



# IN STRIDE

January 2007

The monthly newsletter of the  
Key West Southernmost Runners  
[www.southernmostrunners.com](http://www.southernmostrunners.com)



*The primary purpose of our club is to promote and encourage long distance running through the education of the community on the benefits of physical fitness and sport.*

## 'TIS THE SEASON TO VOLUNTEER! Old and New Races Need Your Help in January



### THE OLD: THE HALF-SHELL HALF MARATHON

Don't miss this one! If you are not running we NEED you as a volunteer. With a 13.1-mile course to manage we need as many volunteers as possible. Well over 100 are needed!

Many will be course marshals at intersecting roads and driveways, while quite a few more will man water tables, and still others will be on course setup or finish line duty. There is no shortage of spots; everyone who can lend a hand in any way is most welcome.

This race draws the largest field of all KW races, and its success and reputation have been built in no small part by the contributions of the volunteers from the KWSR

Please call early and don't forget the great Volunteer party as well and joining in the Pasta dinner and post-race fun. Call 305-745-3027.

Our Guest Speaker for Saturday night is Runner's Worlds Adventure Writer and Racer, Bart Yasso. Come see Bart's presentation on the runs he's done around the world, Saturday Jan 27, 6:00 PM at the Docks in front of the Half Shell Raw Bar.

If you want more on Bart check out:  
<http://www.waddellandreedkcmarathon.org/BartYasso.htm>

### THE NEW: THE ONE-HOUR RUN

The new kid on the block, and he's a weirdo. Hey, it's Key West, go figure.

The premise: everyone runs for exactly one hour, and the one who has run the farthest wins. It will be run on the cushioned KWHS track.

Unlike a regular race, of course, all runners' laps must be diligently counted and their progress must be carefully charted. This requires a large team of clipboard-wielding lap counters (CWLC).

Runners will get a 50% discount if they provide their own LC. That person should have a brain and the ability to focus for the whole 60 minutes. The task is very easy: on the chart that he/she is given, the LC checks off each lap as the runner passes under the big clock, which will be positioned right over the start line. [We will also have the small clock at the half-lap mark so runners can see the other splits: 1K, 3K, 5K, etc.] Every four laps, as an extra check, the runner's time must be recorded on the chart.

The runners who do not provide an LC will be charted by the OHR's volunteer team, who will be charting several runners each. This sounds daunting, but, as long as the counter pays attention and doesn't wander off, it's not difficult.

>>>continued on p.3

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Wear your conch shell in style at races or out and about. These popular items make great gifts for the envious runners in the Great White North as well!

	<u>Member</u>	<u>Non-Member</u>
White Dri Release Tank Tops	\$18	\$20
Blue, White, or Gray Ash Tee	\$12	\$15

Shirts are available at meetings and races.



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The cost of a business card sized ad is low -- \$10 a month or \$100 for 12 -- and the exposure among your peers is good -- more than 200 issues are mailed each month.

If you are interesting in posting an ad, send an email to [ConchsCC@aol.com](mailto:ConchsCC@aol.com), or mail a business card to: KWSR Ads, 1904 Venetia Street #1, Key West, FL 33040-5343.



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## Are Your Due\$ Due?

Here's how to know!

The date on your mailing label is the date that you last paid. If your dues will run out in the month of the newsletter, you'll receive a renewal application inside.

If no contact info has changed, just put your name and signature on it, enclose a check, and mail it on back.

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### 2007 Grand Prix, Season 1 (Winter/Spring)

- 12/30 YMCA Family Fun 5K  
@ Indigenous Park
- 1/13 The One Hour Run @ KWHS
- 1/28 Half Shell Half Marathon  
@ Lands End
- 2/17 Presidents Day 5K @ KWHS
- 2/24 DAS No Name Key 5K @ NNK
- 3/17 Menendez Miler 5K  
@ Indigenous Park
- 4/7 Turtle Kraal's Turtle Trot 5K @ TK
- 4/14 Earth Day 5K @ Indigenous Park

There will be 8 sanctioned events, and the best 6 comprise your score. Four divisions, as always, with Volunteer points on an escalating scale, making them more valuable. Full details in the next issue.

