65-69,
Helga Rinneard, Key Colony Beach, 1:03:18
3rd Male 70-74,
Greyson Quarles, Duck Key, 1:10:28
1st Female 70-74,
Pat Kersey, Big Pine Key, 1:11:47
1st Male, 75-59,
Roger Fisher, Key Colony Beach, 58:13

April 23, Duval Street Mile, Key West,

Two runaway trains rolled down Duval to capture impressive individual wins, while the team title was elementary.

Key West Firefighter Keith Durden blasted out from the start with a strong and calculated pace. By 200 yards, it was man against clock. His official time (which took some time to deduce) of 4:19.3 smashed the course record by 13.7 seconds, and is believed to be the fastest mile (or 1600 meters) ever run in Monroe County.

The women's race was just as competitive. Eighth Grader Nicole Matysik absolutely crushed the female Course Record by 19.5 seconds with her powerful 5:14.5. The long-striding wunderkind placed fourth overall, and had the spectators' heads turning all along Duval. Kelly Maatta's 5:48.3 is one of the top times ever on the street, but was a distant second place.

The Masters' crowns went to Key Westers Tim Faucette and Katie Leigh. Katie's 6-year-old son Owen made his Duval Street debut and clocked 10:49.

The big youth story was in the Team Competition. The Miles Masters – and old-sounding group – took first overall with 47 points. They also won the Male Elementary School Students