

# Key West Southernmost Runners

www.Southernmostrunners.com



KWSR Officers and Directors  
August, 2016

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Members at large:  
Mark Bell  
Gerda Kalb  
Mike Higgins

RRCA S Florida State Rep.  
Editor  
Don Nelson  
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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 June 2017

### From the President

Hi Southernmost Runners,  
This will be my last Forum  
as President. I hope I will introduce your new President and board next  
month.

We will have elections at our next meeting in June. The location to be  
announced when I have a confirmation of the site. Please plan to come join  
us to set our new Board in place and celebrate the continued growth of  
the club. Don & I will still be members and help with the transition. Look  
forward to seeing you all next month.

Thanks,

Mary Ann Nelson, KWSR President

Check Key West Southernmost Runners facebook page for morning runs.



## KWSR Winter 2017, GRAND PRIX

8 races spread over 13 weeks.  
You can run as many of those as you want, but only your best 5 scores will count.  
Minimum of 3 races to be eligible for prizes

The scoring system remains mostly the same, with points based on your place in your age group  
(AG): 10 for 1st, then 8-7-6-5-4-3-2-1-1-1... Overall race winner gets 20, top Master gets 15.

### Hello Fellow Runners,

The SBR was the kick off for this Spring Gran Prix. Here is a list of the scheduled races for this  
series.

Dave Whetzel KWSR GP Grand PooBa  
Comments or Corrections to: keyzdave@yahoo.com

3/04 Sombbrero 5K, Marathon  
3/11 Menendez Miler 5K, Higgs Beach, Key West  
3/18 Run With Deer 5K, Big Pine Key  
4/15 Earth Day 5K, Indigenous Park, KW  
4/27 Duval Street Mile, Key West  
4/29 Mariners March 5K, Basicila School, KW  
5/13 PAL 5K, Bayview Park, Key West  
5/25 Seminole 5K, Higgs Beach, Key West



## Sombbrero Beach Run - Menendez Miler - Mariners March 5K KWSR GP Scores

	AGE	SBR	MenM	RWD	ED	DSM	MarM
Total Female Overall							
40 Deborah Holtom	66	10	15	15			
38 Kelly Maatta	33		20			8	10
35 Katie Leigh	46				10	10	15
30 Haley Herriott	70		10		10		10
20 Priscilla Weeks	22	20					
20 Kelly Jones	43		10			10	
20 Chelsea Stamy	29					20	
17 Stephanie Difolco	42		5	6	1		5
15 Gail Newton	64	8				7	
14 Janet Briggs	65	6		8			
10 Jane Welzien	18	10					
10 Alice McGonigle	63		10				
10 Helgs Rinneard	70			10			
10 Mira Bedo	65				10		
10 Gerda Kalb	70					10	
8 Pat Kersey	73	10		8			
8 Catherine Van Staden	9					8	
8 Yvonne Sermak	51					8	
7 Susan Clavin	56	7					
7 Caylaa Makimaa	10					7	
6 Ann Spagnolo	53					6	
5 Susan Cooke	64		5				
4 Allison Smith	9					4	
3 Lizzette Ramos	58	3					
3 Charlene Nguyen	43					3	
TOTAL Male Overall	AGE	SBR	MenM	RWD	ED	DSM	MarM
48 Dave Whetzel	60	10	10		10	8	10
32 Eric Mealus	55		8		10	6	8
31 Anthony Farretta	61		8	8		7	8
20 Joel Zaila	18	20					
18 Matthew Moreland	42				8	10	
15 Edward Clarke	49						15
14 Richard Breese	71	7					7
10 Aydan Child	15	10					
10 Vincent Parent	52			10			
10 Mike Bailey	62			10			