



IN STRIDE

April 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.



DEJA VU ALL OVER AGAIN AT MENENDEZ MILER 5K McCoy and Patchett-Gillis Keep Streaks Alive



Joanna McCoy, 13, and Jason Patchett-Gillis, 18, won the Women's and Men's Overall titles at MM5K. (And, yes, these are the same two photos from last month. How astute of you to notice!)

Tavernier's Joanna McCoy and Key West's Jason Patchett-Gillis are on a roll. Both remained unbeaten in 2008 Keys races with comfortable wins at the 4th annual Menendez Miler 5K, held on Saturday 3/15 at Indigenous Park.

Joanna, 13, applied her usual push-the-pace strategy, passing the mile post in 6:00 and running strong to the finish in 19:44. Her margin of victory of Marathon's Laure Grube was more than a minute.

Laure easily won the Masters Division with her 20:46 effort. She was also the first Master overall, a noteworthy accomplishment.


Since taking second to Marlene Persson at the Hog Trot last November, Joanna has struck gold in five straight races: Founder's Park on New Year's Day (20:17), President's Day 5K (19:21), No Name (19:39), KAIR (41:42 for 10K) and today. Only once in that string has a female been within 60 seconds of her (Helena Bursa, 20:22, at No Name).

Jason, 19, took the measure of KWHS Cross Country coach Terence White by nine seconds at the Menendez race, but the race was never really that close. Jason led through the mile in 5:35 and built a sizable lead by 2. He coasted the final mile, with a surge to the finish to keep Terence from getting any crazy ideas.

A mainstay of the 2006 KWHS Cross Country team, Jason won the first post-grad road race he entered – the Hog Trot (18:05) – and has not lost a 5K since, picking up wins at the YMCA (17:54), Presidents Day (19:21), and here.

>>>> continued on page 2

FEATURES:

	<i>PAGE</i>
Grand Prix Update	<u>2</u>
Board of Directors Terms Ending	<u>3</u>
Southernmost Runners Merchandise	<u>4</u>
2008 Race Schedule	<u>6</u>
KWSR Membership Application	<u>7</u>
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.

April General Meeting
Wednesday, April 2, 7:00 pm
The Tower at Turtle Kraal's
"A Food-n-Beverage Social"
with discussions of upcoming races
and Club business

MM5K Fuels GP Battles >> from page 1

But, as always, the race for first was not the only race. Club members duked it out for Grand Prix points, and jockeyed for position as the Winter '08 season reaches the home stretch.

Only two races remain in the season – the Turtle Trot and Earth Day – and there is plenty of excitement left.

Ted Healy finds himself leading the Male Masters pack over the runnin' rev Bill Welzien. While Ted has 6 races already posted (to Bill's 4), he does have the ability to improve on his lowest scores, and stands to benefit from the graduated Volunteer Points scale.

JPG has the Open Men squarely in his rearview mirror. Former champ Terence White looks close, but his training is geared towards Boston, making him an unlikely participant in the final two races. Even if Jason files two no-shows, Barefoot Billy would need a pair of 7's to overtake him. He does have a 10 and an 8 to his credit, though, so don't write the precocious lad off yet.

Joanie Scholz appears to be a woman on a mission. Despite the long drive from Tavernier, she has made her presence known at four events, posting a 12, a 10, and two 9's. Laure Grube has made her races count as well (12-12-10) but needs a no-show from Joanie to have a shot at the crown. Lilla is still hanging out on the edge, and if the Up-Da-Keyz ladies stay Up-Da-Keys, she could swipe the title.

In the Open Women Division, it looks like payback time. Runner-up to younger sis Priscilla last season, Julianne Welzien is putting the hammer down in Winter '08. With 48 points in the bank and another race to post, she could clinch her first GP title with a high finish at TK's. Priscilla's silver spot looks equally secure, but Rachel's lead for third over Abigail would best be described as tenuous. New member Joanna joined late, but could still potentially break into the top three.

As usual, the winner of each division will receive a \$40 gift certificate to a local restaurant, with the 2nd and 3rd placers earning \$25 and \$10 GC's, respectively.

Awards will be presented at our May meeting, location TBA.

GRAND PRIX: Winter 2008

Thru 3/15/08 -- 6 races

Pts Male Masters Leaders

27	Edward Healy (49)
24	Bill Welzein (57)
22	Martin Sykut (44)
18	Hugo Cortes (56)
13	Don Nelson (57)
13	Graham Savage (43)
12	Rick MacKenzie (52)

Pts Open Men

46	Jason Patchett-Gillis (18)
37	Terence White (38)
33	Billy Welzein (11)
26	Jason Pavlica (32)
22	Jon Williams (39)
15	Aeschton Tomita (13)
11	Zack Harden (16)

Pts Female Masters Leaders

40	Joan Scholz (46)
34	Laure Grube (44)
30	Lilla Whiteside (42)
16	Debra Bertolini (45)
13	Cindy Vincent (47)
11	Carol Coates (49)
11	Pat Kersey (63)

Pts Open Women

48	Julianne Welzein (18)
37	Priscilla Welzein (13)
27	Rachel Baillargeon (33)
26	Abigail White (23)
12	Elizabeth King (18)
12	Joanna McCoy (13)
10	Jill Haughey (35)

KWSR Annual Dues

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

Please renew and help keep the
KWHS running programs going
strong!



