



# IN STRIDE

January 2008

The monthly newsletter of the  
Key West Southernmost Runners

<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.*



## HAPPY HOLIDAYS!!!

### Conch Alums Rule YMCA 5K

Close races, familiar faces, and perfect weather made for a fun day at the 6<sup>th</sup> Annual YMCA Family Fun 5K at Indigenous Park.

Key West High School alumni captured top honors in both genders, but both had to work hard for narrow victories.

Jason Patchett-Gillis, 18, who scored his first win ever at Hog's Breath, made it two in a row, but had to turn back a stern challenge from Summer GP Champion Jon Williams. Jason swapped leads with Jon for the most of the race before making a break at 4K and charging to a 17:54 PR.

Bailey Parke, 19, a sophomore at UF, led from the get-go but was stalked throughout by Tavernier's Joan Scholz. The margin opened and closed like an accordion as surge countered surge, with the final difference being just 3 seconds, 21:42 to 21:45. Joan took the Women's Master crown.

They were pursued hotly by Sarah Williams (22:09) and Julianne Welzien, 17, (22:15 PR). *>>> continued on p.2*



*Bailey Parke '06 and Jason Patchett-Gillis '07 made it a sweep for KWHS alumni at the YMCA Family Fun 5K*

### January General Membership Meeting

Wednesday, January 9<sup>th</sup>  
7:30 pm

Stay Fit Studio  
1100 White Street  
(corner of White & Virginia)

Tour the fitness center and check out alternative ways to supplement your training!!

*February's meeting will be at the new Eco Center near Fort Zack*

#### FEATURES:

Hog's Breath 5K Hog Trot, continued  
One Hour Run Info & Marathon CC Kudos  
Team-In-Training Update  
KWSR Attire  
KWSR Races 2007 Recap  
Tentative 2008 Race Schedule & GP Totals  
KWSR Membership Application

#### PAGE

2  
3  
4  
6  
7  
8  
9

Click any of the [🔗](#) to return to Page 1 (i.e., here)

*Please note that all external links within will only work if you are connected to the Internet.*



## YMCA 5K >>> from page 1

KWSR dominated the age groups on this perfect-weather morning. Summer GP Champion Priscilla Welzien took the 0-14 title, rapidly improving Julianne Welzien won 15-19, Cindy Vincent ruled the 40's AG, former GP Champ Mira Bedo beat all the 50's, and ageless Pat Kersey conquered the 60's.

The males were just as strong, winning 6 AG's: Billy Welzien 0-14, Felipe Rubio 20-29, Humberto Rubio 50-59, Chuck Bayles 60-69 (9<sup>th</sup> overall, in 20:36!), and Terry Doughtry 70-plus.



*Cindy Vincent leads Mira Bedo at 2-Mile mark. Both won their age groups.*



*Chuck Bayles placed 9<sup>th</sup> overall in 20:36 to win the 60-69 AG by 3 minutes.*



### PIRATE WELLNESS CENTER

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### KWSR Annual Dues

Individual	\$25
Family	\$35
Seniors (65+)	\$15
Students (<19)	\$ 0

How do you know if your dues are due?  
We have posted a list on the net with our  
current database of payment dates. You  
can check it out at:

[www.trackpages.us/kwsr/dues.htm](http://www.trackpages.us/kwsr/dues.htm)

If you see a glaring error, calmly report it  
to [don.n@juno.com](mailto:don.n@juno.com)



## 2<sup>nd</sup> Annual One Hour Run Set for January 12<sup>th</sup> [📍](#)

The concept is simple. Everyone runs for 60 minutes, and the one who run the most laps win.

The event takes place on the track at Key West High School. Start time is 9:00 a.m. **sharp**, and everyone's finish time will be 10:00 a.m. **sharp**. It is a GP event.

In last year's inaugural event, Jon Williams and Theresa Brooks set the standards by running 9.71 miles (15,624 meters), and 7.21 miles (11,600 meters), respectively. Debbie Bertolini set the KWSR Women's mark at 7.13 miles (11,481 meters).

**This event needs volunteers!** In order to make sure the lap counts are correct, we want to have a lap counter person for each runner, though having on person count for 2, 3, or even 4 runners is not particularly difficult. The field will be limited to the first 50 entrants.

Please contact [KWSRclub@aol.com](mailto:KWSRclub@aol.com) if you can lend a hand. More info is available on the race web page: [www.trackpages.us/kwsr/080112-OHR/OneHourRun.htm](http://www.trackpages.us/kwsr/080112-OHR/OneHourRun.htm)

### New Look to KWSR Meetings Promote your Business by Donating a Raffle Prize or a Venue!

You may have already noticed that the KWSR monthly meetings are taking a different direction this year.

