



SOUTHERNMOST STRIDES



January 2009

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.

WHITE, BERTOLINI, HARDEN, CORTES WIN GP CROWNS

Grand Prix Summer '08 has Exciting Finish at Hog's Breath



Abigail White (WO), Debbie Bertolini (WM), Zack Harden (MO), and Hugo Cortes (MM) in action during GPS08

We had 3 nailbiters and 1 rout. We had 3 repeat champs and 1 first-timer. Two of the champs sat out the season finale, and 1 won the title with a big score there.

We had a little of everything.

Abigail White rested on her lead at HB5K, and younger sister Julianne Welzien nearly made her pay. She needed a 12 to make it happen, but Joanna McCoy and Laure Grube beat her to the line and Abigail (60 points) had her first GP crown since she was a Welzien in 2005.

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A POSITIVE STEP 5K

Saturday, 27 December 2008, 8:00 AM
Indigenous Park, White & Atlantic, KW

RUN WALK CRAWL 5K

Thursday, 1 January 2009, 8:00 AM
Founders Park, Islamorada

ONE HOUR RUN

Saturday, 10 January 2009, 9:00 AM
Key West High School Track

KEY WEST HALF MARATHON

Sunday, 25 January 2009, 7:00 AM
Course TBA -- See Page 3!

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External links only work if you are on the Internet.

Next KWSR General Meeting

WEDNESDAY, **FEBRUARY 7th**, 7 PM

At the Bocce Courts at
Indigenous Park
White & Atlantic, Key West

NO JANUARY MEETING!!

SUMMER GRAND PRIX >>>> from page 1

Debbie Bertolini was going to sit this one out in deference to her marathon training, but when word leaked that leader Lilla Whiteside would be outatown, Deb laced 'em up and scored the requisite 8-pointer that gave her (35 points), the win over Laure Grube (32), and Lilla (31), and a successful defense of her Summer '07 title.

Hugo Cortes regained the Men's Masters crown that he first donned in 2005. He basically had it locked up by early August, scoring 32 points in his first 4 races, which outscored runner-up (and defending champ) Ted Healy's 29-point season total. Martin Sykut re-emerged in the final 3 races and tallied 29 points as well, but lost out to Ted on the tie-breaker (most events involved).

The real nailbiter was the Men's Open. With leader Zack Harden cooling his heels after a draining XC season, Tim Faucette chased down the 10-pointer that he needed to force a 58-58 tie, with the tie-breaker edge. BUT, being the good citizen that he is, Zack showed up to hand out water on the course and thus earned the critical Volunteer Point that gave him the 59-58 win.

So, with our 8th GP season still warm, we embark on season #9. It starts with these 2 races:

- **12/27 – A Positive Step 5K**, 8:00 a.m. Indigenous Park, White & Atlantic, KW *A familiar staple of the local circuit, but with new sponsorship. The Y is out and APSMC is in. The new sponsors have done a good job resuscitating our year-ending event, so come on out and run, walk, or volunteer! 304-1019*
- **1/10 – The One Hour Run**, 9:00 a.m. Key West High School, on the Track *We almost cancelled this event, but enough sentiment was raised that we brought it back. It is limited to the first 50 people. You run laps on the track and the one who runs the farthest wins. This race needs 30+ volunteers. PLEASE HELP!!! 304-1019*

See page 5 for the full GP (GP) schedule.

