GRAND PRIX
The Tuna Trot was also the culmination of the KWSR Grand Prix Winter Season, a 12-race series with points accumulated based on finish places from race to race. A runner's best six scores comprised the total.

The next races on the Key West schedule are the Earth Day 5K on Saturday 4/16 (8 am) at White Street Pier, and the 4th Annual Duval Street Mile, with individuals and teams dashing down the island's most famous street at 7 PM on Thursday 4/28, an hour before the Conch Republic Celebration's Longest Parade (www.DuvalStreetMile.com).

April 6, KWSR Social GP Awards, Dante's
Dante's food and Social. Grand Prix awards were given.

April 9, 7 Mile Bridge Run, Marathon, FL
Once again the 35th Running of this Historic Keys Running event, runners from across the country run with KWSR's, and we score big. Youth to Seniors.

Female 9-12,
3rd Caylaa Makimaa

Female 13-18,
3rd Lou Navarro

Female Grand Masters,
Laure Grube

Male 1-8,
1st James Searcy

Male 1-8,
3rd Cullen Coleman

Male 9-12,
1st Sean Croitoru,
2nd Elio Navarro

Male 13-18,
1st Owen Allen,
2nd Joel Zaila

Male 25-29,
2nd Carlos Valdez

Male 50-54,
3rd Vincent Parent

Male 60-64,
2nd Michael Bailey

Male 65-69,
st Humberto Rubio

Male 65-69,
3rd Hugo Cortes

KWSR's ON THE ROAD
Chester Racewalks from Florida to Kansas.

Sarasota First Watch Half
On Sunday, March 13, 2016 I race walked the Sarasota First Watch Half Marathon in Sarasota, Florida. It was a little warm as the temperature ranging from 70 to 76 degrees. There was very little wind and mostly sunny skies as the 2129 half marathoners and 170 two person half marathon relayers completed the 13.1 miles over paved roads that were completely closed to traffic. The participants started in downtown went over and back a high causeway to the beach for the first 6.5 miles then went out and back to New College for the remainder of the course. There were plenty of police and volunteers to control the traffic. Water/Gatorade stations were located from 1.5 to 2.5 miles apart and had plenty of friendly efficient volunteers to take care of the participants. There were many spectators along the course cheering and encouraging the field. The race was well organized and fun as it also was the other two years that I did the event.

Blue Angel Rock & Fly Half Marathon
On Saturday, March 19, 2016 I race walked Blue Angel Rock & Fly Half Marathon in Pensacola, Florida. I really lucked out on the weather as there was an 80 % chance of showers and thunder showers overnight and a 70% chance during the race. In fact the weather has been so rainy for three days that the race director had sent several emails warning that the event might be delayed, shorten, or cancelled if the weather threatened the safety of the participants or volunteers. A final decision would be made at a meeting of military officials at 6:30 AM on race Saturday. When I got up at 6:00 AM I looked at the radar and became elated as the rain and thunder showers had completely cleared through Pensacola overnight and there was no other rain coming throughout the morning. When I arrived at the event at 6:45, the skies were completely clear with almost no wind and a temperature of 70 degrees. During the race the skies remained mostly clear, the wind remained gentle, and the temperature rose to 74 degrees. The course was completely on paved roads in the Pensacola Naval Air Station and as a result military police and other uniformed volunteers kept the participants safe and the course completely clear of traffic. There were 10 water stations along the course that had plenty of efficient friendly volunteers taking care of the needs of the participants. Gatorade was only available at one station near mile 10 and I am not sure of why the race committee planned it that way. I would have preferred to have Gatorade offered at more of the stations. Except for the start and finish area there were very few spectators. Even though there were several participants that fail to show because of the threat of bad weather, there were 805 finishers in the Half Marathon, 445 finishers in the 5K Run, and 137 finishers in the 5K Walk. I enjoyed the event as it was very well organized and fun to do. I had one other unexpected surprise as I was third in my M70-74 Runner Age Group even though I walked the entire half marathon.

Eisenhower Half
On Saturday, April 9, 2016 I race walked the Eisenhower Half Marathon in Abilene, Kansas. It was somewhat cold as the temperature ranged from 36 to 45 degrees while I did the race. The wind was relatively light for the first 6 miles then increased to 10-15 mph with higher gusts for the rest of the race. Water/Gatorade stations were located about every ¾ of a mile and were manned by plenty of enthusiastic, efficient volunteers. The course went up and down quite a bit; however, nothing was very challenging. The course utilized paved roadways which were completely closed to traffic and had an out and back layout. The event had four races: 5K, 10K, Half Marathon, and Full Marathon with approximately 500 finishers in total. The event starts and finishes near the President Eisenhower Museum and Library. This was my third time at the event: 1 marathon and 2 half marathons. The event is always well organized, friendly, and fun. The Abilene community goes out of their way to welcome the participants and appreciates financial boost to the community and its charities. I had an especially good performance in this half marathon as I finished second in my age group entered as a runner even though I walked the entire way and my time on this certified course was my fastest in the last 57 half marathons that I have completed.

Chester Kalb, Southernmost Walker.
Pictures from my trips can be viewed on my blog: http://southernmostwalker.blogspot.com/

Join our morning runs to stay in shape.

KWSR's weekly group training run schedule is as follows:
Key West Morning Runs are changing and various times Monday through Saturday
Go to Key West Southernost Runners Facebook page for updated info
Sundays: 7:00 am/ Big Pine Key Win Dixie Parking lot, 3.5-9.3 miles Group Run.
Call Don for Big Pine Key Run Info 305-304-0091

Check Key West Southernmost Runners Club on Facebook for more up to date info. All runners are always welcome to join us any morning.

Send your stories for next month by May 8, don.n@juno.com

Check out Pictures and applications online from the www.southernmostrunners.com web site, all applications are in Adobe Acrobat PDF format. Race results from all our events are posted promptly.

Remember all memberships are now good for 1 year from the date you joined, Check on the website to see when you last paid or call me at 305-745-3027

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

Run On, Don