

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
Position Open

Corresponding Secretary
Rick Mac Kenzie
305-304-1019
localawards@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 Miller 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 February, 2016



A Positive Step - Volunteers

From the Editor and President

Hello Southernmost Runners:
Keys Best Running weather is here, with a cool front today, I think our winter season is really here. Join us for morning runs or Get involved, give back to running some of what you are getting out of it. Don't take us for granted.

Dennis is back and working hard to keep our Races Running. Dennis would like to know if you are reading our pages here in the South Florida Runners Forum? Call and let him know 646-258-4250.

KWSR Grand Prix Kid's cup and Overall Standings, January 2016

The Kids Cup / GP season schedule:

10/03 - One Human Race 5K
11/07 - Zonta ABC 5K
11/28 - Hog's Breath 5K Hog Trot
12/12 - MCBA Justice For All Crawl 5K
12/19 - A Positive Step 5K
1/23 - No Name Key 5K
2/13 - Christina's Courage 5K
3/05 - Sombrero Beach Run 5K
3/19 - Run With The Deer 5K
3/26 - Smokin' Tuna 5K

After 6 races, here are the Kids Cup leaders:

Grand Prix Youth Standings

MALE 0 - 9
NAME POINTS
Atticus White 24
Victor Espinoza 24
Archie White 19
Aide Golden 10
Aiden Althouse 10
James Searcy 10

FEMALE 0 - 9
NAME POINTS
Caylaa Makimaa 28
Virginia McCraill 10
Layla Hawk 10

MALE 10 - 14
NAME POINTS
Owen Allen 16
Jack Shvero 15
Elio Navarro 10
Alex Dediu 10
John Searcy 10
Garrett Mowry 10

FEMALE 10 - 14
NAME POINTS
Lou Navarro 20
Virginia McCraill 10
Kelci Grooms 10

NOTE:

Check for updated standings, as well as race results and info at: www.southernmostrunners.com.

Grand Prix Open Standings

MALE NAME POINTS
Ed Clarke - M 80
Doug Weeks 40
Joel Zaila 36
Bascom Grooms - M 33
William (Billy) Welzien 31
Anthony Farretta - SGM 30
Terry Doughtry - 70+23
Brad Makimaa - M 21
Keith Durden 20
Nathan Landrum 20
Terry McGee - 70+ 18
Eric Mealus - GM 17
Bill Welzien - SGM 17
Owen Allen 16
Chester Kalb - SGM 16
Wayne Landrum - 70+16
Charles Mench - SGM 14
James Kidney - M 10
Jerry Burgess 10
Richard Breese - 70+ 10
Ron Cooke - SGM 10

Grand Prix Open Standings

FEMALE NAME POINTS
Joan Scholz - GM 72
Katie Leigh - M 52
Haley Herriott - SGM 30
Kelly Maatta 30
Luanne Doughtry - SGM 21
(Was GM)
Patria McGee - SGM 26
Charlene Nguyen - M 21
Pat Kersey - 70+ 20
Priscilla Weeks 20
Susan Cooke - SGM 16
Abigail White 16
Liz Love 15
Gerry Coady - SGM 12
Jane Welzien 10

WHAT'S HAPPENING KWSR Races

January 23, 8:00 AM 14th Annual No Name 5K Run/Walk
Sponsored by the Domestic Abuse Shelter and the Key West Southernmost Runners, this is a great Race in a great Place. If you haven't heard of it, No Name Key is a great place if you can find it. Come on out and enjoy the outback of the Keys, where the Deer and the people play. Starts and finishes at the Old Wooden Bridge Fish Camp, Big Pine Key.

February 3, 6:30 Sweaty Social at The Stoned Crab, Key West
Don't miss a fun run along the Boulevard and the great food and drink at The Stoned Crab, Key West. Parking is easy. Please R.S.V. P. Txt or Call Beth 305-747-8563.

February 13, 8:00 AM Christina's Courage 5K Run/Walk
3rd year on stock Island, starting at the Sheriff's Headquarters Office. Come run or volunteer to support the Monroe County Christina's Courage Rape and Child Abuse Center.

March 5, 8:00 AM. Marathon Sombrero Beach 10K Run 5K Fun, Run/Walk and 15K Challenge

This community rallies together to make this an experience the runners will never forget. Restaurants, hotels, businesses and individuals generously donate, raffles, overall prizes, food, entertainment, time. That's why this race is so special!

Other Keys Events, look for info on our website. Call 305-304-0091 to volunteer!

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

WHAT HAPPENED

December 19, 8 AM. A Positive Step 5K Run/Walk

The 8th Annual A Positive Step 5K, took a small field runners and walkers along the south shore line of Key West on a windy and cool Key West morning. Running from the Southernmost Beach Café to South Roosevelt and back. Keith Durden, was the overall winner in a time of, 16:46 Overall Male Masters Winner, Edward Clarke from Key West, was the 4th overall male finisher in 18:39. The women were lead by Sarah Ecker of Bradenton, finishing in 21:19 and female masters winner, Joan Scholz, from Tavernier, finished the race in 22:28.

Overall Female Walker Winner, Kim Marcum, of Middletown, OH, walking with 2 of her friends, walked the 5K in 47:05.



Ed Clark

Positive Step of Monroe County provides services to children and families. Billy Davis and his team joined up with Key West Southernmost Runners and Southernmost Beach Café to raise money for programs that aid at-risk youth here in Key West.

Jan. 1, Village of Islamorada's Founders Park, Run Walk or Crawl 5K.