



SOUTHERNMOST STRIDES



November 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.



Competition: Mike LaBounty (tie) leads new GP leader Tim Faucette (red shirt) at 1200 meters.



Costumes: Others, bipeds and quadrupeds alike, chose a less strenuous approach.

FANTASY MILE MADNESS

Faucette Takes Grand Prix Lead!

Masks and pets and costumes and a little bit of running – that sums up Fantasy Fest’s most athletic event, the Fantasy Mile, run for the 10th time last Thursday evening. Schooner Wharf hosted the event, which saw could-be record crowd of 105 finishers.

KWHS junior Zack Harden outran teammate Mike LaBounty, 5:04 to 5:20. Both ran as presidential candidates, in long-sleeve white shirts, ties, and masks.

The women’s winner was precocious Priscilla Welzien, 14, who clocked an impressive 6:03 as >>>> *continued on p.2*

KWSR General Meeting

WEDNESDAY, NOVEMBER 5th, 7:00 PM

Hog’s Breath Saloon
Upstairs Meeting Room

Food and Beverage!

The Spirit of the Marathon will be shown on DVD. No charge, Marge!

UPCOMING RACES

ZONTA ABC SK

Saturday, 1 November 2008
8:00 AM

Salute Restaurant @ Higgs Beach

HOGS BREATH SK HOG TROT

Saturday, 29 November 2008
8:00 AM

Hog’s Breath Saloon, Front Street

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FANTASY MILE

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Pocahontas. Tavernier's Joan Scholz held off a tight group of Alyssa Sawyer, Tracy McDonald, Cindy Vincent, and Abigail White for 2nd place.

The race shook up the Summer Grand Prix series scores quite a bit on the Men's side, while status quo seemed to prevail among women.

The big news was Tim Faucette taking over the top spot in the very competitive Men's Open Division. The 9 points he earned with his 5:29 mile gave him enough to vault past season-long leader Jason Patchett-Gillis and into first place by 6 points, 54 to 48. Zack Harden's dozen jumped him up to 46 and into third, just 2 points behind JPG. Dave Claing sits 4th with 40.

The only news from Men's Masters is that Hugo Cortes has all but clinched his second Grand Prix title. His 45 points rests a comfortable 26 ahead of Ted Healy's 19 in 2nd.

Not much changed in either Women's Division. Tracy McDonald picked up a couple of points on Open leader Abigail White, but Abby's 9-point lead is formidable with just 2 races left in the season. Priscilla Welzien's 12-pointer moved her up the ladder and she's only 4 points behind big sis Julie for third place.

Six of the top seven Women's Masters sat this one out, so Cindy Vincent's 7 points propelled her from 5th to 3rd and only 2 points behind Laure Grube in 2nd. Lilla Whiteside still leads with 30.

The GP Summer Season heats back up after its early-autumn lull. Zonta ABC 5K on November 1st always brings out a big field, and the Hog Trot at Hog's Breath on Thanksgiving weekend (11/19) has been famous for its season-ending dramatics.

There will one final update in late November, leading into the Hog Trot. As usual, restaurant gift certificates, as well as bragging rights, are up for grabs.


And you can always pick up a few volunteer points. I haven't run a race yet and I'm in third place. ;]

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

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



GRAND PRIX UPDATE

<u>Pts</u>	<u>Male Masters Leaders</u>
45	Hugo Cortes (56)
19	Edward Healy (49)
16	Rick MacKenzie (53)
12	Don Vertregt (57)
12	Tom Lavender (66)
9	Mike Behmke (41)
8	Martin Sykut (46)

<u>Pts</u>	<u>Open Men</u>
54	Tim Faucette (37)
48	Jason Patchett-Gillis (19)
46	Zack Harden (16)
40	Dave Clang (34)
38	Billy Welzein (11)
30	Mike LaBounty (16)
21	Aeschton Tomita (14)

<u>Pts</u>	<u>Female Masters Leaders</u>
31	Lilla Whiteside (42)
22	Laure Grube (44)
20	Cindy Vincent (47)
19	Susan Kochan (43)
15	Debra Bertolini (46)
12	Debra Aeschliman (48)
12	Debbi Rothstein ()

<u>Pts</u>	<u>Open Women</u>
60	Abigail White (23)
51	Tracy McDonald (33)
49	Julianne Welzein (18)
45	Priscilla Welzein (13)
28	Rachel Baillargeon (33)
17	Alyssa Sawyer (16)
15	Sarah Williams (34)



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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!



