

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.dedra@juno.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 2015



Montessori Start

Hello Southernmost Runners:
November is a busy month for KWSR, Check the events below and Run and call to help, look below for more information.

KWSR new Racing Uniforms are in, Contact Rick at Local awards to get yours. Great deal on Singlet and Shorts \$30 for members only.



Come run with the group, morning runs almost every day. Check our facebook page for 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 KWSR Races

Sunday November 1, 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 4, 6:30 PM. KWSR Social in Key West

Thai Island will be the location for our November Board meeting at 5:30, and Social with fun run, over the Bridge at 6:30. Come join the fun, with food and drink, and make sure your membership is up to date

November 7, 8:00 AM. Zonta ABC 5K Run/Walk, Key West
Don't miss this big event with the Parrot Heads Joining us on the beach for a great run. Check our website to register online. This year Chip timing by ThemeRuns.

November 14, 6:35 AM. 6th 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 21, 7:30 AM, Mariners Hospital 5K-10K Run/Walk, Islamorada,

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! ThemeRuns will be doing chip timing.

November 28, 8:00 AM. Hog's Breath 5K Hog Trot Run/Walk, Key West,

The 22nd 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.

KW HIGH SCHOOL, Home Cross Country Meets

Come help out or just cheer our teams on!
Tuesday 10/13 (4:00 PM) - Monroe County Championships @ Pennekamp SP, Tavernier
Saturday 10/17 (7:30 AM) -- Key West Autumn XCursion @ Key West Golf Club

Watch for detailed updates in the coming weeks and months, and follow the team through the link on the KWSR site.

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

October 3, Montessori One Human Race 5K Run/Walk, 2015

Opening Race of Key West Southernmost Runners winter season was Saturday, and it was a great day for the 7th Annual One Human Race 5K Run/Walk, with a great breeze and cooler temperatures. Had runners and walkers turning in some of the best 5K times of the year.

126 runners and walkers of all ages came out on this sunny day and windy to race and raise money for the Montessori Charter School, which provides education for grades K – 8.



Priscilla Weeks & Abigail White Nathan Landrum

Congratulations to the overall winners: Nathan Landrum, from Big Pine Running the 5K in, 17 minutes and 4 seconds, a new Race record by 1 second. Priscilla Weeks, running 21:29, taking a minute off her last year winning time. Masters winners were Edward Clarke, 18:49, ahead of his last years time by 11 seconds, and Katie Leigh, Running 26:09. again ahead of last years Female Masters winning time.

Nathan visiting from his teaching job in China, is a past KWSR youth runner and Son of longtime KWSR Wayne Landrum, 2nd 70+ Runner.

The first place walkers were Key West's own Ron Cooke, 36:57, and Patria McGee, from Big Pine Key walking the 5K in 41:03.

A 1/2 mile "Kids Fun Run" was ran after the 5K with dozens of our next generation of runners, showing their stuff on the beach running path.

Key West Southernmost Runners and Montessori Charter School would like to thank the volunteers and all of the sponsors who made this race a success.

Big thanks to Southernmost Runners Volunteers who providing the race results, course, management, working together with Lynn Marie Barras and Andrea Ippolito from the school.



Patria McGee

October 7, 6:30 P.M. KWSR Social and Fun Run at Mc Coy Park.

Great showing of our new KWSR uniforms. Great food provided by Club members at the potluck, thanks all.

KWHS Cross Country

Thursday, 8 October 2015 JUNIOR ORANGE BOWL

Thompson Park, Miami

Key West Cross country coach is Taking the teams to new records, here are the some of the top scores from the latest meet. More to come this month check the Website for the latest results.

Key West High School Cross Country Results and Records

GIRLS INVITATIONAL RACE

Nicole Matysik, New 18:27.1 KWHS Girls 5K Record: old mark was 18:54.00 by Nicole Matysik on 10/3/2015 at FSU Invitational, Tallahassee