

# Key West Southernmost Runners

[www.Southernmostrunners.com](http://www.Southernmostrunners.com)



KWSR Officers and Directors  
August, 2016

President  
Mary Ann Nelson  
305-509-0672  
maryamassage@juno.com

Vice President  
Dedra Ling  
708-351-5701  
dr.dedraling@gmail.com

Treasurer  
Don Nelson  
305-304-0091  
runonn@gmail.com

Recording Secretary  
Chelsea Stamy  
319-551-6677  
Stamy34@yahoo.com

Corresponding Secretary  
Rick Mac Kenzie  
305-304-1019  
localawards@aol.com

Members at large:  
Mark Bell  
Gerda Kalb  
Mike Higgins

RRCA S Florida State Rep.  
Editor  
Don Nelson  
305-304-0091  
don.n@juno.com

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 February, 2017

**From the President**  
Hi Southernmost Runners,  
Great to see you all at Thai  
Island for our New Year's  
Social. How about that great  
food?

We have culled our races  
for 2017 but still need your  
volunteer support to keep Running and  
Racing in the Keys. Check the calendar and  
make time to help.



Don't miss our next social at Lucy's Retired  
Surfers Bar and Restaurant! Note this will be  
on February 8<sup>th</sup>, second Wed of the month,  
breaking with the traditional 1<sup>st</sup> Wed Social  
this month.

March 1 will be our March, KWSR social,  
pizza and Scavenger Hunt, at Mc Coy Park  
Wildlife pavilion.

Mary Ann Nelson, KWSR President

Check Key West Southernmost Runners  
facebook page for morning runs.



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## KWSR Winter 2017, Grand Prix?

Rick MacKenzie

We need a new Grand Poobah to take over  
this season-long event. I did it for several  
seasons a decade or so ago, and worked  
with Mark Bell on it for the past couple of  
seasons. Mark revived it and I assisted him in  
revving it back up. He has stepped down, and  
we all thank and hail him for his efforts.

Mark did all the results-digging for the past  
two years. He mined all the numbers and I  
just put the nice tidy chart online and on a  
poster-board. But even that involved more  
time than I have available now, so taking it  
all on is just not possible.

The Grand Prix a good event. It helps us  
all to be aware of who our club-mates are.  
It stirs up some lively competition and  
camaraderie. It gives back to the membership  
through prizes and recognition. I think it -- or  
something like it -- is essential to having a  
vital and spirited running club.

But if it's going to continue, someone else  
is going to have to take it over. It's going to  
have to be someone else's turn.

The Grand Prix Grand Poobah is a job that  
requires enthusiasm for the task, a passion for  
stats, and a good eye for detail. If you have  
all that, you'll actually enjoy doing it.

If any among you feel like taking this on,

please step forward. Otherwise, we will not have a GP  
season. Drop me a line at [KWSRclub@aol.com](mailto:KWSRclub@aol.com) if you  
have any interest or questions.

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

## WHAT'S HAPPENING KWSR Races

### January 21, through January 28, 2017, 17th Annual No Name 5K Virtual Race for Domestic Abuse Shelter.

Run or walk your way to fun, fitness, and a safer  
Florida Keys at the Domestic Abuse Shelter's 17th  
Annual No Name Race. This year they are doing a  
5K (3.106 miles) Virtual Race so there is no wake-  
up call at 4 am, no parking concerns, and excuse for  
the weather and no age limit. This year you select  
where you run. You can run on the beach, the park  
trail, the sidewalk, the gym or your treadmill. You  
have a week to show your support. Just do it safely.  
If runners and walkers send in screen captures of  
their results we will post them on our website. [www.  
domesticabuseshelter.org](http://www.domesticabuseshelter.org)

### February 8<sup>th</sup>, KWSR Social at Lucy's Retired Surfers Bar and Restaurant

This is a new location for a KWSR Social but from  
reports it is a great new restaurant at an old Key West  
location. Come join us for fresh grub, killer drinks  
and great company. "AIN'T NOTHIN' TIRED  
ABOUT RETIRED"

### February 11, 8:00 AM Christina's Courage 5K Run/Walk

4th year on stock Island, starting at the  
Sheriff's Headquarters Office. Come  
run or volunteer to support the Monroe  
County Christina's Courage Rape and  
Child Abuse Center.

### March 4, 8:00 AM. Marathon Sombrero Beach 10K Run 5K Fun, Run/Walk and 15K Challenge

This community rallies together to make  
this an experience the runners will never  
forget. Restaurants, hotels, businesses and  
individuals generously donate, raffles,  
overall prizes, food, entertainment, and  
time. That's why this race is so special!

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



APS Start

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

The 9<sup>th</sup> Annual A Positive Step 5K, took  
over 110 runners and walkers along the  
south shore line of Key West on a windy  
and warm Key West December morning.  
Running from the Southernmost Beach  
Café to South Roosevelt and back. Joel  
Zaila, was the overall winner in a time