GRAND PRIX FINAL SCORES

<u>Pts</u>	<u>Male Masters Leaders</u>
49	Hugo Cortes (56)
29	Edward Healy (51)
29	Martin Sykut (46)
25	Rick MacKenzie (53)
17	Don Vertregt (57)
12	Tom Lavender (66)
12	Mark Bell ()

<u>Pts</u>	<u>Open Men</u>
59	Zack Harden (16)
58	Tim Faucette (37)
49	Jason Patchett-Gillis (19)
45	Dave Claing (34)
43	Billy Welzein (11)
40	Mike LaBounty (16)
21	Justin Hamilton (14)
21	Aeschton Tomita (14)

<u>Pts</u>	<u>Female Masters Leaders</u>
35	Debra Bertolini (46)
32	Laure Grube (44)
31	Lilla Whiteside (42)
26	Susan Kochan (43)
20	Cindy Vincent (47)
13	Cindy McVeigh ()
12	Debra Aeschliman (48)
12	Debbi Rothstein ()
12	Mary Ann Nelson ()

<u>Pts</u>	<u>Open Women</u>
60	Abigail White (23)
58	Julianne Welzein (18)
52	Tracy McDonald (33)
51	Priscilla Welzein (13)
28	Rachel Baillargeon (33)
27	Alyssa Sawyer (16)
24	Joanna McCoy (14)

[[Complete Scoring Chart](#)]

CHANGES AFOOT FOR KEY WEST HALF-MARATHON

A lot of water has gone under the bridge since the 2008 race. Long-time sponsor The Half Shell Raw Bar has opted out this year and left the race's identity a bit of a mystery.

Even as we nail up our new '09 calendars, there is still that is not definite, but some key things are known:

- The name of the race will be the **Key West Half-Marathon**.
- It will be held on **Sunday, January 25th**, **and the start will be at 7:00 a.m.** *Where the start will be is not as certain.*
- There will be new sponsorship. This will relocate the race eve and post-race activities. It will also most likely rotate the course to a new sponsor-friendly start/finish area. Plus, there's a good chance that the race will be run in the opposite direction, and maybe even a reversal of direction. The course loop will be kept intact, just the S/F will change.

The last details are falling into place, and those decisions will be made soon, so be ready to adjust your plans.

When we know more we'll send out a supplement – ok, more like memo – via the email list.

And keep checking the [KWSR website](#) and [TrackPages](#) for fresh information

VOLUNTEEEEEEEEEERS!!!!!!

This race needs ton of 'em. Our overall club involvement has been scaled back, but we still are the primary source for volunteers.

Please email any of the Board members if you are available to work, and **make sure you return the call from Dennis or his crew!**

STORAGE SPACE STILL NEEDED!

We haven't heard a peep for anywon, so I'm re-running this column. Please help if you can!

The warehouse that we have used to store our race equipment, shirts, water, etc., for the last decade and more – for *free*, if you can believe that! – is closing down and we must relocate all of our stuff.

Trouble is, where??

What we need to know is this: **Does any club member have a place, or know of a place, that we could use?**

It would need to be, say, 8x10x8 or so – not huge, but big enough to hold some lengthy clock stands, a long clock, lots of cones, and several tubs/boxes of this-and-that.

It would also need to be accessible at just about any hour: we get going mighty early on some race mornings.

It could be a shed, a garage, a room, and ground-level storage area, a trailer, a pod – anything that could be locked securely.

Since most of the races are in Key West, it would be best if we could find a space there, but any place would be considered.

Also, free use would be best, but we will consider any option. A reasonable charge for a good and convenient place would be better than getting a varmint-infested shanty *au gratis*.

So, please, let us know right away if you know of any place we could use! We need to be out of the warehouse by December 1st!!

That said, all of us would like to thank the Price family for their very generous donation of their facility over the years. It has been a HUGE help, and has allowed us to donate thousands more dollars to the KWHS running programs, which Robert helped to create.



