



# IN STRIDE

April 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.*

## MARCH RACES SET UP APRIL CHASES GP Season Climaxes and 7M Bridge Run Lie Ahead

The 3<sup>rd</sup> Annual Menendez Miler 5K drew another good crowd to what has come to be known as The Pier Course, and the KAIR group rallied a fine showing to their inaugural 5K/10K combo in Marathon. The March races set the stage for another spirited scramble for Grand Prix honors (and food), and for the annual Keys festival of running that is the Seven-Mile Bridge Run.

KAIR's event had a good setting (Sombrero Beach) and a good turnout (140 total) and looks to become a regular on the Keys racing circuit.

Key West's Elizabeth King and Jennifer Leslie, in 3<sup>rd</sup> and 4<sup>th</sup>, were the club's first female finishers in the 5K, while Martin Sykut and Orion Griffiths ran to a 1-2 for the men.

The 10K saw hometown Laure Grube capture the Women's title and Coral Shores HS senior Richard Black win the Men's. KW's Jeremy Smith was 2<sup>nd</sup> male, with Hugo Cortes winning the Men's Masters division. If their 10K's were meant as preparation for the 7M Bridge Run, they got better prep than they bargained for, as an unfortunate wrong turn made the course about 11K – very close to the 6.8-mile distance of the 7MB.

At Menendez, Smith and Sykut locked horns, with Jeremy running down the front running Martin for a 17:56 to 18:14 victory. Martin was the winner of the Masters Division.

Shelby Mattison, who joined KWSR in January, scored her 2<sup>nd</sup> 12-pointer with a strong 21:31 performance that laced her 11<sup>th</sup> overall. Brooke Millard returned to the races after an extended absence and posted a solid 3<sup>rd</sup> in 22:49.

More than a few eyebrows were raised when 12-year-old Priscilla Welzein and 10-year-old Barefoot Billy Welzein finished together in 25<sup>th</sup> and 26<sup>th</sup> places overall, with an impressive clocking of 23:20. Priscilla was 5<sup>th</sup> female overall.

Congratulations to KAIR and to Sunset Rotary of Key West for putting on fun and successful events. Full results of both can be found at [www.southernmostrunners.com](http://www.southernmostrunners.com) and at the temporary home of TrackPages: [www.ramack.us/tp.htm](http://www.ramack.us/tp.htm).



*New member Shelby Mattison took the Women's crown at the Menendez Miler.*



*Patrick Leslie has 15 points in his last 3 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:

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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.

Your Board of Directors

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Rick MacKenzie, Corresponding Secretary  
Don Nelson, South Florida RRCA Representative  
The next B.O.D. meeting will be at the SoMoHo Conference room, April 25th @ 6:00 pm

## GRAND PRIX UPDATE

### Women's Open

Baillargeon 29, Mattison 24, Jul.Welzein 22,  
P.Welzein 17, Haughey 16, Leigh 14, Millard  
10

*When Shelby Mattison has run, she has won. If she 12's in both April races, then Rachel can only beat her with a pair of 10's. If Shelby misses one, Rachel would need only a total of 8 in 2 races to dine fine.*

### Women's Masters

Grube 35, Bertolini 29, S.Welzein 28,  
Whiteside 22, Kochan 21, Vincent 17, Carroll  
16

*Half of life is Showin' Up. Debbie, Sessie, Lilla and Susan are still in striking distance, with Lilla and Deb more frequently posting a large number. If Laure puts up just one and it's a 12, only Deb could catch her, and she will need double 9's to do it. Deb is training for Boston, though, so 5K's may not be in her plans.*

### Men's Open

Agnew 43, O.Griffiths 36, Jer.Smith 26,  
Williams 24, White 19, Leslie 16, Stabile 16  
*Two new faces top the board. Ryan has 6 races already though, so all he can do is beef up a low score (he has a 5 and two 6's). He can approach 50 points with 2 big races, but Orion would only need a pair of 7's, and his lowest so far is 8. Jeremy needs boxcars twice to get to 48, and hope to push the newcomers back just enough. Should be a hot finish.*

### Men's Masters

Sykut 53, Cortes 31, A.Griffith 23, Healy 21,  
Hayhoe 21, Savage 13, D.Nelson 12  
*Martin locked this one up and threw away the key. Hugo's not mathematically eliminated but he needs double 12's to Martin's double 0's*

## NEW EMAIL ADDRESS?

If you think that we might not have your correct current email address on file, please send an email to:

**[KWSRclub@aol.com](mailto:KWSRclub@aol.com)**

I will add you to the emailing list.

If we do not have an email address for you, we will assume that you are content with getting the PDF version from the KWSR website.

## *In Stride in your Email*

With most people now having easy access to email, KWSR would like to step into the 21<sup>st</sup> century with both feet and bring the newsletter to you electronically. It will be in PDF (Portable Document Format), which is easy to read on-screen, and easy to print out.

If your version of Adobe Acrobat Reader (a FREE download) is current, you will be able to copy and paste from it, and you can click on the links for direct access to photo galleries, printable race entries, our advertisers' websites, and more.

We will also be less limited by space and have more room for results, GP standings, photos, and whatever new features we think up.

The PDF will be emailed in the final full week of the month, to allow time for you to download, print, and mail in your road race entry forms.

This same PDF edition of *In Stride* -- but without the extra links -- has been posted on the club website for each month since last fall. We will continue to post it there so it will be available to you if the email address we have on file for you is incorrect.

We currently pay about \$1500 per year in paper, ink, and postage to send this via bulk mail -- and some of you don't receive it until 2 weeks later.

That \$1500 could be better spent providing equipment and travel expense for the KWHS Track and Cross Country teams, or for our own Grand Prix series events.

Quite honestly, the print version has become very labor intensive as well, requiring several person-hours each month to print, stuff, fold, label, seal, and mail. The electronic version can be composed and emailed by one person in less than two hours.

We are all working people who volunteer our time, and if the Word can get out in a more efficient manner, for less money, and less labor, well, that's a no-brainer -- which makes it perfect for me.

There may still be a few of you who do not have Internet access, or have no means of receiving email. If that is the case, please let me know. You can call me (305-304-1019) and I will put you on the mailing list for a scaled-down version, which will resemble our former format from years gone by -- essentially a list of races, possibly with entries for upcoming races.

This change will not happen overnight -- we still have some money in our bulk mail account -- but by June or July, expect to see the discontinuation of this print version.

## Races to Remember

\*Saturday 4/7/07, 8:00 am: Turtle Kraal's Turtle Trot 5Krun/Walk, 296-7182

\*Saturday 4/14/07, 8:00 am: Earth Day 5K Run/Walk, 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: 5K Run/Walk for Autism, details TBA

\*\*Saturday, 6/5/07, 7:30 pm: Schooner Wharf 8K, 296-7182

\* = 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, April 4, 2007, 7:00 p.m. -- Southernmost Hotel Conference Room

Program:

**Peg Allen and Phil Journey**

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