### Your Board of Directors

Lilla Whiteside, President; Athena McEwan, Vice President, Jim Smith, Treasurer; Terence White, Recording Secretary; Deb Rothstein, Member-at-Large; Rick MacKenzie, Corresponding Secretary; Don Nelson, South Florida RRCA Representative  
*The next B.O.D. meeting will be at the SoMoHo Conference room, January 24th @ 6:00 pm*

## THE ONE-HOUR RUN >>> *from p.1*

So, you run and you run to catch up with sun, and you watch the clock tick off the minutes until you find yourself running as hard as you can towards some unknown point while a voice from somewhere bellows out, "30 seconds, 20 seconds, 10, 5, 4, 3, 2, 1, STOP!!!"

At that point, you slam on the brakes and come to a complete halt. You will be asked to back up a couple meters to account for momentum. The CWLCs will come around and mark your place on the track and add it to your lap total.

That info will be quickly entered onto an Excel spreadsheet which will give you your total distance in both kilometers and miles.

Since we cannot have alcohol on KWHS property, we will have a prompt awards presentation on the track, with food and bevs available. Locker rooms and showers will be available. From there we can adjourn off campus to quaff a goblet of grog.

This is a first-year event, and, as such, there is no way to predict the attendance. Perhaps the novelty of it will bring people from all corners of the world, and Canada. Perhaps the thought of running laps around a track for an hour will keep people away in droves.

What I hope is that a lot of club members who think the 5K is jussssst right, and who are not inclined to circumnavigate a track for 60-minutes, will show up to lend a hand, or even team up with a clubmate and be his/her exhorting CWLC.

If the event turns out to be swarmingly popular, we'll have to have two heats: 11:00 for those who entered earliest, and 12:15 for the late-comers.

But, anyway, since the turnout is uncertain, awards and T-shirts will be ordered in very small quantities. We will probably just have male and female 1-2's in 19-and-under, 20-40, and Masters, and fewer than 100 T-shirts for runners and volunteers.

So, why a One-Hour Run? Well, apart from adding variety to the event schedule, it will serve as a good strong workout for those who might be prepping for the Half Shell Half Marathon. It can be a tempo run, or an all-out push, depending on your training schedule.

One last important note: like all our events, this one will only work well if we get a very good turnout of volunteers. Unlike the others, though, there will be no need for finish line staff, or course monitors. We'll need a skeleton crew for registration, one data entry person, and as many CWLC's as we can get. All CWLC's will get a race T-shirt.

It will be a fun event. Please plan on helping out (or running). Send an email if you know you can volunteer: [ConchsCC@aol.com](mailto:ConchsCC@aol.com).

## Races to Remember



\*Saturday 12/30/06, 8:00 am: YMCA Family Fun 5K. 295-9622

Monday 1/1/07, 8:00 am: Village of Islamorada New Year's 5K. 853-1685

\*Saturday 1/13/07, 11:00 am: The One-Hour Run @ KWHS. 304-1019

\*Sunday 1/28/07, 7:00 am: Half Shell 1/2 Marathon. 296-7182



\*Saturday 2/10/07, 8:00 am: Lower Keys DAS No Name 5K Run/Walk, 745-3027

\*Saturday 2/17/07, 8:00 am; Presidents Day 5K @ KWHS, 304-1019

\* = Grand Prix Winter Season race

**KWSR Track Workouts** at Key West High School **5:00 PM Wednesdays**

Long Runs (10 miles) on Sundays 7:30 AM on Big Pine Key, longer runs start earlier.

Call or e-mail Don (**745-3027** / **Don.N@Juno.com**) anytime for information, to volunteer, if you have a question on your membership status, or if you want to be informed of club events by e-mail.

### **KWSR GENERAL MEMBERSHIP MEETING**

Wednesday, January 3, 2007, 7:00 p.m. -- Southernmost Hotel Conference Room

Program:

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and run a personal best at a goal event"**