

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors
August, 2016

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Members at large:
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RRCA S Florida State Rep.
Editor
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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 Group Runs,
3-8 miles
All Week 5-7:00 AM
Different Locations
Up to date info at
Key West Southernmost Runners
Club
On Facebook



KWSR-SFRF October, 2016

From the President
Hello Southernmost Runners:

Here is what is and isn't going on with the Club. We have arranged with Theme Runs to take over the race management of a few of our races that are more than the Club can handle with our dwindling volunteer base. You all will be able to see what those events are by looking at the race calendar. This will be the last year Don & I will be on the board managing KWSR events. We will still be here and participate in a minimal capacity.

We will be starting back with our socials in October. So stay connected for up coming notices and info on location. Meetings and socials are always on the first Wednesday of the month. We try to plan the socials so we can do a short run after the board meeting and before the party begins. Plan to come to run and then meet and eat with other club members.

Don will fill you in on all the up coming events and review all the ones that have happened. Please let someone on the board know if you are interested in getting more involved, we are looking for Board members at Large to learn about keeping the club Running.

Thank you, keep running & stay hydrated.
Mary Ann Nelson

Check Key West Southernmost Runners facebook page for morning runs.

Sorry Last months stories were not printed so this month is a catch up combining September and October.

KWSR Grand Prix Points.
The Conch Cross Country Classic is also Race #6 of the Spring-Summer-Fall Grand Prix Season (we need a better name for this, don't we?). After 5 races, here are the top scorers:

MALES Overall

40 Keith Durden 27
36 Anthony Farretta 60
36 Owen Allen 15
32 Ed Clarke 47
32 Jerry Burgess 18
25 Lazaro Ledesma 61
24 Terry McGee-W 71
24 Jason Block 14
20 Doug Weeks 27
18 Scout Graft 15
16 Peterley Louis 17
13 Tony DiFolco 52
12 Viren Alwani 16
10 Bill Holtane 69
10 Vincent Parent 51
10 Chester Kalb 69
8 Joel Zaila 17
8 Bascom Grooms 44
8 Brad Makimaa 44
8 Colby Fisher 55
8 Eric Mealus 53

Male 0-9

Henry Black -Walser
Jack Bridger
Ryan Kight

FEMALE 0-9

Caylaa Makimaa
Caitlym Kueckelhan
Virginia McCraill

FEMALE Overall

56 Jane Welzien 17
56 Katie Leigh 44
44 Kelly Maatta 31
32 Patria McGee-W 66
26 Chelsea Stamy 28
20 Kelly Jones 42
20 Cathy Van Der Schans 62
18 Gerda Kalb 69
16 Joan Scholz 54
12 Charlene Nguyen 42
10 Janine Seibert 55
10 Sue Holtane 68
10 Haley Herriott 69
10 Patricia Eables 63
8 Stephanie M-DiFolco 41
8 Priscilla Weeks 21
7 Cindy McVeigh 56
7 Renee Makimaa 42

MALE 10-14

Wade Allen
Caleb Beeman
Elio Navarro

FEMALE 10-14

Lou Navarro
Amanda Navarro
Mackenzie Barrios

REMAINING GP RACES

10/01 Montessori 5K, 8 AM
11/05 Zonta ABC 5K, 8 AM
11/19 Mariners Hospital 5K, 8 AM (5K only)
11/26 Hog's Breath 5K, 8 AM

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

WHAT'S HAPPENING KWSR Races

October 1, 8:00 AM Montessori Charter School 5K.
This 7th 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 in at Higgs beach for the 5K Run/Walk and the Children's run. This year with a new Theme,

One Colorful Human Race 5K!

October 5, KWSR Fall Social, Look for info on website.

November 26, 8:00 AM. Hog's Breath 5K Hog Trot Run/Walk, Key West

Summer racing is slow; KWSR Races will start up again in October or November.

Join our morning runs to stay in shape.

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

KWSR at Hemingway 5K Sunset Run

Photos were included last month
At the biggest 5K in Key West, KWSR made a great showing with CC coaches and families running and winning awards. Here are some of our winners.

OverAll

3. Douglas Weeks	Sugarloaf Key	17:12
1-9 Male		
1. Atticus White	Key West	27:43
2. Archie White	Key West	29:25
1-9 Female		
2. Caylaa Makimaa	Key West	31:19
10-14 Male		
1. Derek Painter	Big Pine Key	19:57
10-14-Female		
1. Madison Zintsmast	Key West	25:40
30-34- Male		
Felipe Rubio	Pinecrest	21:26
30-34 Female		
1. Jenna Stauffer	Key West	22:50
3. Abigail White	Key West	23:58
40-44 Female		
1. Kelly Jones	Key West	24:49
50-54 Male		
1. John Kennedy	Big Pine Key	21:30
2. Mark Terrill	Tavernier	23:20
50-59 Male		
1. Joe Monks	Deerfield	21:44
60-64 Male		
2. Anthony Farretta	Little Torch Key	24:26
60-64 Female		
3. Miroslavo Bedo	Tavernier	28:32
65-69 Male		
1. Humberto Rubio	Pinecrest	22:44
65-69 Female		
2. Esther Tupino	Key West	40:01
70-74 Male		
Wayne Landrum	Big Pine Key	34:52

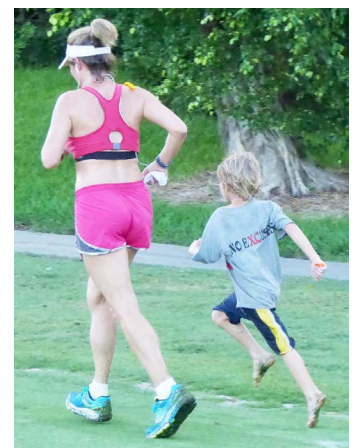
September 3, 7:30 AM, Conch Cross Country Classic 5K.
Robert Price Memorial CC Course at Key West Golf Club



Team Maraathon



Chelsea



Katie & Archie