

Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors
August, 2016

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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 December, 2016

Hello Southernmost Runners:

From the President

Hi Southernmost Runners,
Well we had another great social November 2nd, at the Hog Breath Saloon at the upstairs bar & meeting room, where Club members, new and old, enjoyed great food and drinks. We socialized and enjoyed drinks before Paula & the Hogs Breath staff put out the great buffet. They served a wonderful selection of hot and cold appetizers. Chelsea planned the entertainment, a Running Trivia game with prizes for our winners. Some members were having such a good time they didn't even want a prize just wanted to enjoy getting the answer right. We look forward to seeing you at the Hogs Breath Race November 26. Remember to volunteer if your not running, we need help. Mark you calendars for our Members and family Christmas Social at Camille's. The restaurant is at 1202 Simonton St. in Key West. Please RSVP if you plan to join us so we can be sure to arrange enough food. Also, we have a secret Santa gift exchange; so if you want to be part of the fun, remember to bring a gift, in the \$10 range, or what works for you. It's always a great time, so plan to join us, you can renew your membership that night if need be.

Happy Holidays, enjoy the cooler weather & come and enjoy our club runs!
Mary Ann

Check Key West Southernmost Runners facebook page for morning runs.

UPDATED GRAND PRIX

STANDINGS Leigh & Durden Lead The Way

The word "November" means "month of racing" in some obscure ancient language. Maybe. I thought I heard somebody say that once. Mighta been me, though.

Anyway, November IS the month of racing. The oppressive heat of the south Florida summer has backed off, sparing us scores of heartbeats and quarts of hydration.

Our own KWSR Grand Prix Season went into a kind of summertime snooze, only briefly stirring for a couple of shake-out runs. If it seems like more than six months ago that we started this season, it should. That flurry of races back in April got us off the blocks, and now we gather a few deep breaths for the big kick to the finish.

Read Rick's GP updates on the website.

KWSR Grand Prix Points.

Eight Races of the Summer series run. Earth Day 5K, Mariners March, Duval Mile, Southernmost Seminoles, Crime Stoppers, Conch Cross Country Classic, Montessori Charter School, Zonta Zonta 5K was Race # 8 of the Spring-Summer-Fall Grand Prix, here are the updated stats.

Complete stats at southernmostrunners.com

TOTAL MALE OVERALL AGE

60	Keith Durden	27
55	Jason Block	14
53	Anthony Farretta	60
52	Owen Allen	15
48	Ed Clarke	47
45	Lazaro Ledesma	61
40	Doug Weeks	27



35	Jerry Burgess	17
29	Scout graft	15
27	Wade Allen	15
24	Terry McGee-	W 71
24	Dave Whetzel	60
21	Peterly Louis	17
19	Tony DiFolco	52
16	Eric Mealus	53
15	Joel Zaila	17
14	Chester Kalb	69
13	Viren Alwani	16
12	Robert Schult	47
10	Bill Holtane	69
10	Vincent Parent	51
10	Donnie Barrios	40

TOTAL FEMALE OVERALL AGE

92	Katie Leigh	45
82	Jane Welzien	18
44	Priscilla Weeks	22
44	Kelly Maatta	31
36	Chelsea Stamy	28
32	Patria McGee-W	66
28	Gerda Kalb	70
20	Nicole Matysik	15
20	Kelly Jones	42
20	Cathy Van Der Schans	62
20	Haley Herriott	69
16	Joan Scholz	54
16	Charlene Nguyen	42
12	Constance Hesse	59
12	Stephanie M-DiFolco	41
10	Janine Seibert	55
10	Sue Holtane	68
10	Patricia Eables	64
10	Abigail White	31
8	Solene Huchon	41
8	Dedra Ling	32

Male 0-9

18	Archie White	5
18	Atticus White	8
17	Henry Black -Walser	7
17	Jack Bridger	6
10	Ryan kight	9
10	Ryan Gabay	9
10	Aidan Trujillo	4
8	James Searcy	8
8	Kieran Smith	8
7	Owen Fisher	7

FEMALE 0-9

18	Virginia McCraill	8
17	Catherine Van Staden	9
13	Mayaa Makimaa	7
10	Caitlym Kueckelhan	7
8	Adriana Lacayo	9
7	Elsie Warwick	9
6	Vera Rodger	9
6	Chloe Bregg	7
5	KC Fenhoff	6
4	Gabrielle Garcia	8
4	Allison Smith	8
3	Zoe Barras	9

MALE 10-14

16	Caleb Beeman	14
15	Roan Milelli	10
13	Elio Navarro	11
10	Leo Skalen	11
10	Noah Black	12
10	Michael Cates	12
10	Johnathon Pitchford	13
10	AJ Jewell	11
8	Raini La Beet	12
8	Owen Pitchford	13

FEMALE 10-14

50	Lou Navarro	14
26	Madison Zintmaster	13
20	Amanda Navarro	11
18	Nicole Tomita	10
16	Caylaa Makimaa	10
16	Isabella Barr	10
14	Mackenzie Barrios	13
13	Bailey Johnston	13
10	Alexis Sturm	14
10	Taylor Sturm	11

REMAINING GP RACES

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

November 19, 7:30 AM, Mariners Hospital 5K-10K Run/Walk, Islamorada,

A great race up the Keys. Again a 10K at the same time running out and back on the same course. But the 10K starts at the finish of the 5K point to point run. Please watch out when the runners meet on the course! ThemeRuns will be doing chip timing. KWSR will be laying out the courses.

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

The 23rd Annual, don't miss the great race with the outstanding Post race festivities, food and drink. This is one of KWSR's first and biggest races, proceeds now go to KWHS Swim team. We really need volunteers for this race so call Mary Ann and let us know that you will help support this great event.

December 7, 6:30 PM, KWSR Social @ Camille's

Come too our great holiday party. Make sure your membership is up to date or join now.

December 17, 8 AM, A Positive Step New Years 5K Run/Walk

Down town Key West, running to the beach and back for another post race party, on the beach, at Southern Most Beach Cafe.

December 30, 7 PM, Founders Park 5K Glow Run.

The traditional Run Walk or Crawl has transitioned to the Evening Glow Run. This Course is all on the path in the park and finishes at the stage, with music food and drink. Don't miss this evening run with a great post race party.

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

PREP UPDATE

Key West and Marathon High School Teams did good at the Regional meets Key West sent 2 runners to State and the Marathon Boys team had there best year ever all going to the State meet. Look for the complete story on the website.

Key West Results, FHSAA STATE CHAMPIONSHIP MEET

November 5, 2016, Apalachee Regional Park

Girls Class 2A Championship Race:
Nicole Matysik, 6th place* 18:20.84**
* KWHS Record, Best individual State Meet Finish.

** KWHS Girls 5K Record
Boys Class 2A Championship Race:
Owen Allen, 50th place 16:56.83

October 30, 4th Annual Vineyard 5K Run/Walk

A few sprinkles and Key West Fantasy Fest did not keep Lower Keys Runners from a great Sunday morning Race, the 4th Annual Vineyard Community