



IN STRIDE

March 2007

The monthly newsletter of the
Key West Southernmost Runners
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.



Laure Grube placed 5th among women at Half Shell



Debra Bertolini was 7th woman and 2nd KW/SR



Sheree Ganske won the 50-54 age group

WINTER RACING HITS HIGH GEAR Half Marathon Launches Streak of 8 Races in 13 Weeks

The 9th Half Shell Half Marathon drew a good crowd (430 finishers), weathered a 4 a.m. downpour that left ankle deep puddles in some low spots, and survived a construction crunch along South Roosevelt Boulevard. (Just 3 days later, the sidewalks were dug up almost all the way to the triangle.)

Quite a few KWSR's took on the Keys' longest footrace, with pretty fair success. Marathoners, fittingly enough, took the clubs top spots: Laure Grube capturing the Women's Masters division (and placing 40th in the race), and Martin Sykut, 5th overall, taking the Men's Masters title.

In women's age groups, Debra Bertolini (50th overall) took 1st in 40-44, Sheree Ganske eked out a 2-second victory in the 50-54 race, Pat Lenny won the 65-69 section, and Jill Haughey took 2nd among 30-34 year-olds.

The men didn't win as many awards, but former KWSR Prez Joel Blakeman (7th, 40-44), Ashley Griffith (9th, 45-49), KWHS Principal John Welsh (6th, 55-59), KWSR Treasurer Jim Smith (4th, 60-64), Wayne Landrum (5th, 60-64), and Henry Bernazani (2nd, 70-plus) all claimed top-10 finishes.

Congratulations and thanks to Nena Carr and her Half Shell crew, Barbara Wright and her BW Promotions team, Dennis Gormley and his army of volunteers, and Don Nelson and his merry band of finish line fanatics for organizing and executing a great event.

We all look forward to a big time in the 10th annual next year!



Martin Sykut was 5th place overall and top KW/SR



Comebacking Ashley Griffith was 2nd for KW/SR



Ryan Agnew battled John Welsh to the finish

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**KWSR Networking
Advertise in the
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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, or mail a business card to:

KWSR Ads
1904 Venetia Street #1
Key West, FL 33040

Grand Prix Leaders After 5 Races

Women's Open: Julianne Welzien 21, Rachel Baillargeon 20, Jill Haughey 17, Katie Leigh 15, Jennifer Leslie 11

Women's Masters: Laure Grube 37, Debra Bertolini 31, Lilla Whiteside 25, Sessie welzien 22, Claire Carroll 16

Men's Open: Ryan Agnew 36, Orion Griffiths 27, Jon Williams 24, Terence White 19, Jeremy Smith 14

Men's Masters: Martin Sykut 43, Hugo Cortes 31, Ashley Griffith 23, Ted Healy 20, Richard Hayhoe 14



Julianne Welzien, 17, leads the Women's Open Division by 1 point with 3 races left in the season.



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KWSR Shirts

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 PRESIDENTS DAY 5K



Jill Haughey was KWSR's 3rd Woman finisher

Lilla Whiteside broke the 22:00 barrier to claim the women's crown, and Terence White (2nd overall) scored his first 12-pointer of 2007 at the Presidents Day 5K, which started and finished on the KWHS track.

Anticipation of cold weather may have kept attendance down, but those who ran found the low-60's conducive to good performances.

A string of KWSR's followed Terence across the line: Orion Griffiths, Jason Patchett-Gillis, Ryan Agnew, and Hugo Cortes took 3rd through 6th, respectively.

Lilla's closest pursuers were also club members: Rachel Baillargeon (just 9 seconds back) and Jill Haughey (only another 39 behind).

The race raised more than \$1500 for the Key West High School Cross Country teams.

Your Board of Directors

Lilla Whiteside, President

Mary Ann Nelson, Acting 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, March 28th @ 6:00 pm

The No Name 5K

More than 200 runners and walkers crossed the bridge onto No Name Key to support the Domestic Abuse Shelter of the Florida Keys.

Martin Sykut scored another 12 GP points, placing 3rd overall in 18:16. Ryan Agnew edged out Hugo Cortes for 2nd among KWSR's, with Ashley Griffith outlegging Graham Savage for 4th.

Laure Grube collected her 3rd 12-pointer of the season with a fine 21:16 clocking. Rachel Baillargeon and Sessie Welzien grabbed the 2nd and 3rd Grand Prix spots. Surprise leader of the Women's Open division, Julianne Welzien picked up another 8 points as the 4th club finisher.



Ted Healy and Rachel Baillargeon negotiate the twists and turns of the No Name course



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Races to Remember

Saturday, 3/10/07, 8:00 am: Marathon KAIR's 5K/10K Run @ Marathon
*Saturday, 3/17/07, 8:00 am: Menendez Miler 5K @ Indigenous Park, 304-1019
Saturday, 3/24/07, Sprint Triathlon @ FKCC

*Saturday 4/7/07, 8:00 am: Turtle Kraal's Turtle Trot 5K Run/Walk, 296-7182
*Saturday 4/14/07, 8:00 am: Earth Day 5K Run/Walk @ Indigenous Park, 293-1881
Saturday 4/21/07, 7:00 am: 7-Mile Bridge Run @ Marathon
Saturday, 4/28/07, 7:00 am: Race on the Rock @ Geiger Key

Saturday, 5/5/07, 8:00 am: Wesley House 5K, 296-7182
**Saturday, 5/12/07, 8:00 am: The Un-Lazy Gecko 5K, 205 Duval St., 304-1019

* = Grand Prix Winter Season race ** = Grand Prix Summer 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, March 7, 2007, 7:00 p.m. -- Southernmost Hotel Conference Room

Program:

Dan Reynan

We-Be-Fit, Personal Fitness Trainer

“Understanding Macronutrients: Proper Nutrition for an Athlete”

Key West Southernmost Runners
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