

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 September 2017

From the President

Hi Southernmost Runners,
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.



KWSR Club Meetings and Socials will start up again in October. We will be hosting our Conch Cross Country Classic On September 2nd 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

September 2, 7:30 AM, Conch Cross Country Classic 5K.
Date changed from August.

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

Hot Summer Did you run the Hemingway 5K? Send me your story and times.

Some photos of our young up and coming runners Run Renegade 5K.

Name, Bib, Age.
Billy Kight, 434, 12;
Ryan Kight, 432, 10;
Owen Fisher, 429, 9;
Atticus White, 437, 10;
Amore Horan, 444, 15;



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 2 more Half Marathons out West.

Bad Bass Half

I race walked the Bad Bass Half Marathon in Lake Chabot, California on Saturday, July 22, 2017. The weather was very nice as the temperature varied from 57 to 72 degrees with no breeze and sunny skies. The event was a very challenging trail race that utilized 3 miles of paved bike trails and 10.5 miles of mountain bike trails consisting of dust, loose rocks, and ruts along with exposed roots and bigger rocks and had very little smooth areas so the footing was treacherous. There were no flat parts! However, there was much extremely steep up and downs that also covered very long distances. I could handle the ups very well by shorting my steps and keeping my pace steady and could pass many runners who were forced to walk because it was so steep; however, the downs presented problems for everyone as gravity pulled, speeds increased to such a point that everyone had to try to hold back and that is very tough on the knees and also caused many people to trip and fall. Fortunately I was not one of them. The course was very well marked with ribbons and flour to draw arrows. There were also a few volunteers and signage at a few places where the course transitioned from a main trail to a minor trail. There were only 2 aid stations which had enough friendly efficient volunteers and were each used twice where you could refill your water bottles that were recommended that you carry as the stations were located at miles: 1.74, 5.43, 10.70, and 12.30. Another rule that is common to trail events is that nothing could be discarded along the trail. The course was also 13.5 miles instead of 13.1 miles because some of the usual trail was being reconstructed so alternate trails had to be utilized for much of the course. I did this event in 2014 and knew how challenging it would be; however, the 2017 course was more challenging than the 2014 course. The event is very well organized and I enjoyed myself. The finisher's medals are very unique and nice and I won first place in my age group and the age group medal is also very unique and nice.

Idaho Falls Half

On Saturday, July 29, 2017 I race walked the Idaho Falls Half Marathon in Idaho Falls, Idaho. It was a nice day for the event as the temperature varied from 62 to 69 degrees with sunny skies and no wind. The course was a point to point course on paved roads which started at 6000 feet and ended at 4200 feet of elevation. The first 2 miles were a steep downhill, the next 0.25 miles was a steep uphill, the next 3 miles were a moderate downhill, and the rest of the course was generally a slight downhill. None of the roads were closed to traffic; however, the first five miles was a rural road that had almost no traffic and the rest were city roads that had a bike lane or sidewalks along the roads that had a fair amount of traffic or were on residential streets that had little traffic. Volunteers that acted like crossing guards were at all places where the participant had to cross a road. I had no incidents with traffic. Water/Electrolyte stations were located approximately every two miles and consisted usually of one table and two volunteers who were friendly and efficient and took care of the needs of the 350 participants in the half marathon. The race was well organized and fun and the proceeds went to fund a computer lab for a local elementary school. The age group awards were in ten year groups; however, my age group was 60 or above and I surprised myself by finishing third in this group.

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