We are moving our locations each month to give club members and friends of the sport a chance to showcase their establishments. This gives them a boost, and can be a boon for our members. A boost and a boon all in one. Not bad.

We are also providing FOOD and BEVERAGE --- mmmmm – to give our meetings more of a social atmosphere.

We always like to have some sort of a raffle at our meetings as well. You – yes, you! -- should donate a prize! A gift certificate, or a sample, or a garment, or a 2-for-1, or a free pass, or a delicious morsel – anything will be good: it's a raffle!

Mary Ann Nelson is getting the ball rolling by donating a 1-hour massage this month. What can you donate that would bring business to *your* business?

[Contact Prez Lilla Whiteside](#) if you have something to offer.

### Dolphin Harriers' Trip to States Worthy of Florida Keys Running Performance of the Year

The Marathon High School Girls Cross Country team made some astounding strides in 2007. The Lady Dolphins romped to their first Monroe County Championship, tied for 3<sup>rd</sup> at Districts, improved to an outright 3<sup>rd</sup> at Regionals, and took 21<sup>st</sup> in their first trip ever to the State Class 1A Finals.

Coached by former club members Amy Urban and Chris-Heijn deVries, the young Dolphins were no flash in the pan. With three 7<sup>th</sup> graders and four 9<sup>th</sup> graders on that State Meet team, the blue will be a force to be reckoned with for years to come.

Seventh-grader Naomi Valerdi led the team from wire-to-wire, taking an easy win at Counties, and rebounding from her first defeat at Districts by winning Regionals. Freshman Kelsey Wonderlin, Marcy Brandjes, Melissa York, Kasey Platt, and middle-schoolers Emily Brandjes and Ashley Adamo made up the rest of the Dolphin juggernaut.

The boys team, led by senior JJ Cadwell and 8<sup>th</sup> grader Tommy Dodamead, also had a good year advancing to Regionals as a team.

## TNT Update



Hello, everyone ...

Here's the news from Leukemia and Lymphoma Society "Team-in-Training". I'm coaching the athletes who will be completing the Disney marathon or half-marathon on 12 and 13 January 2008, just 2 weeks away.

There are still 17 participants sticking-with-it. The fundraising part is still on-going, but I think we are going to succeed ... lots of letter-writing, two yard sales, an evening at Charlie's Place, yessir, we will be OK. Thanx to everyone who chipped-in for our TNT athletes. It is greatly appreciated.

Last week was our toughest long-run so far. Marathoners did 20 miles and the half-marathoners did 12 miles. Fortunately we had a beautiful day (like everyday here in paradise) and there were a lot of smiles afterwards ... for most, it was the longest training run of their lives.

For other people, this time of the year might be considered "the holidays". But hey, we are talking athletes and discipline and determination and persistence and sacrifice and gutting-it-out. There will be plenty of holidays, after we die. And if the world really is fair, we won't be dying for a LONG time, thanx to this fitness and health we have acquired. And a bonus ... our fundraising will assure that blood cancer victims will get an extension on life, too!

Here's the list of local TNT athletes that you can be proud of:

Deborah Aeschliman

Melissa Jean McDaniel

Frank Kirwin

Anne Morkill

Dan Skahen

Lisa Tennyson

Michael Browning

Kimberly Banning

Peggy Kirwin

John Parks

Anne Margaret Sobota

Catherine Vogel

Gracie Chaney

Dominique Barrera

Laurie McChesney

Gabriela Pozzi

Diane Solmo

And a great coaching staff: Bob Feldman, Bill Margolis, Denise Hull and Cheryl Sargent.

This time next month, it will be OVER! I hope to have some photos of proud athletes achieving something that, just a short time ago, seemed impossible!

Jim Smith





**JIM SMITH, MBA, MS**  
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Key West + Lower Keys

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**KWSR Networking: Put your ad in In Stride**

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 [KWSRclub@aol.com](mailto:KWSRclub@aol.com), or mail a business card to: KWSR Ads, 1904 Venetia Street #1, Key West, FL 33040



**Bill Springer**  
Personal trainer

Phone: 800-273-8197

[juiceplusinfo.info](http://juiceplusinfo.info)

Juice Plus+® **CAPSULES** are the easy way to add more nutrition from fresh, raw fruits and vegetables to your daily diet!

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Juice Plus+® **VINEYARD BLEND**®, provides the nutritional essence of nine varieties of berries and grapes in convenient capsule form!

