



SOUTHERNMOST STRIDES



April 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.

GRAND PRIX HITS THE STRETCH RUN

TURTLE TROT REVAMPED AND EARTH DAY 5K (AND BOCCE BASH) REMAIN

The Sombrero Beach 10K and the Menendez Miler 5K are in the books, and just two races remain on the Winter 2009 Grand Prix schedule.

The 16th Annual Turtle Trot 5K, one of the longest running races on our yearly calendar, will have a very different look this year. Hurricane Hole has stepped in and given a new home to the orphaned event.

The course (map, right) will run the College Road loop, with an excellent finishing stretch along the tree-lined bike path. Post-race revelry – as well as pre-race registration and pick-up – will be at Hurricane Hole.

The Earth Day 5K will be the season finale, starting and finishing, as usual, at Indigenous Park. Grand Prix Awards will be presented right after the Earth Day festivities wrap up, with a cookout and Bocce Bash at the same locale from 11 till 2!

New Course for Turtle Trot



The new route for The Turtle Trot. Hurricane Hole is the new sponsor, and will host pre-race and post-race events. The race will start on College Road and finish on the shaded bike path. It is a loop course, as opposed to the standard out-and-back, but it overlaps; the first and last half-miles cover the same ground.

UPCOMING RACES

TURTLE TROT 5K

Saturday, 4 April 2009, 8:00 AM
Hurricane Hole, Stock Island

EARTH DAY 5K

Saturday, 11 April 2009, 8:00 AM
McCoy Indigenous Park, Key West

FEATURES:

PAGE

New Board Members Needed!	2
KWHS Track & Field Update	3
Grand Prix Update	4
2009 Race Results and Entry Forms	5
2009 Races: Calendar-Style	6
KWSR Membership Application	7

Next KWSR General Meeting and Grand Prix Party

****Saturday, April 11, 11-2****

Right after the Earth Day 5K Race

At McCoy Indigenous Park, White & Atlantic, Key West

CELEBRATE SPRING WITH GRAND PRIX AWARDS, COOKOUT AND BOCCE!

NEW BOARD MEMBERS WANTED

June marks the end of the current term for some of the KWSR Board, so we are looking for new blood.

Board positions, with current holders, are: President (Mary Ann Nelson), Vice President (Susan Kochan), Treasurer (Cindy McVeigh), Recording Secretary (Mark Bell), Corresponding Secretary (Rick MacKenzie), and Members-at-Large (Ed Salazar and Terence White). Our RCAA Liaison (Don Nelson) is a non-elected position.

At least of those positions will be vacated, and the Board will shuffle as needed.

The club is your club. If you like the way it is, then help keep it that way. If you don't like some things, come on in and be the catalyst for change.

If you want to see just how much fun a Board Meeting is, come to the one on **April 8th** at 6:00, at [redacted]. Some food, some casual beverages, and some good brainstorming about club matters. Everyone is always welcome.

More to come about that next month, but get your wheels turning about who you can nominate, before they nominate you.

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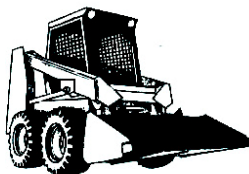
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Local Awards
& ENGRAVING

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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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High School Milers On The Run

As the KWHS Conchs begin to gear up for their State Meet Series, the distance crew looks ready to rock. A school record and a bevy of PR's have highlighted the month of March.

Junior Cale Hartle (below), 6th in last year's District 800 Meters, stepped up to the 1600 and in his first official try at the distance, ran a 4:42.3 that took almost 4 seconds off the record set by Zack Black in 2005.



Cale has also joined with Zack Harden, Jamel McNeill, and Philip Young to run 8:20.6 for the 4x800 relay, ranking them 4th in State Class 2A at the time, and moving them to #2 on the KWHS All-Time List.

