

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 November 2017

From the Editor,
Hi Southernmost Runners,
We are still in a recovery situation
and things are slowly getting better.
Races have been canceled and our
first social of the season has not
been confirmed. We are looking to
change our usual first of the month
members social to Thursday. We have

a Request in to Furies Sunset for a confirmation for a Sunset Sail on November 9, this has not been confirmed so we will have to rely on e-mail notification or Southernmost Strides on our website updates.

I have just gotten my Internet connected 30 days after Irma took out the Comcast lines. I am connected with a very slow connection. We have started our weekly Sunday run on Big Pine but things are not pretty along the roads of the island. Key West Group runs are back to a 2x a week schedule, email Dedra, or check out our Facebook page for info on where and when.

The Vineyard 5K on Big Pine has been canceled for this year.

KWSR Races

Saturday December 16, 8:00 am. A Positive Step of Monroe County 5K is on and working on a great race from the Southernmost Café in Key West. It looks like this will be our first race of the season.

We have turned over the Hog's Breath 5K management to Paula at the Hog's Breath due to lack of volunteers to take on the management of the event. Hopefully they will be able to carry on this event. It's sad to see this Race leave KWSR management, but due to lack of skilled volunteer support we cannot continue managing all of the races we have in the past. If you are interested in helping to work events contact a board member to learn more.

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

All runners are always welcome to join us any morning.
Run On, Don

What's happening at KW High School Cross Country

The Keys high school runners are back in action. Details in the next SoMo Strides in about a week. The highest of the highlights was Nicole Matysik's 3rd place finish in the Championship Race of the FLrunners.com Invitational in Lakeland on 9/30. It is the largest high school meet in Florida. Her 18:33 clocking ranks her 12th-fastest in the entire state -- in just her first race of the year.

Chester continues to travel around the country Walking and reporting on Half Marathons.

Galloping Gertie Half Marathon

On Saturday, August 12, 2017 I race walked the Galloping Gertie Half Marathon in Gig Harbor, Washington. Galloping Gertie was the name given to the bridge opened in 1940 over the Tacoma Narrows section of Puget Sound and destroyed on November 7, 1940 due to extreme undulation caused by winds through the Narrows.

The temperature varied from 57 to 63 degrees with overcast skies and a gentle breeze. The course was very challenging starting and finishing at the Tacoma Narrows Airport with a trip over and back on a bike path across the current bridge and down to near the shore and back up on both sides of the Narrows on steep roads plus quite a few other up and downs elsewhere. There were several intersections that needed to be crossed which had police to assist the volunteers who were also stationed at key places along the way. The course was very well marked. There were five water/Nuun stations that were located between 2 and 3 miles apart that were manned by

plenty of friendly efficient volunteers taking care of the needs of the 234 finishers in the half marathon. The event also had a 5K and 10K. This is the eighth year for this event and the first time that I did it. The event was very well organized and fun as well as relatively inexpensive, small and friendly. I was the oldest person to complete the half marathon and was placed in the male 60 to 99 age group with 6 men who were in their 60's, three of whom be me and three of whom I beat.

Skinny Raven Half Marathon

On Sunday, August 20, 2017 I race walked the Skinny Raven Half Marathon in Anchorage, Alaska. The temperature remained a constant 54 degrees with no wind and a continuous drizzle. The course was an out and back journey starting in downtown Anchorage for 1/3rd of a mile on city streets and continuing to paved bike paths which for the most part climbed gently to the turn-around point. There was a steep tenth of a mile hill in the first mile and a steep quarter of a mile hill before the turn around point. There were three intersections in the downtown that required police assistance. The rest of the course only needed volunteers to assist with key spots on the bike paths. Water/Gatorade stations were located at every mile and had plenty of mainly high school cross country runners taking care of the needs of the participants in a friendly efficient manner. There were 428 finishers in the 5K, 596 finishers in the half marathon, 228 finishers in the marathon, 44 finishers in the marathon relay, and 100 finishers in the 49K. The event is very well organized and fun and has existed for many years. This is the second time that I have done this event and enjoyed myself once again.

Marquette Half Marathon

On Saturday, September 2, 2017 I race walked the Marquette Half Marathon in Marquette, Michigan. The course was a point to point journey starting at the Michigan Iron Industry Museum in Negaunee, Michigan and finishing at 3rd and Michigan Street in Downtown, Marquette utilizing 6 miles of sand and gravel bike trails followed by 6 miles of paved bike trails and finishing on 1 mile of city streets. The course was well marked and maintained with volunteers and police at all places where the course crossed a roadway. Water/Gatorade stations were located every two miles up to mile eight and then every mile thereafter. There were plenty on volunteers braving the intermittent rain and wind gusting to over 20 mph in exposed areas taking care of the needs of the 550 participants in the half marathon in an efficient and friendly manner. The event was well organized and I enjoyed myself. The only thing that could be improved would be to located the parking, bus shuttles, and finish line closer together as they were located more than a mile apart. This was the first time that I have done this event and I even managed to place third in my men's 70 and over running age group while walking the entire way.

Smuttynose Half Marathon

On Sunday, October 1, 2017, I race walked the Smuttynose Half Marathon in Hampton Beach, New Hampshire. It was a nice day for the event which had 5500 participants in the half marathon and 1500 participants in the 5K. The skies were sunny with little wind and a temperature that varied between 42 and 60 degrees. The course utilized roads that were completely closed to traffic. The first 4 miles were a double loop through the resort town of Hampton Beach. The next 2.5 miles were along the Atlantic Ocean. The next 3.5 miles went through a forested neighborhood that had gentle ups and down. The final 3.6 miles returned to Hampton Beach along the Ocean. A few police officers were needed at key spots and the rest of the course used volunteers to direct the participants. There were 3 water stations and 2 water/Gatorade stations spread out throughout the course which made the stations a little further apart than I would have liked. The event was well organized; however, they had trouble with their result area. I had to wait extra time to find out if I earned an age group award as the awards had to be picked up at the race. It turned out that I was third in my male 70 and up and I received a Smuttynose glass and 8 Smuttynose coasters. I had done the Smuttynose Half Marathon once before on a very cold rainy day. The 2017 event was much more enjoyable. It has been a month since I have done a race as Hurricane Irma caused me to miss the Sioux Falls Half Marathon and the Quad Cities Half Marathon. I would like to commend Delta Airlines as they let me apply the value of my airline tickets to future flights with no penalty. Also Hertz Car Rentals and Choice Hotels let me cancel my reservations with no penalty.