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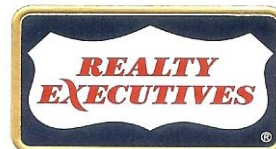
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K.W.S.R. ANNUAL DUES

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
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2009 Race Calendar



[\[A Positive Step 5K – 27 December 2008 – Indigenous Park – PDF Entry Form\]](#) **GP**

[Run, Walk, Crawl 5K -- 1 January 2009 -- Founders Park, Islamorada -- PDF Entry Form](#)

[One Hour Run -- 10 January 2009 -- Key West HS Track -- PDF Entry Form](#) **GP**

[Key West Half Marathon -- 25 January 2009 -- Land's End Village -- PDF Entry Form](#) **GP**

Blimp Road 4-Miler -- 21 February 2009 -- Cudjoe Key **GP**

DAS No Name 5K Run/Walk -- 28 February 2009 -- No Name Key **GP**

Sombrero Beach Run 5K/10K Fun Run/Walk -- 7 March 2009 -- Sombrero Beach, Marathon **GP (10K only)**

Menendez Miler 5K Run/Walk-- 14 March 2009 -- Indigenous Park **GP**

Turtle Kraal's 5K Turtle Trot -- 5 April 2009 -- Land's End Village **GP**

Earth Day 5K -- 11 April 2009 -- Indigenous Park **GP**

Conch Republic Days "The Longest Mile" -- 23 April 2009 -- Duval Street **GP**

25th Annual 7-Mile Bridge Run -- 25 April 2009 -- Marathon

Wesley House Cinco de Mayo 5K Run/Walk -- 2 May 2009 -- Higgs Beach

Keys 100 & 50 Ultra and Relay -- 16-17 May 2009 -- Key Largo to Key West

Schooner Wharf "Let The Big Dogs Run" 8K -- 6 June 2009 -- Schooner Wharf Bar

Crime Stoppers 4th of July 5K -- 4 July 2009 -- Smathers Beach

Hemingway Days Sunset 5K -- 18 July 2009 -- Southernmost Point

Coast Guard Days 5K -- 1 August 2009 -- Trumbo CG Base

Conch Pride 5K -- 22 August 2009 -- Key West High School

Conchs Cross Country Carnival -- 5 September 2009 -- Key West Golf Club

The Schooner Wharf Fantasy Mile -- 22 October 2009 -- Schooner Wharf Bar

Zonta ABC 5K -- 7 November 2009 -- Higgs Beach

Wesley House 5K Run/Walk -- 14 November 2009 -- Islamorada

Hog's Breath Hog Trot 5K -- 28 November 2009 -- Hog's Breath Saloon

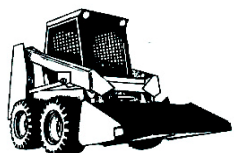
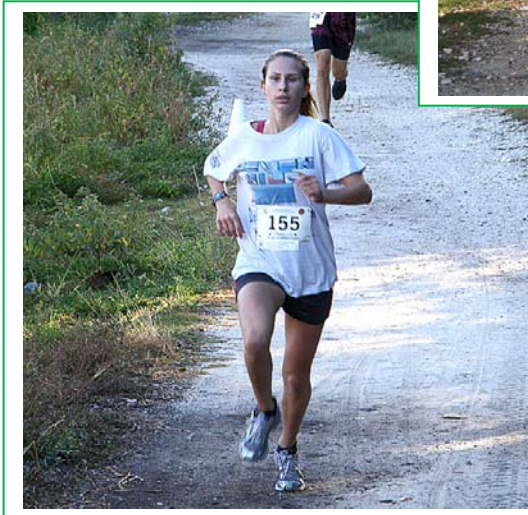
Mariners Hospital 5K -- 5 December 2008 -- Coral Shores HS

A Positive Step 5K -- 26 December 2008 -- Indigenous Park

GP = Winter Grand Prix event – best 6 scores count



PHOTOS
FROM THE
HOG'S BREATH
HOG TROT



**BobCat
Services**

Ana Pena 305-304-6986
Hugo Cortes 305-240-1247

English & Spanish Speaking



Local Awards
& ENGRAVING

Rick McKenzie
3201 Flagler Ave. #501
Key West, FL 33040

Ph. 305-293-4501
Fax 305-293-4503



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
Questions or more information: 745-3027, e-mail: don.n@juno.com

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