

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors
January, 2015

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
maryamassage@juno.com

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

Corresponding Secretary
Rick Mac Kenzie
305-304-101RAM626@aol.com

Members at large:
Mark Bell
Gerda Kalb
Taz Davis
Michael Higgins
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
Michael Higgins
Call: 205-534-5368
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
keysapt@bellsouth.net

KWSR-SFRF August 2015



Hello Southernmost Runners:

Summer is here, racing is Hot and sweaty. Make sure your membership is up to date and come out for the August 22, Conch Cross Country Challenge.

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,

<u>Males</u>	
Name	GP Points
Ty Walinski	7
Keith Durden	5
Doug Weeks	5
Eric Mealus	5
Terry Doughtry	4
Roger Fisher	3
Aiden Althouse	3

<u>Male Masters</u>	
Name	GP Points
Ty Walinski	7
Terry Doughtry	4
Roger Fisher	3

Rick macKenzie	6
Mark Bell	6
Debra Higgins	6
Michael Higgins	6
Haley Herriott	5
Gerda Kalb	5

<u>Females</u>	
Name	GP Points
Nicole Matysik	15
Haley Herriott	9
Patria McGee	4
Raquel Robbins	4
Jane Welzien	4
<u>Female Masters</u>	
Name	GP Points
Haley Herriott	9
Patria McGee	4
Raquel Robbins	4

<u>Volunteers/Socials</u>	
Name	GP Points
Dennis Gromley	13
Donna Phillips	13
Taz Davis	12
Bill Welzien	10
Beth Moyes	10
Lazaro Ledesma	7

August 22, 7:30 AM, Conch Cross Country Classic 5K. The Race is on. Can you beat our KWHS Cross Country teams? Give it a try

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.

Summer racing is slow; KWSR Races will start up again in October with the School Races.

Join our morning runs to stay in shape.

October 3, 8:00 AM Montessori Charter School 5K.

This 6th 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 is at Higgs beach for the 5K Run/Walk and the Children's run.

October 17, 8:00 AM. Poinciana PTA 5K

The Poinciana PTA is excited about their 6th Annual 5K. Join us along the beaches of Key West

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



Nicole Matysik

Douglas Weeks

July 4, Rotary of Key West/Crime Stoppers 5K Run

More than 225 Runners and Walkers were up bright and early on the 4th of July to participate in the 4th Annual Rotary Club of Key West-Crime Stoppers 4th of July 5k. Overall Male Winner was Douglas Weeks from Key West with a time of 17:06, Overall Female Winner was 13 year old Nicole Matysik from Key West with a time of 20:14. Male Masters Winner was Ty Walinski from Key West with a time of 21:32 and Female Masters Winner was Joan Scholz from Tavernier, with a time of 22:41.

Walkers were lead all the way by Key West Walker Kevin Dunleavy, taking the overall Men's award in 41:06. Winning Female Walker was Key West's Raquel Robbins, finishing the course in 41:38.

After the 5K, there was a children's fun run for kids 9 and under and 20 children participated and all received finisher medals.

It was a warm day with a tailwind on the return run,

The racers enjoyed post race refreshments, awards and raffle. The race is a benefit raising funds for the Rotary Club of Key West-Crime Stoppers 4th of July 5k Law Enforcement Academy scholarship which will enable a local from our community to attend the academy and become a law enforcement officer in the Keys.

Thanks to Key West Police Traffic control for their support and Key West Southernmost Runners and Rotary Club of Key West volunteers who made this race possible,

KWSR's ON THE ROAD

Nicole Matysik ran a PR on a legendary course!



In May, I had the opportunity to run the Eugene 5k in Oregon. Running in Oregon in the footsteps of legends was absolutely