

#### CCCC Start



Team Key West



The Gauntlet

#### THE RACE

This members-only, combined-gender event is the annual match-up between Sage-N-Savvy (over 19) and Youthful Hubris (18 & under) over the soft green grounds and mounds of the Robert E. Price Memorial Cross Country Course at Key West Golf Club. It's not a day for PR's; it's a day for celebrating the most fundamental of all sports and for giving a show of support for the young runners who will represent the Keys against Florida's best this year.

#### THE RESULTS

Youthful Hubris romped on the feature event, with the combined ight of Key West and Marathon HS' high-powered programs. KWHS would have taken that dual meet on points, but MHS was nearly a minute faster on the time. The KWHS women edged out the KWHS girls, 25-30. The Black Team scored a narrow victory in the colorama, while the White Team Was the unbeaten champion of the Great American Flip-off.

Results below for different categories.

Score	Males	1	2	3	4	5
20	Youthful Hubris	2	3	4	5	6
43	Sage N Savvy	1	9	10	11	12
22	Key West High School	2	3	4	5	8
37	KWSR	1	6	7	11	12
23	Key West Conchs	1	2	3	6	11
33	Marathon Dolphins	4	5	7	8	9
Score	Females	1	2	3	4	5
23	Youthful Hubris	1	3	4	7	8
34	Sage N Savvy	2	5	6	9	12
30	Key West High School	1	4	7	8	10
25	KWSR	2	3	5	6	9
16	Key West Conchs	1	2	3	4	6
41	Marathon Dolphins	5	7	8	10	11

#### KWSR's ON THE ROAD

Chester heads West for a some lessons learned.

#### Portland Half (how not to manage a race)

On Saturday, July 23, 2016 I race walked the Sunset on the Springwater Half Marathon in Portland, Oregon. The event turned out to be poorly organized and not much fun to do. Packet pick-up was on Friday from 11 AM to 5 PM at a running store. The two employees that were taking care of the nearly 700 participants for the half marathon, 10K, and 5K said the volunteers did not show up and the tee shirts were not sorted into sizes and sexes. They also said that there would not be much parking in the Riverfront Park where the race was to be held. Since the race was to start at 5:15 PM on Saturday and there was an additional packet pick-up at 4 PM, I decided I better arrive at 3:30 PM. When I pulled into the park's parking lot, the car in front of me took the last parking spot. I looked for parking on the street and found 4 places about 2 blocks away and quickly parked in one of them. I do not know where everyone else parked. I found a nice table overlooking the river to wait for the start. At 5 PM I went to the start/finish line. At 5:05 the announcer said the start would be delayed until 5:30 because the course was not marked. On the web site the course was stated to be an out and back course on a paved bike path and almost completely flat. Water stations were to be located about 2 miles apart with water and Gatorade. At 5:30 the race started with a short climb up to a railroad track that had a loose gravel path next to it. After ½ mile the field turned up a street for about ½ mile. There were several cross streets of which some had volunteers controlling traffic and some did not. The first water station near mile 1 had 2 tables with cups of water. There were 3 women volunteers sitting at the tables looking at their phones. The field turned right and went a block and turned left onto a bike path. At this moment I realized that there was nothing to mark the turns and there also were no volunteers telling the participants where the turns occurred. I followed the bike path for about three miles and there were five or six streets that had to be crossed and nobody controlling the traffic and many cars. Near mile 4 was the second water station with two women handing out water near an intersection that had a traffic light. By this time the field was only the 320 half marathoners and was spread out. I could only see one woman in front of me and she crossed the intersection and continued on the bike path. After about 100 yards we could see way ahead and there was nobody there. We must have made a wrong turn somewhere. We went back to the intersection and saw three people waiting at the traffic light to cross the street and start up an extremely steep hill that was about ¼ mile long. When we reached the top, a volunteer told us to cross the street making a right turn and I saw the 4 mile marker sign. A short time later another volunteer told us to cross the street and make another right turn down a steep hill. At the bottom of the hill was a bike path to the left. There