The girls are enjoying a renaissance of their own. Senior Olivia Kent became just the third girl in school history to break 6:00 for the 1600 with her 5:59.7 clocking in Fort Lauderdale. Freshman Morgan Nelson chased in her wake and came out with the #5 time, 6:04.

Alyssa Sawyer keeps chopping time off in the 3200 and has moved up to 9th place on the List in 14:18. Marlene Thurber is following in her footsteps and is closing in on the 10th spot with her recent 14:40.

Districts will be on Wednesday 4/15 and Regionals will be on Saturday 4/25 – same day as the 7-Mile Bridge Run. Both meets are at Belen Jesuit in Miami.

Full season stats and pix are at:
www.TrackPages.us/kwhs.htm.

Grand Prix Gallops to the Wire

What wire, you ask? You should know not ask such questions.

I don't have much time this month, so I can't do full write-ups of March's races. I wasn't even at Menendez, so I can't write much there anyway. Full results are on the KWSR web page and on TrackPages.us.

But, with just 2 races remaining (Cinco de Mayo and the Duval Mile both fell victim to sponsor woes), the Winter Grand Prix season is sprinting to another climax.

Men's Masters and Women's Open are runaways, with Martin Sykut and Joanna McCoy both having clinched their titles. For Martin (68 points in 6 races), it is his fourth title in six seasons. Joanna, a 9th grader (61 in 5 races), wins her first. If she can post another 12, she will break the GP season scoring record of 72 (Helena Kapicova – now Bursa -- in 2006)

Mike Behmke (43 points in 7 races – only best 6 scores count) and defending winter champion Ted Healy (37 in 6) are in a pitched battle for 2nd, but both within reach of 2-time champion Hugo Cortes, who sits 8 points behind Ted, but has only run 3 races.

In Women's Open, Priscilla Welzien, another former champ, holds an almost comfortable lead 8-point lead over both Abigail White and Tracy McDonald, 30-22-22. All have room on their slates for 2 more scores.

The drama, though – did you think there would be a GP without drama? – lies in the Women's Masters and Men's Open divisions.

Joan Scholz, last winter's winner, leads the WM by 5 points but has all her horses in the barn. Laure Grube, '07 champ and runner-up each of the last two seasons, lurks behind, with one race left to post. In theory, Joanie could improve her score by 6 (even more with Volunteer Points), which would mean that Laure would need 12 points to overtake her.

In the MO, 12-year-old Billy Welzien holds a thin 39-38 margin over last summer's runner-up, Tim Faucette. Billy has 5 scores to his credit, though, to Tim's 4, putting Tim in the catbird seat.

Dave Claing hold third with 25 points, but Sugarloaf Shark J.P. Martin is sneaking up and now sits just 5 points out of the food (top 3 get restaurant gift certificates, as always)

Grand Prix Standings: Through 3/14/09 (7 races)

Pts Male Masters Leaders

68	Martin Sykut (46)
43	Mike Behmke (41)
37	Edward Healy (51)
29	Hugo Cortes (57)
19	Chuck Bayles (62)
17	Rick MacKenzie (53)
14	Don Nelson (57)

Pts Open Men

39	Billy Welzein (11)
38	Tim Faucette (37)
25	Dave Claing (34)
20	J.P. Martin (13)
14	Zack Harden (16)
12	Felipe Rubio ()
12	Terence White (38)

Pts Female Masters Leaders

59	Joan Scholz (47)
54	Laure Grube (44)
23	Lilla Whiteside (44)
22	Debra Bertolini (46)
14	Mira Bedo (57)
13	Sheree Ganske (53)
12	Susan Kochan (44)

Pts Open Women

61	Joanna McCoy (14)
30	Priscilla Welzein (14)
22	Abigail White (23)
22	Tracy McDonald (33)
18	Jayci Hall (16)
16	Alyssa Sawyer (17)
14	Kim Banning (37)

NOTE: There will be instant gratification this season, too, as the Awards will be given out *immediately after the Earth Day race*.

