

# 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: 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

## KWSR-SFRF February, 2016



MM - Volunteers

We have had some great races with more coming in April; Join us as a runner or a volunteer. Our communications secretary is getting the word out with some great info on our Grand Prix Races and KWSR Socials. The updated Southernmost Strides can be read from the link on our website as well as Grand Prix updates.

Just 2 more races to go and we will be awarding the Cash Card Grand Prix awards at the April 6 Meeting. Join us at Hurricane Hole Upstairs

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

### GRAND PRIX: \$600 IN PRIZES UP FOR GRABS

We looked at our GP structure and said, hey, something is outa whack here. Sure, we had added prizes for Grand Masters (50-59) and Senior Grand Masters (60-69), as well as the kids, BUT what about the Golden Years Gang? And what about the Prime Of Lifers?

So, we decided to expand our prize pool to cover ALL of the standard 10-years age groups. Thus, the winners of the 15-19, 20s, 30s, 40s, 50s, 60s, and 70s AG's will each receive a \$25 gift certificate (probably Publix) as a reward for their efforts, with the best of the 40+ AG's getting an extra \$50, and the best score overall earning an extra \$75. The kids will get something a little different - maybe Regal Cinema GC's. Check out the updated GP standings on the website, and get yourself fired up for the last few races.

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

Check for updated standings, as well as race results and info at:  
[www.southernmostrunners.com](http://www.southernmostrunners.com).

### WHAT'S HAPPENING KWSR Races

**March 19, 8:00 AM Run with the Deer 5K, Run/Walk for F.A.V.O.R. Big Pine Key**  
Run, Saturday from the Big Pine community Park. Outdoor Fest info at [favorfloridakeys.org](http://favorfloridakeys.org)

**April 2, 8:00 AM Smokin' Tuna 5K Run/Walk for Mote Marine, Key West**

Weekend after Easter, with, great sponsors and the enthusiastic volunteers. Don't miss after the race-Eco-Discovery Center KIDS FUN RUN ½ mile course. Following the race at 11 AM will be the Mote Marine Laboratory Florida Keys Ocean Festival & Waterfront Craft Show. Fun for all ages celebrating our marine environment. Kids activities, Live Entertainment and featuring over 70 art, craft, food, vendors and exhibitors. Visit [www.keysoceanfest.org](http://www.keysoceanfest.org) for more info

**\* April 9, 7:30 AM 7 Mile Bridge Run, Marathon, FL**

Hopefully if you wanted to run you got online early enough to sign up for the Online entry only Keys classic event, put on by the Marathon Running club to support the Kids programs in the Keys

**April 16, 8:00 AM. Earth Day 5K Run/Walk, Key West**

This annual event starting at White street pier, highlights Earth-Friendly Recyclable Awards with Proceeds to go to, Last Stand. Last Stand has been organized to promote, preserve, and protect the quality of life in the city of Key West, the Florida

Keys and their environs, with particular emphasis on the natural environment.

**\*April 28, Thursday 7:00 PM. Duval Street Mile, Key West,**  
Another great race, that was a success last year and will be event better this year. Info on the website or Call 305-304-1019

**April 30, 8:00 AM. 5th Annual, The Basilica School of St. Mary Star of the Sea, Mariner's March 5K Run/Walk and Children's Fun Run, Key West.**

Once again we will be running down town from The Basilica School of St. Mary Star of the Sea. Come enjoy the family fun, at this great event running through the neighborhoods to the Beach and back.

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](http://www.southernmostrunners.com)

### WHAT HAPPENED

**February 13, Christina's Courage 5K Run/Walk**

Marathon High School's Joel Zaila, 17, locked horns with non-member Francisco Ramirez, 25, in a classic mano a mano duel. In the end, the Key Wester outkicked his younger rival in the final 200 meters, with both runners posting season best times, 17:12 and 17:21.

Fast Eddie Clarke once again ruled the Masters kingdom, placing third overall in 18:15, which was a season best for him as well. The women's race was even more of a barn-burner. Key West's Kelly Maatta took it on a lunge at the finish line, edging out Kathryn Daggett (from Maine), the women's masters winner, by one second, 22:29 to 22:30.

Top Walkers were Ken Thurston, from Key West, leading the men in a time of 36:23, and Bj Thornburg, Overall female walker from Overland Park, KS walking the 5K Course in 40:19.

Key West Southernmost Runners along with the Monroe County Sheriffs Volunteers that man the Christina's Courage Center for rape and child abuse victims did a great job with the course, post race refreshments, results and awards.

**March 2, KWSR Social and Fun Run, Ibis Bay, Key West**

Ibis Bay food and Social. Good food and company following a 5K fun run.

**March 5, Marathon Sombrero Beach 10K Run 5K Fun, Run/Walk and 15K Challenge**

In was perfect Keys running weather when over 400 Runners and Walkers from across and out of the country joined in 2 races Saturday morning, a 10K starting at 8:00 and a 5K Run/Walk following at 9:15. About 60 runners took the 15K Challenge and ran both events. Many Winners took home awards in both the 10K and 5K events.

The 10K overall winner was Lowell Ladd, from West Chester, PA running the 6.2 Mile course in 35 Minutes and 32 seconds. Overall Female 10K Winner was Helena Bursa, from Big Pine Key, running a 41:21. Sugarloaf Runner Vincent Parent was Male Masters (over 40) running, 41:48. Deerfield Beach. Runner Marlene Persson, won the Female Masters award in 41:56. Frank Lombardo from Saratoga Springs, NY. was the top Grand Masters (over 50) runner in a time of 45:58, Local Marathon Runner Lori Grube won the Female Grand Masters Award in, 43:35. and Little Torch Key runner, Anthony Farretta ran a time of , 50:20 to take home the Male Senior Grand Masters award (first over 60). Female Senior Grand Masters winner was Deborah Holtom, from Howe Island, ON. 49:03.

Men's 5K Run winners were, Lowell Ladd, (16:56); and Marlene Persson, (20:49). Male Masters Winner was, Jeffrey Stouch from Mount Joy PA, (21:56). Female Masters winner was Helena Bursa (20:54). Male Grand Masters Winner was, Frank Lombardo, (22:56) and Female Grand Masters winner Laure Grube, (21:42) Ken Herman from Cheboygan MI, took the Senior Grand Masters award (25:29) and the Female Grand Masters winner was Deborah Holtom, (25:10)

Leading the Walkers all the way was Female Walker Winner was local City of Marathon Walker Cory Walter, (30:55) Male Race walker Winner was Bill Reed from Kalamazoo, MI, finishing in (30:00). Male Masters Walker winner was Bob Cavanagh, from Wakefield RI. (35:38) and Female Walker Masters Winner was, Meryl Cliff, from Bay City MI (38:04). Male Grand Masters Walker winner Donald Cronk, Newport Center VT (37:22) and Female Walker Grand Masters Winner was, Gloria Lohman, Cudjoe Key (39:39). Male Walker Senior Grand Masters Winner was, Dave Stauer, Wheeling WV, (41:40) Female Senior Grand Masters Winner was Deb Sharpe, Sanford MI, in a time of 39:42.