



IN STRIDE

July 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.



YOUTHFUL DOGS UNLEASHED AT SCHOONER WHARF 8K



Conch Connection: Jason Patchett-Gillis '07 (L) and Zack Harden '10 (R) run side-by-side in the early going. Jason went on to win, with Zack holding down second place.



Tavernier's Joanna McCoy, 13, leads the women's race at the 3-mile mark, but Missourian Kasey Kimballo, 21, (in blue) chased her down in a close and exciting finish.

Maybe you can't teach an old dog new tricks, but the young ones had enough tricks up their sleeves to run wild on the field at the 10th Annual Schooner Wharf "Let The Big Dogs Run" 8K. A great turnout of 152 runners completed the 4.97-mile course which started and finished at Waterfront Market, with a tour of Fleming Key in between. Brisk cross breezes kept the runners comfortable in what has sometimes been a sizzler.

Former KWHS runner Jason Patchett-Gillis, 19, won his 2nd straight race and met his stated goal of sub-30 with a strong and controlled 29:30 clocking. His pace was almost metronomic as his mile splits all fell between 5:50 and 6:01.

KWHS junior-to-be Zack Harden, 16, who often trains with Jason, ran a solid tempo throughout and took 2nd with a PR 31:15.

In the women's race, Joanna McCoy, a freshman-to-be at CSHS, forged a hard pace and led for more than 4 miles. She was overtaken late by Show-Me-Stater Kasey Kimballo, whose thumbs-up gesture at the 3M mark seemed...

>>> continued on Page 2

FEATURES:

PAGE

Schooner Wharf, continued

2

New KWSR Named

4

2008 Lower Keys Race Schedule

5

KWSR Membership Application

6

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

External links only work if you are connected to the Internet.

What's Coming Up?

Crime Stoppers 5K

Friday, July 4th, 7:30 AM

Registration at Sheraton Suites Hotel
Start/Finish on South Roosevelt Boulevard

Race runs east on S.Roosevelt to a turnaround point and back. Post-race awards, raffle, and silent auction around the pool at Sheraton Suites. Kick off the holiday weekend with a race!

Hemingway Days Sunset 5K

Saturday, July 19, 7:30 PM

Registration at Southernmost Hotel
Start at Southernmost House
Finish at Southernmost Point

Course will be the same as last year, running out Whitehead Street, touring an odd loop of the East Quay and Mole Pier Road, and returning on Whitehead.

Post-race party is back at the big pool of the Southernmost Hotel.

Conch Pride 5K

Saturday, August 23, 7:30 AM

Registration at KWHS Gymnasium
Start/Finish on KWHS Track

Familiar course on Government Road. ALL proceeds go to KWHS Cross Country teams.

Conchs Cross Country Carnival

Saturday, September 6, 7:30 AM

At Key West Golf Club

Open to KWSR members **ONLY**

Run the grassy fairways and help the CC team gear up for their season. No entry fee, no prizes. Team competition between Youthful Hubris and Sage Experience.

Weekly Running Groups:

Mondays 6:00 pm @ White Street Pier

Tuesdays 6:00 pm @ White Street Pier

Wednesdays 6:00 pm @ White Street Pier

Wednesdays 6:00 pm @ KWHS Track

Saturdays 7:30 am @ White Street Pier

Saturdays 7:30 am @ Big Pine Key (10M+)



Schooner Wharf 8K

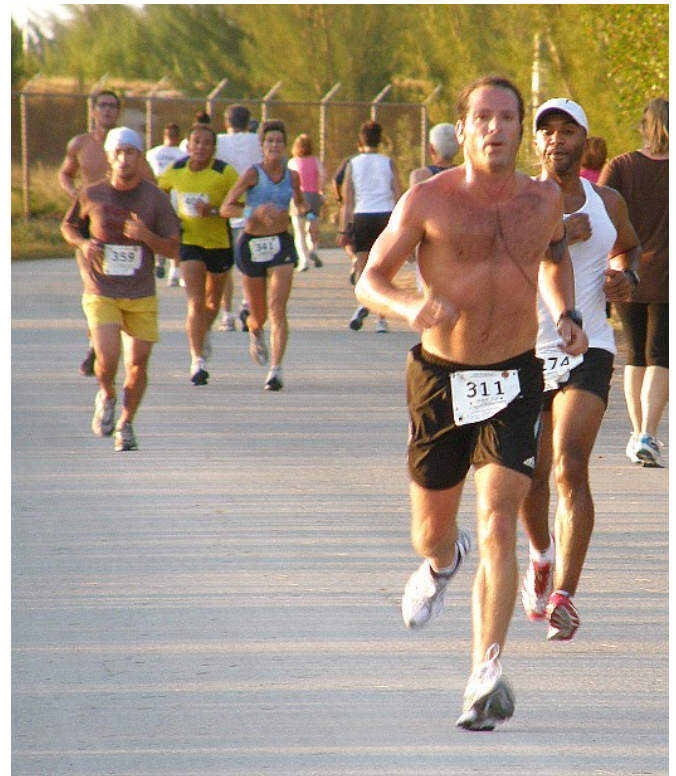
>>> from page 1

... to foreshadow the outcome.