KWSR Board Terms Expire in June New Blood Needed to Fill Vacancies

The KWSR Board of Directors reaches the end of its two-year cycle in June, and it is up to the Club membership to step up to help take the reins.

Stepping down after a very successful term is President Lilla Whiteside. The club has flourished under Lilla's guidance, and her dedication to meetings and internal business will be missed. If you like the variety in the club meeting venues this year, thank the Prez. Likewise with the food and beverage approach.

The Board has seven elected positions: a President, a Vice President, a Treasurer, a Recording Secretary (who is responsible for keeping the minutes of the meetings), a Corresponding Secretary (who circulates club matters to the membership, mostly through the monthly newsletter), and two Members-at-Large. Don Nelson serves as the South Florida Representative of our governing body, the Road Runners Club of America (RRCA).

Beginning two years ago, the BOD took the onus off individual Race Directors by dividing the typical aspects of race preparation among ourselves: Data (registration/results), Course (maps and set-up/breakdown), Documents (insurance and permits), Registration Crew, Finish Line Crew, and Course Marshal Crew.

Each BOD member took on an aspect and makes sure it is covered for each and every race on our calendar.

We know we will need at least one new member on the BOD. New people are simply voted onto the Board, as opposed to specific roles. Once all 7 have been selected (Don's position is not included), the Board then chooses among itself who will fill which capacity (i.e., nobody "runs for President" as such).

In next month's issue, we will announce how many positions will be open, and we hope the membership will be eager to nominate plenty of candidates to step up and take their turn at the helm.

If you have any names (even your own) that you would like to offer for consideration, e-mail them to KWSRclub@aol.com anytime.



Pirate Wellness Center

PIRATE WELLNESS CENTER

21460 Overseas Hwy on Cudjoe Key
(MM 21.4)

5,000 SF facility with Cybex Cardio,
Strive Strength, Free Weights, Massage Therapy,
Personal Training, Yoga, Group Exercise Classes.
Lounge and Internet Cafe

Annual, Monthly, Weekly and Daily Memberships.
Gift Certificates

Visit us on the web at www.piratewellnesscenter.com
or call 305-744-3348 (3FIT)



Key West Orthopedics, P.A.

3428 N. Roosevelt Boulevard
Key West, Florida 33040

Lilla B. Whiteside, M.P.T.
Physical Therapist

Phone: (305) 295-9797 • Fax: (305) 295-9796

CELL PHONE
305-509-0672

OFFICE PHONE
305-745-8761

Mary Ann Nelson

Licensed Massage Therapist
FLA License # MA0014431

P.O. Box 420240, Summerland Key, FL 33042
at: 836 Crane Blvd., Sugarloaf Key

FKCC SWIM

9 am • Sat • June 21, 2008

AROUND KEY WEST

www.fkccswimaroundkeywest.com

Southernmost Runners Apparel

Several items/sizes are out of stock. **New hats and visors are in!** More shirts will be ordered soon!

White Dri Release Tank Tops -- \$18 (mediums are out of stock, sorry)



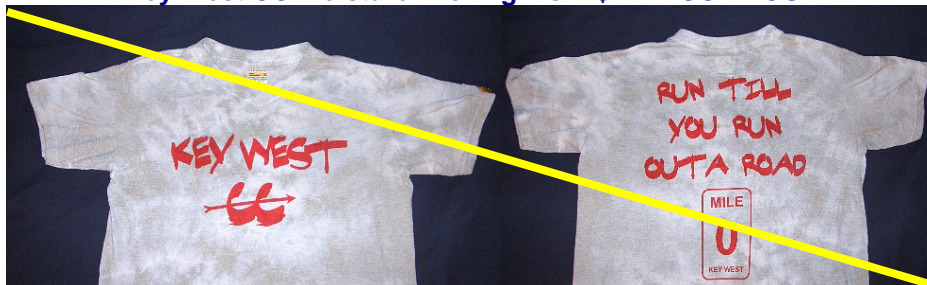
Blue, White, or Gray Ash Tee -- \$12



White Mile Zero T -- \$12



Key West CC moisture-wicking T's -- \$22 -- SOLD OUT



Cool Mesh Runner Hats -- \$18 -- New Supply!





