

Key West Southernmost Runners

www.Southernmostrunners.com



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January, 2015

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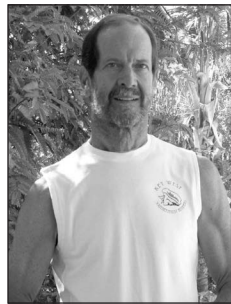
KWSR Workouts
Lower Keys Long Run,
3-10+ Miles
Big Pine Key Sundays 7:00 AM
Call: 305-304-0091
don.n@juno.com

Key West Track Wed. 6:00 PM
Michael Higgins
Call: 305-534-5368
higrun5050@gmail.com

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 July 2015

Hello Southernmost Runners:

Summer is here, are you ready to sweat. New Member Michael Higgins is leading a 6 am Track workout at the High school and I will be doing the same at 6pm. Come join us and get on track for

upcoming events.

Remember to bring water and drink often, Hydration is the key to summer Keys running.

Check our facebook page for other morning runs.

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

Summer Grand Prix Points are adding up,
See top point scorers next month.

July 4, 7:30 AM. Rotary of Key West/Crime Stoppers 5K Run

KWSR and the Rotary Club of Key West with Crimestoppers of the Keys. Are again running this Key West 4th of July Tradition at from Mc Coy Park at White street Pier. Come run this great event. Info and Registration on our website.

August 22, 7:30 AM, Conch Cross Country Classic 5K.

The 8th Annual Conchs Cross Country Carnival (CCCC) will take place on Saturday August 22, 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. Make sure you membership is up to date to join in this event, KWSR members only. Due to the Team meet schedule still being established this date may have to be corrected, check next month for any adjustments.

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

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



KEYS 100 - Lazy Dog Team



KEYS 100 - Never Runners Team

Great Race and Finish line. Thanks to all the volunteers from the club and friends that helped from Saturday through Sunday afternoon. Many Key's Teams finished, running this long and popular event.

This years overall winner was In the 100 mile event was Vanderley Pereira from Brazil in 16:17:00. Overall female winner was, Tammy Walther from Little rock Arkansas in 20:16:18. First Key's Finisher was Dan McHugh, from Key Largo in a time of 23:14:58. In the 50 Mile run first Key's finisher was Key West runner Stacy Czerwinski, in a time of 10:44:02, Lisa Graft, Jessica Sheffield and Charlotte Corriher, were all Key's runners finishing the 50 Mile event. The new 50K event started at MM 30 on big Pine Key, Bernardo Martinez from Big Pine Key was the only Key's Finisher, finishing in a time of 7:33:33.

The Space Coast Runners, once again won 100 Mile relay team race, in an amazing time of 9:07:27. That's, all members of the 6-person team, running under 6 minute miles all the way! Key's Team, Lazy dog took home the top Mixed team award in a time of 12:27:40. Many other Keys team ran the 100 miles. Youngest team was the Marathon Cross country Running team, The Never Runners, running 26th place in a time of 13:43:51.

May 23, 6th Annual Southernmost Seminoles 5K Renegade Run



The Southernmost Seminoles held their 6th annual Sunset Renegade Run on May 23, 2015. There were close to 100 runners/walkers who participated, as well as many Seminole fans. All of the proceeds generated go towards a scholarship fund that is awarded to local high school students who will attend Florida State University.

The overall female winner was Daria Wood with a time of 23:45. The overall male winner was Francisco Ramirez with a time of 18:58. The male masters winner was Eddy Clarke with a time of 19:24. The female master was Stacy Aguillar with a time of 28:11 . There