The *combined* age of the race's top four finishers was 69. There were individual finishers in each race whose age was higher than that: Richard Clements, 75, and Susie Moncrief, 72.

Men's Masters winner was Sugarloaf's Roy Payne, who placed sixth overall in 32:48. Roy ran wearing the number of his late fiancé, Dawn Silvers, who was struck by a car and killed in late May.

The Women's Masters crown went to Marathon's Laure Grube who clocked 34:29 for the route.



Dave Clang running strong at 3 miles.

KWSR women cleaned up in the age groups: Priscilla Welzien (0-14), Julianne Welzien (15-19), Abigail White (20-24), Rachel Baillargeon (30-34), Jill Haughey (35-39), Cindy Vincent (45-49), Mira Bedo (55-59), and Pat Kersey (60-64) copped 8 of the 13 first place prizes.

This 10th Annual version was a great success. Congrats to Lilla, Barb, and Evelina for putting on another tremendous event!





JIM SMITH, MBA, MS
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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 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

ramack images
digital photography



rick mackenzie
305.304.1019 ram626@aol.com

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K.W.S.R. ANNUAL DUES

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

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

NEW K.W.S.R. BOARD NAMED



President: Mary Ann Nelson

Mary Ann succeeds Lilla Whiteside and returns to the role that she filled so well from 2001 to 2003. She had returned to the Board as a replacement, stepping up the plate as VP when the former VP left Key West. MaryAMassage@juno.com

Vice President: Susan Kochan

Susan takes the second-in-command position after two years as Member-at-Large. She has run innumerable races and triathlons, and was the Club's top over point scorer for the 2006 Grand Prix year. SLKochan@bellsouth.net

Treasurer: Cindy McVeigh

Taking over for lonnnng-time money man Jim Smith, Cindy brings an accountant's acumen to the fore for the Club. Kwrun4fun@yahoo.com

Recording Secretary: Mark Bell

Mark was President of a former incarnation of the Southernmost Runners a couple of decades ago, and will be bringing his tablet and quill to bear at Board and General meetings. As Member-at-Large, he has done extensive work on recrafting the Club's by-laws to bring them up to snuff. Ma.Bell@earthlink.com

Member-at-Large: Terence White

Shifting from the Recording Secretary's seat to an MAL chair will give Terence a little better ability to focus on coaching the KWHS Conchs Boys Cross Country team. His input as liaison with the team will be invaluable as we continue our support. TWhite1969@yahoo.com

Member-at-Large: Ed Salazar

The prodigal returneth! Ed rejoins KWSR's Board, bringing years of running experience, and a fresh perspective of what was and is. ed@edsalazar.com



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3428 N. Roosevelt Boulevard
Key West, Florida 33040

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or call 305-744-3348 (3FIT)

Corresponding Secretary: Rick MacKenzie

Rick will continue on as the conduit of club communications, primarily this monthly missive and other announcements.

If you know of anyone who is NOT receiving the club emails, please ask them to send their current e-address to KWSRclub@aol.com and they will be back in the loop forthwith.

RRCA SoFla Rep: Don Nelson

In his perennial role, Don keeps us connected with the National scene and manages all requirements and compliances, as well as being the Go-To guy for just about any aspect of any race. Don.n@juno.com

KWSR Races 2008



Date	Completed Races (click link for results)	M Winner	W Winner
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	Asa Kelly 17:08	Laure Grube 20:47
Sat 4/12	Earth Day Run/Walk @ Indigenous Park	Richard Black 17:44	Julie Welzien 21:19
Sat 4/19	The 7-Mile Bridge Run @ Marathon	Ben Miller 37:17	M. Persson 41:56
Sat 5/3	Wesley House Wonder Walk & Run 5K @ Higgs Beach	J.Patchett- Gillis 18:02	Laure Grube 21:08
Sat 6/7	Schooner Wharf 8K @ Key West Seaport**	J.Patchett- Gillis 29:30	K.Kimballo 31:44
Date	Upcoming Races (click link for entry blanks)	Race Time	Contact #
Fri 7/4	Crime Stoppers 5K @ Sheraton Suites, SR Blvd**	7:30 am	304-0091
Sat 7/19	Hemingway Days Sunset 5K @ Southernmost Point**	6:30 pm	296-7182
Sat 8/23	Conch Pride 5K @ 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 (tentative)	8:00 am	

** = Grand Prix Summer '08 race





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