**LOOKING FOR PEOPLE  
TO RUN WITH?**

**KWSR Track Workouts  
at Key West High  
School  
6:00 PM Wednesdays**

**LONG RUNS (10 miles)  
Sundays 7:30 AM on Big  
Pine Key  
(even-longer runs start earlier)**

**Your Board of Directors**

Lilla Whiteside, President: [LButler30@aol.com](mailto:LButler30@aol.com) / Mary Ann Nelson, VP: [MaryAMassage@juno.com](mailto:MaryAMassage@juno.com)  
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The next B.O.D. meeting will be at Chico's Cantina on December 5<sup>th</sup> @ 6:00 pm



### Southernmost Runners Apparel

White Dri Release Tank Tops -- \$20 / \$18



Blue, White, or Gray Ash Tee -- \$15 / \$12



White Mile Zero T -- \$15 / \$12



Key West CC moisture-wicking T's -- \$25 / \$22



Cool Mesh Runner Hats -- \$20 / \$18



## KWSR Races 2007



<i>Date</i>	<i>Past Races (click link for Results &amp; Photos)</i>	<i>Men's Winner</i>	<i>Women's Winner</i>
Sat 1/13	<a href="#">The One-Hour Run @ Key West High School Track</a>	<b>J.Williams 9:71 M</b>	T.Brooks 7:21 M
Sun 1/28	<a href="#">Half Shell Half Marathon @ Land's End Marina</a>	M.Payson 1:18:14	M.Weiler 1:30:06
Sat 2/17	<a href="#">Presidents Day 5K @ Key West High School</a>	D.Wojtalik 17:02	<b>L.Whiteside 21:56</b>
Sat 2/24	<a href="#">DAS No Name 5K @ No Name Key</a>	M.Bernhard 17:44	A.Iselborn 18:32
Sat 3/17	<a href="#">Menendez Miler 5K @ Indigenous Park</a>	<b>J.Smith 17:56</b>	<b>S.Mattison 21:31</b>
Sat 4/7	<a href="#">Turtle Kraal's Turtle Trot 5K Run/Walk @ Land's End</a>	D.Wojtalik 17:27	<b>S.Mattison 21:06</b>
Sat 4/14	<a href="#">Earth Day Run/Walk @ Indigenous Park (2.95 miles)</a>	R.Black 17:55*	<b>B.Millard 22:13**</b>
Sat 4/21	<a href="#">The 7-Mile Bridge Run @ Marathon</a>	J.Bodnar 35:39	S.Uhl 38:40
Sat 5/5	<a href="#">Wesley House Wonder Walk &amp; Run 5K @ Higgs Beach</a>	<b>J.Smith 17:49</b>	<b>L.Grube 21:33</b>
Sat 6/2	<a href="#">Schooner Wharf 8K @ Key West Seaport**</a>	K.Matarazzo 29:14	<b>D.Bertolini 38:07</b>
Wed 7/4	<a href="#">Crime Stoppers 5K @ Sheraton Suites, SR Blvd**</a>	D.Wojtalik 17:54	A.Henley 19:35
Sat 7/21	<a href="#">Hemingway Days Sunset 5K @ Southernmost Point**</a>	J.Laube 16:52	A.Cusack 20:23
Sat 8/25	<a href="#">Road To Graduation 5K @ Key West High School**</a>	<b>J.Williams 17:57</b>	S.Williams 21:18
Sat 9/8	<a href="#">Conchs Cross Country Classic @ KW Golf Club**</a>	<b>M.Sykut 19:19</b>	<b>A.White 24:08</b>
Thurs 10/25	<a href="#">Schooner Wharf Fantasy Mile @ Key West Seaport**</a>	<b>Z.Harden 5:07</b>	<b>P.Welzein 6:54</b>
Sat 11/3	<a href="#">Zonta ABC 5K @ Casa Marina Hotel**</a>	R.Black 17:27	S.Williams 20:55
Sat 11/24	<a href="#">Hog's Breath Hog Trot 5K @ Hog's Breath Saloon**</a>	<b>J.Patchett-Gillis 18:04</b>	M.Persson 18:55
Sat 12/8	<a href="#">Mariners Hospital 5K @ Islamorada</a>	J.Mass 16:57	J.McCoy 20:24
Sat 12/29	<a href="#">YMCA Family Fun 5K @ McCoy Indigenous Park</a>	<b>J.Patchett-Gillis 17:54</b>	<b>B.Parke 21:42</b>

\* = converted time (2.95M to 5K)