I'll bring my abacus, show it to Atticus, and compute my stacticus while you all relax in post-race mode.

Run the 5K, hang around through the awards, then keep hanging around for some free lunch, some cutthroat bocce, and the presentation of the Grand Prix Awards.

You do not have to be present to win, but you'll have more fun if you are.

2009 Race Schedule



If the links do not work, this same list can be found at <http://www.trackpages.us/kwsomor.htm>

[\[A Positive Step 5K – 27 December 2008 – Indigenous Park – Results and Photos\]](#) **GP**

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

[One Hour Run -- 10 January 2009 -- Key West HS Track – Results](#) **GP**

[Key West Half Marathon -- 25 January 2009 – Florida Keys CC -- Results and Photos](#) **GP**

[Blimp Road 4-Miler -- 21 February 2009 -- Cudjoe Key – Results and Photos](#) **GP**

[DAS No Name 5K Run/Walk -- 28 February 2009 -- No Name Key – Results and Photos](#) **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 -- 4 April 2009 – Hurricane Hole, Stock Island](#) **GP**

[Earth Day 5K -- 11 April 2009 -- Indigenous Park](#) **GP**

[25th Annual 7-Mile Bridge Run -- 25 April 2009 – Marathon \(closed\)](#)

[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

Note: The Duval Street Mile (4/23) and the Wesley House Cinco de Mayo (5/2) races have been cancelled.



Updated 2009 Keys Race Calendar

				1 JAN	2	3	
4	5	6	7	8	9	10	One Hour Run
11	12	13	14	15	16	17	
18	19	20	21	22	23	24	
25	Half-Marathon	26	27	28	29	30	31
1 FEB	2	3	4	5	6	7	
8	9	10	11	12	13	14	
15	16	17	18	19	20	21	Blimp Road 4-Miler
22	23	24	25	26	27	28	DAS No Name 5K
1 MAR	2	3	4	5	6	7	Sombrero 5K/10K
8	9	10	11	12	13	14	Menendez Miler 5K
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	
29	30	31	1 APR	2	3	4	Turtle Trot 5K
5	6	7	8	9	10	11	Earth Day 5K
12	13	14	15	16	17	18	
19	20	21	22	23	24	25	7-Mile Bridge Run
26	27	28	29	30	1 MAY	2	
3	4	5	6	7	8	9	
10	11	12	13	14	15	16	Keys Ultra & Relay
17	18	19	20	21	22	23	
24	25	26	27	28	29	30	
31	1 JUN	2	3	4	5	6	Schooner Wharf 8K
7	8	9	10	11	12	13	
14	15	16	17	18	19	20	
21	22	23	24	25	26	27	
28	29	30					

			1 JUL	2	3	4	Crime Stoppers 5K
5	6	7	8	9	10	11	
12	13	14	15	16	17	18	Hemingway Days 5K
19	20	21	22	23	24	25	
26	27	28	29	30	31	1 AUG	Coast Guard 5K
2	3	4	5	6	7	8	
9	10	11	12	13	14	15	
16	17	18	19	20	21	22	Conch Pride 5K
23	24	25	26	27	28	29	
30	31	1 SEP	2	3	4	5	Conchs CC Carnival
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	
27	28	29	30	1 OCT	2	3	
4	5	6	7	8	9	10	
11	12	13	14	15	16	17	
18	19	20	21	22	The Fantasy Mile	23	24
25	26	27	28	29	30	31	
1 NOV	2	3	4	5	6	7	Zonta ABC 5K
8	9	10	11	12	13	14	Wesley House 5K
15	16	17	18	19	20	21	
22	23	24	25	26	27	28	Hog's Breath 5K
29	30	1 DEC	2	3	4	5	Mariners Hospital 5K
6	7	8	9	10	11	12	
13	14	15	16	17	18	19	
20	21	22	23	24	25	26	A Positive Step 5K
27	28	29	30	31			



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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