JIM SMITH, MBA, MS
REALTOR®
Broker Associate

Key West + Lower Keys

1448 Kennedy Drive
Key West, FL 33040
Bus: 305-296-4422
Cell: 305-304-2433
Fax: 305-296-4462
jimsmith@realtyexecutives.com



DR. DENNY HOWLEY
PROCESS SERVER
MCSO #74

Serving Key West
Capital
of
The Conch Republic

(305) 294-5568
dennyhowley@hotmail.com



**Personal training,
Pilates, Circuit
training, Group fitness
and more...**

Helena Kapicova
Certified instructor

2163 Naples Rd.
Big Pine Key
tel. (305) 304 0776

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 e-mailed each month.

If you are interesting in posting an ad, send an email to KWSRclub@aol.com, or mail a business card to:

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

Juice PLUS+



Bill Springer
Personal trainer

Phone: 800-273-8197

juiceplusinfo.info

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

Juice Plus+® **THINS** are a natural dietary food supplement that reduces hunger and increases fat metabolism and energy!

Juice Plus+® **COMPLETE** is the "balanced nutrition drink for a healthier you" with many applications: on-the-go breakfast, pre/post workout, weight management, healthy snack, important isoflavones & more!

Juice Plus+® **GUMMIES**, Mother Nature's Perfect Treat, are the nutritional essence of 17 different fruits, vegetables and grains in a tasty "gummy" form!

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 / Mary Ann Nelson, VP: MaryAMassage@juno.com
Jim Smith, Treasurer: jimsmith@realtyexecutives.com / Terence White, Rec. Sect.: twhite1969@yahoo.com
Mark Bell, MAL: ma.bell@earthlink.net / Susan Kochan, MAL: skochan@bellsouth.net
Rick MacKenzie, Corr.Sect.: KWSRclub@aol.com / Don Nelson, SoFla RRCA Rep.: don.n@juno.com



KWSR Races 2008



<i>Date</i>	<i>Scheduled Races (click link for Entry Blanks & Results)</i>	<i>Men's Winner</i>	<i>Women's Winner</i>
Sat 1/12	The One-Hour Run @ Key West High School Track	J.Williams 9.41 M	A.White 7.02 M
Sun 1/27	Half Shell Half Marathon @ Land's End Marina	A.Heath 1:12:53	J.Grimes 1:28:08
Sat 2/16	Presidents Day 5K @ Key West High School	J.Patchett- Gillis 18:17	J.McCoy 19:21
Sat 2/23	DAS No Name 5K @ No Name Key	R.Black 17:40	J.McCoy 19:39
Sat 3/8	KAIR 10K Run & 5K Run/Walk @ Marathon	R.Black 37:13	J.McCoy 41:42
Sat 3/15	Menendez Miler 5K @ Indigenous Park	J.Patchett- Gillis 18:41	J.McCoy 19:44
Sat 4/5	Turtle Kraal's Turtle Trot 5K Run/Walk @ Land's End	8:00 am	296-7182
Sat 4/12	Earth Day Run/Walk @ Indigenous Park	8:00 am	293-1881
Sat 4/19	The 7-Mile Bridge Run @ Marathon – RACE IS CLOSED	7:00 am	
Sat 5/3	Wesley House Wonder Walk & Run 5K @ Higgs Beach	8:00 am	296-7182
Sat 6/7	Schooner Wharf 8K @ Key West Seaport	6:30 pm	296-7182
Fri 7/4	Crime Stoppers 5K @ Sheraton Suites, SR Blvd	7:30 am	304-1019
Sat 7/19	Hemingway Days Sunset 5K @ Southernmost Point	6:30 pm	296-7182
Sat 8/23	Conch Pride 5K (tentative) @ Key West High School	7:30 am	304-1019
Sat 9/6	Conchs Cross Country Classic @ KW Golf Club	7:30 am	304-1019
Thu 10/23	Schooner Wharf Fantasy Mile @ Key West Seaport	6:30 pm	296-7182
Sat 11/1	Zonta ABC 5K @ Higgs Beach	8:00 am	294-6840
Sat 11/29	Hog's Breath Hog Trot 5K @ Hog's Breath Saloon	8:00 am	296-0268
Sat 12/6	Mariners Hospital 5K @ Islamorada	8:00 am	745-3027
Sat 12/27	YMCA Family Fun 5K @ McCoy Indigenous Park	8:00 am	





Membership Application



Check One: New Membership Renewal Membership

PLEASE PRINT

Name:		
Street Address:		
City:	State:	Zip:
Date of Birth:	e-mail:	
Home Ph:	Work Ph:	Other Ph:

Please check here if you do **NOT** want your number listed in our New Southernmost Runners Directory:

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
\$2.00 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 PO Box 5923
Questions or more information: 745-3027, e-mail: don.n@juno.com Key West, FL 33045