\*\* = Summer 2007 Grand Prix race





## Probable 2008 Keys Race Schedule

Date	Race and Site
Sat 1/12 9 am	The One-Hour Run @ Key West High School Track
Sun 1/27 7 am	Half Shell Half Marathon @ Land's End Marina
Sat 2/16 8 am	Presidents Day 5K @ Key West High School
Sat 2/23 8 am	DAS No Name 5K @ No Name Key
Sat 3/15 8 am	Menendez Miler 5K @ Indigenous Park
Sat 4/5 8 am	Turtle Kraal's Turtle Trot 5K Run/Walk @ Land's End
Sat 4/12 8 am	Earth Day Run/Walk @ Indigenous Park
Sat 4/19 7 am	The 7-Mile Bridge Run @ Marathon
Sat 5/3 8 am	Wesley House Wonder Walk & Run 5K @ Higgs Beach
Sat 6/7 6:30 pm	Schooner Wharf 8K @ Key West Seaport
Fri 7/4 7:30 am	Crime Stoppers 5K @ Sheraton Suites, SR Blvd
Sat 7/19 6:30 pm	Hemingway Days Sunset 5K @ Southernmost Point
Sat 8/23 7:30 am	Conch Pride 5K (very tentative) @ Key West High School
Sat 9/6 7:30 am	Conchs Cross Country Classic @ KW Golf Club (format TBA)
Thu 10/23 6:30 pm	Schooner Wharf Fantasy Mile @ Key West Seaport
Sat 11/1 8 am	Zonta ABC 5K @ Higgs Beach
Sat 11/29 8 am	Hog's Breath Hog Trot 5K @ Hog's Breath Saloon
Sat 12/6 8 am	Mariners Hospital 5K @ Islamorada
Sat 12/27 8 am	YMCA Family Fun 5K @ McCoy Indigenous Park

## KWSR GRAND PRIX 2007 Best Full-Year Totals

<u>WOMEN</u>	<u>Pts.</u>
Debra Bertolini	92
Priscilla Welzien	91
Laure Grube	82
Rachel Baillargeon	78
Lilla Whiteside	77
Julianne Welzien	59
Sessie Welzien	50
Shelby Stabile	48
Cindy Vincent	47
Abigail White	45
<u>MEN</u>	<u>Pts.</u>
Martin Sykut	133
Jeremy Smith	87
Hugo Cortes	74
Jon Williams	70
Ashley Griffith	62
Ted Healy	47
Felipe Rubio	45
Terence White	44
Jason Patchett-Gillis	33
Zack Harden	29

In keeping with the long-standing tradition that we started last year, the overall top point scorers will get their 2008 KWSR Dues comped.

So, Deb and Martin, congratulations on piling up those points throughout the year!

To accurately come up with the women's winner, the points that Priscilla had earned in her "extra" race – 5 points at Crime Stoppers – had to be factored in. Deb's Volunteer Points, however, enabled her to cling to the narrowest of victory margins.

The 2008 Winter Season started before the sands of 2007 even ran out, with the YMCA 5K signaling the start of our 7<sup>th</sup> GP Series.

The One Hour Run, is race #2, and the Half Shell Half-Marathon will be #3.







Membership Application



Check One:  New Membership  Renewal Membership

PLEASE PRINT

Name:		
Street Address:		
City:		State:
Date of Birth:		e-mail:
Home Ph:	Work Ph:	Other Ph:
Please check here if you do <u>NOT</u> want your number listed in our New Southernmost Runners Directory: <input type="checkbox"/>		

ANNUAL MEMBERSHIP RATES

ALL memberships expire one year from date membership application is received.

Check One:  Single - \$25.00  Family - \$35.00  Senior (65 & over) - \$15.00  Student (18 & under)

If Family Membership is desired, please list all family members and birth dates:
Occupation and interests:

Benefits

- Monthly mailing of South Florida's Running Forum, Monthly Info Flyer and local Race Calendar.
- 10% Discount at The Runners High, 11209 S. Dixie Hwy, Pinecrest, FL 33156. 305-255-1500, www.therunnershigh.com
- 2 passes to Hemingway House, \$2.00 off local races,

MEMBERSHIP APPLICATION WAIVER

I know that running and volunteering to work in club races are potentially hazardous activities. I should not enter any running club activities unless I am medically able and properly trained. I assume all risks associated with running and volunteering to work in club races including, but not limited to, falls, contact with other participants, the effects of the weather the conditions of the road and traffic on the course, all such risks being known and appreciated by me. Having read this waiver and knowing these facts, and in consideration of your acceptance of my application for membership, I, for myself and anyone entitled to act on my behalf, waive and release the Key West Southernmost Runners Inc. and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of my participation in these club activities.

Signature \_\_\_\_\_

Date \_\_\_\_\_

Parent's Signature if under 18 years \_\_\_\_\_

Date \_\_\_\_\_



Please mail checks (Payable to Key West Southernmost Runners) to: KWSR

More info and event calendar at Website: [www.southernmostrunners.com](http://www.southernmostrunners.com)

PO Box 5923

Questions or more information: 745-3027, e-mail: [don.n@juno.com](mailto:don.n@juno.com)

Key West, FL 33045

1-07