were four of us and we decided that the course probably went onto the bike path. Again there were cross streets with no traffic control. The marker for mile 5 appeared as did the beginning of a homeless encampment lasting until mile 6. I had seen on the news that there was a homeless encampment of about 600 tents etc. along a bike path in Portland and that many incidents had occurred there.. I did not realize that I would have to go through this encampment during the half marathon. Just after mile 6 was the third water station which had water in cups on the tables and three woman sitting. There was also some Gatorade. The course proceeded on some roads and surprisingly there were cones to mark the turns and 2 turns had volunteers directing runners. Cross streets had no traffic control and the turnaround had a small sign and no volunteer. At least I knew my way back and what to expect. After returning through the homeless encampment, I reached mile 8 and decided I was getting dehydrated. I was tired of all the stopping and starting to avoid traffic and cross streets. I decided to slow down and take it easy and just finish the course. I crossed the finish line with a time that was 17 minutes slower than my previous three races. I headed to the finish area and the promised Bar-B-que that was supposed to be a highlight. What a highlight – one beer (I do not drink), one hot dog, and water from a hose. There was nothing else. Not even a soda. I went to the results tent to check my results. They had one printout from earlier that did not have anyone listed in the 70-74 age group. I asked if there was some way to find my results and was told that they were not giving out age group awards, only overall. I told the person that the race website stated that ribbons were going to be awarded as age group awards. She said "Is that what the envelope full off ribbons is for?". None had been given out. A race official said she would take me to the timing truck to find my results. It turned out that I was first out of three and they gave me a first place ribbon. I WOULD NEVER RECOMMEND THIS EVENT TO ANYONE!

#### Parowan City Half

On Saturday, August 6, 2016 I race walked the Parowan City Yankee Meadow Half Marathon in Parowan, Utah. The temperature varied from 60 to 70 degrees with light drizzle and mostly cloudy skies for the first 2/3 of the event, then sunny skies for the last 1/3. The course started in Yankee Meadow at an altitude of 8700 feet and went down to the City of Parowan, Utah having an altitude of 5300 feet. There was some slight up-hills throughout the course to go along with the decent. The entire course was completely closed to traffic for the first six miles and had a dedicated lane for the next four miles with police acting as pilot cars to more the little bit of traffic in the other lane and the rest on city streets with volunteers controlling the almost nonexistent traffic at intersections. The first 2.5 miles were on a mud and rock road that was somewhat slippery because of the rain. The rest of the course was on paved roadways. Water/Gatorade stations were locate at miles 3, 6, 9, and 11 and were manned by plenty of enthusiastic, efficient, friendly volunteers. A few spectators were cheering from their property along the city part of the course. There were 374 finishers in the half marathon. There was also a 5K and a kid's run. The event was very well organized and the local people made the participants feel welcomed. The organization was superb and I enjoyed myself tremendously. My time was 2:33:57 which meant that I have to go back to March 7, 2010 (161 half marathons ago) to find a faster time. I also earned first place in my running age group even though I walked the entire distance.

#### Cheesehead Half

On Saturday, August 20, 2016 I race walked the Cheesehead Half Marathon in Hilbert, Wisconsin. There was a light and or drizzle for most of the race with the temperature remaining around 65 degree and almost no wind. The course utilized 10 miles of paved rural roads that were completely close to traffic and 3 miles of a former railroad that was packed sand and fine gravel that provided good footing. Firemen controlled the few intersections and few turns along the course. The seven water/Gatorade stations were located approximately every 1.75 miles and had plenty of enthusiastic, friendly, efficient, volunteers braving the rain and taking care of the needs of the participants. There were about 375 finishers in the half marathon. There was also a 5K and a two person half marathon relay as part of the event. The race was very well organized, featured an outstanding post-race meal, and was fun to do despite the rain.

#### Overlake Half

On Labor Day Monday, September 5, 2016 I race walked the Overlake Half Marathon in Redmond, Washington. It was a wonderful day for a race as the temperature varied from 54 to 57 degrees with completely cloudy skies, and little wind. The course was mostly flat with some easy up and down on paved roads and paved bike paths. Volunteers were stationed at all of the turns and police controlled the traffic at the intersections on the roads. Water stations were located approximately every 1.5 miles and had an electrolyte drink available at each one. I do not know what its official name was. The stations were manned by plenty of volunteers that took great care of the needs of the approximately 900 participants. There was no electrolyte drink at the finish area. The race was very well organized and I enjoyed myself tremendously.

#### 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:

Go to Key West Southernmost 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 October 8<sup>th</sup> [runonn@gmail.com](mailto:runonn@gmail.com)

Check out Pictures and Race registration online from the [www.southernmostrunners.com](http://www.southernmostrunners.com) 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