

Key West Southernmost Runners

www.Southernmostrunners.com



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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 August 2017

From the President

Hi Southernmost Runners,
We will be scaling back a lot of the events we have been doing for years. We need a new format with more participation from our benefactors. We appreciate the help from other groups that have taken over some of the race management so these events can continue. Check the website race calendar for updates on what races will be continuing. Our mission is still the same, to bring fun events for the running community and to support the Key West High School Running Programs.



Summer is defiantly here; from all reports the heat is taking a toll on legs and PR's. KWSR Club Meetings and Socials are on hold until October. We will be hosting our Cross Country Classic On August 19th at the Golf Course. It give members a chance to run on a mostly grass course for the 5K race. Also, it will give us a chance to meet and see the High School team runners we help support. If you want to come out and participate make sure your membership is current or renew the day of race.

Thanks,
Mary Ann Nelson, KWSR President

Check Key West Southernmost Runners facebook page for morning runs.

WHAT'S HAPPENING

August 19, 7:30 AM, Conch Cross Country Classic 5K.

The Race is on. Can you beat our KWHS Cross Country teams? Give it a try

The 10th Annual Conchs Cross Country Carnival (CCCC) will take place on Saturday August 19, at Key West Golf Club. Established as a pre-season time trial for the Key West High School Cross Country team, the event pits the older club members against the younger in a true Battle of the Ages. Make sure you membership is up to date to join in this event, KWSR members only. Check the website for possible date changes.

WHAT HAPPENED

June 24th, 7:30 AM. 41st Annual Swim Around Key West.

This was a good day for a swim with 17 solo swimmers swimming under 5 Hours. Total finishers were 93 solos, 9, 2 Person Relay and 18 3 Person Relays finishing. This event had donated \$4000 a year to the KWHS Cross country team whose members provide support at the start and finish line. See all results at swimaroundkeywest.com

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

KWSR's ON THE ROAD

Chester walks a 3 more Half Marathons and his 350th Full and 1/2 Marathon!

Utah Valley Half

On Saturday, June 10, 2017 I race-walked the Utah Valley Half Marathon in Provo, Utah. It was a nice day for a race as the temperature varied from 56 to 64 degrees with sunny skies and little wind. The course was a point-to-point journey completely on Highway 189 from a spot up Provo Canyon to the front of the County Court House in Provo. Most of the course was a gentle downhill with a few gentle up hills thrown in. The approximately 2000 participants in the half marathon as well as the rest of the participants in the associated full marathon and 10K had lanes on the highway that were dedicated to them and completely closed to traffic. At any place where there would be cross traffic 1 to 3 police officers were assigned to control the traffic and protect the participants. There were two places where traffic was backed up as far as I could see. Water/Gatorade stations were located every two miles and had plenty of volunteers but not enough tables to allow for a smooth dispensing of the liquid. This is the first time I have participated in this event which is in its tenth year. Except for the water stations the event was very well organized and enjoyable. Instead of a tee shirt everybody received a nice jacket. I even received a plaque for finishing third in my running age group even though I walked the entire way.

Kona Half Marathon

On Sunday, June 25, 2017 I race-walked the Kona Half

Marathon in Kona, Hawaii. It was a nice day for the event as it was sunny, almost windless with the temperature in the 70's. The course was on paved roadways in the Hilton Waikoloa Village and the highway by it. The course had much gradual up and down and was configured as a double out and back utilizing parts that were completely closed to traffic and also had little cross traffic. Volunteers controlled driveways and police controlled intersections. Water/Gatorade stations were located approximately every 1.5 miles and were manned by plenty of efficient, friendly volunteers taking care of the needs of the 300 marathoners, 600 half marathoners, 300 5Kers, and 200 quarter marathoners. The race that is sponsored by Kona Coffee is very well organized and fun to do. I have done the marathon once and the half marathon twice. I got to see many of my friends from the 50 States Marathon Club, Marathon Maniacs, and Half Fanatics including Steve and Paula Boone who founded the 50 States Marathon Club and Larry Macon who has finished over 1800 marathons.

Missoula Half Marathon

When I completed the Missoula Half Marathon in Missoula, Montana on Sunday, July 9, 2017, I completed my 350th Marathon (135) and Half Marathon (215), It was a wonderful morning for the event as the 6:00 AM starting temperature was 64 degrees and it was only 72 degrees by the time I finished. The skies were mostly sunny with very little breeze. By the time the marathon was finished the temperature was in the 90's, however. The point-to-point course utilized paved roads that were completely closed to traffic, beginning in a rural area outside Missoula and finishing in the downtown. The first half mile was uphill, the next 2.5 miles were downhill, and the rest was almost flat. No major roads were utilized or crossed as the layout of the course was well planned to avoid traffic backup at intersections. After the first three miles there were many spectators lining the route cheering for everyone. Many local residents had sprinklers along the route to let participants get sprayed if they wanted to cool off some because of the expected high heat. Volunteers and police controlled intersections and other places where needed. Water/Powerade stations were located from 2.5 to 3 miles apart and were manned by plenty of friendly efficient volunteers taking care of the needs of the 4200 half marathoners and 1500 marathoners. I took three glasses of liquid at each station because the stations were so far apart. This is the seventh time that I have completed the event, 2 marathons and 5 half marathons. The event has always been well-organized and fun to do. A finisher's photo and an individual results printout is provided to everyone in the finish area. Jeff Galloway was a celebrity at the event.

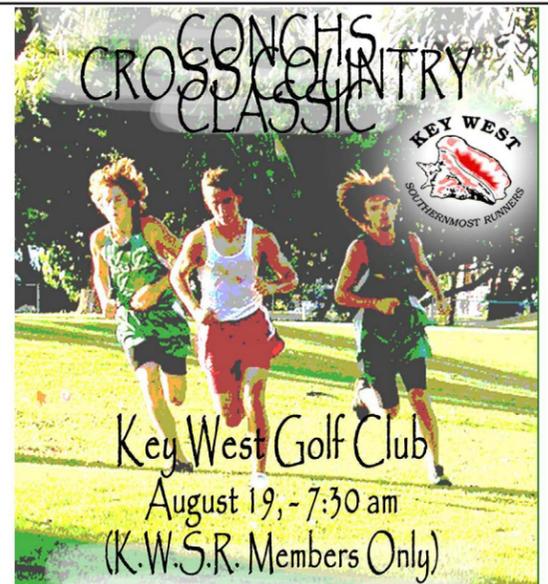
Chester Kalb, Southernmost Walker.

Full race reports and pictures from my trips can be viewed on my blog: <http://southernmostwalker.blogspot.com/>

Join our morning runs to stay in shape.

Go to Key West Southernmost Runners Facebook page for updated Group Run 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.
Run On, Don



Youthful Hubris (19 & Under) vs. Sage Experience (20 & Over)
Registration will also be available at KWGC starting at 6:30 a.m. on race day, but please register early if you can.
Race course: accurate 5000-meters, 2-loops, 99% grass, numerous rolling hills, scenic, spectator-friendly.
Map and photos available on race web page.

Is your membership up to date?
Join Now @

www.southernmostrunners.com
ALL runners must wear shirts while on the Golf Course property.
Thank you.