Be Good to Yourself

Dave Claing
OWNER
PERSONAL TRAINER
MASSAGE, A.T.C STRETCHING

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2008 Race Calendar

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
Fri 7/4	Crime Stoppers 5K @ Sheraton Suites, SR Blvd**	Bryan Sharkey 16:12	L.Pritchard 17:57
Sat 7/19	Hemingway Days Sunset 5K @ Southernmost Point**	J.Patchett- Gillis 18:09	G.Procaccio 19:39
Sat 8/2	Coast Guard Days 5K @ Trumbo C.G. Base**	J.Patchett- Gillis 17:38	Abigail White 21:44
Sat 8/23	Conch Pride 5K @ Key West High School**	Alex Kowalczyk 17:52	Abigail White 21:26
Sat 9/6	Conchs Cross Country Classic @ KW Golf Club**	Zack Harden 19:36	Abigail White 22:13
Thu 10/23	Schooner Wharf Fantasy Mile @ Key West Seaport**	Zack Harden 5:04	P. Welzien 6:03
Date	Upcoming Races (click link for entry blanks)	Race Time	Contact #
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	A Positive Step 5K @ McCoy Indigenous Park	8:00 am	304-1019

** = Summer Grand Prix event

CONCHS CC UPDATE

The Key West High School Cross Country teams have been enjoying good success this fall. New faces have made a significant impact and the squads approach the District Championships with optimism.

Debbie Bertolini's girls team will have to overcome the loss of captain Olivia Kent, who is out for the season with a foot injury. First-year CC runners Emma Fehlig, Alyssa Sawyer, Morgan Nelson, and Morgan Saunders have fit right in with veterans Jayci Hall, Paige Graham, and Marlene Thurber to give the Conchs their deepest girls team in years.

So far, they have combined for the #3 and #4 best Team Times in KW history (combined time of top 5 runners), with the #4 coming at the Pre-State Meet in Dade City, without Olivia.

Emma Fehlig, a sophomore (photo below), has stepped up as the top runner, and has become the 2nd fastest 10th grader in school history. Her 22:29 PR also ranks 7th all-time overall.



>>> *Continued on Page 6*

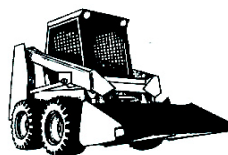
NEW AD RATES FOR SOUTHERNMOST STRIDES

Starting with this issue – well, last issue, really, but I forgot to announce it – we are changing the cost of advertising in our monthly newsletter. What the heck, new name, new rates. Makes sense.

Anyway, I could never keep track of who paid what for which months. Ugh. So, what we do now is this: if you want to post a business card sized ad, pay a 1-time fee of \$25 and we'll run the ad for as long as you're a member in good standing (i.e., dues paid).

Just send the card and a check payable to KWSR for \$25, and we'll get you ad in the next issue. I try to get this dang thang written by the 25th of so of each month (missed it again), so try to mail it by the 20th.

The same guidelines do apply: advertise your service rather than some conglomerate. It is a networking thing, not a commercial.



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CONCHS CC

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Alyssa Sawyer, a senior, has run shorter distances in track, and has run the Half Shell Half Marathon twice, so the middle ground of CC has suited her just fine. Her times have dropped from the 26's to the mid-23's, making her a solid #2 runner.

Right behind her, though, is sophomore Jayci Hall, who has rebounded well after a slow start and has also dropped more than 2:00 from her previous best with a current PR of 23:42.

Of course, CC is a team sport, and a team is only as good as its 5th runner. With Olivia out, the 5-6-7 tandem has moved up a rung and still are posting the best times ever for those positions.

Freshman Morgan Nelson has been the steadiest of the group, and has become the 4th fastest KW 9th grader ever.

Junior Paige Graham has shaken off a slow start and has slashed three minutes off her season best.

Sophomore Morgan Saunders showed great promise with an early season surge and hopes to take a full-time slot in the top 5.

Terence White's boys team has shown marked improvement as well, rebounding from a down year in '07 and recapturing the Monroe County title.

Junior Zack Harden leads the team, his PR 17:22 run in mid-October fortifying his spot as the 2nd-fastest 5K runner in KWHS history. Zack was the lone qualifier for Regionals last year, and is trying to pull his team with him this time around.



Zack also brought the County Crown back to KW, avenging a very narrow defeat last year with a decisive victory on his home course at KWGC.

Behind him, classmate Mike LaBounty and freshman Aeschton Tomita have duked it out for the #2 spot, pushing each other to better and better races. Mike as dropped his personal best from 21:06 to 18:39, while Aeschton's 18:57 is not just a personal record, but a KW Freshman Record as well, bettering Harden's 19:12 mark from 2006.

The 4th through 7th spots have been a dogfight, with senior co-captain Vincent LeNeures, junior Ricky Hatch and Jamel McNeill, and freshman Justin Hamilton mixing it up.



The County Meet closed out the regular season, so all that remains is the State Series, starting with the District Championships on Wednesday, November 5th, at 4:00 pm, at Larry & Penny Thompson Park in Miami.

Fifteen schools from Monroe and Miami-Dade Counties will race, and the top 6 teams and the top 15 individuals will make it to the Regional Championships in Fort Lauderdale on the 14th. Both the boys and girls squads have a shot at advancing, but will have to bring their A games to do it.

Coaches Bertolini and White feel good about their chances, and have confidence in their runners. Things have already changed radically from 2007, but this has been Goal #1 since Day #1, and it's just about time to toe the line.

[KWHS CC/TF Web Site](#)



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

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\$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
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