



SOUTHERNMOST STRIDES

October 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.



CONCHS CROSS COUNTRY CARNIVAL

Youthful Hubris took both titles over Sage 'n' Savvy in the Conchs Cross Country Carnival 5K. The men won 24-35 over Sage 'n' Savvy. The ladies won 22-38 over Sage 'n' Savvy. Zack Harden and Morgan Nelson won the men and ladies title respectively.



Girls Cross Country XCursion

Up Coming Events

October 7, 5:30 PM, KWSR Board meeting
Grim's Grill Followed by

KWSR, Membership Social

7 – 8 PM Grim's Grill
One free drink for all, and Appetizers

October 6th (Tuesday) fundraiser at Mangia Mangia

Mangia Mangia is going to donate a percentage of their dinner income to us -- yes, KWSR!

October 17, 7:15 Start,
Islamorada Splash and Dash
Aquathon 500 Meter Swim 5K Run

Conchs Cross Country XCursion Invitational

October 26, 7:30 Girls, 8:10 Boys

Hagerty Huskies

Park Vista Cobras

Satellite Scorpions

Coral Shores Hurricanes

Key West Conchs

Timber Creek Wolves

Gulf Buccaneers

6 visiting schools - KW Golf Course

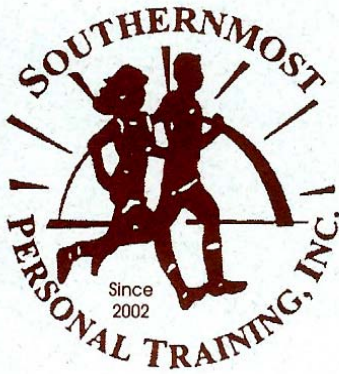


Boys Cross Country XCursion

Got Some Old Shoes?

Susan Kochan requests your "gently worn" running shoes as a donation to MARC House from KWSR: "We noticed that most of their participants in the Earth Day race were wearing very ill-fitting shoes. I spoke with their Director, Gordon Ross, and he would greatly appreciate this."

Your shoes can be dropped off at The Citizen, to the attention of Susan. Any extra shoes will go to charities.



*Be Good
to Yourself*

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

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*Juice
PLUS+*



Bill Springer
Personal trainer

Phone: 800-273-8197

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

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

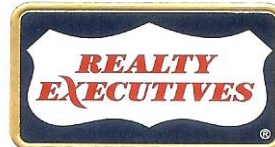
Juice Plus+® **VINEYARD BLEND**®, provides the nutritional essence of nine varieties of berries and grapes in convenient capsule form!



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Key West Orthopedics, P.A.

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Key West, Florida 33040

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

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



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)

Women's Grand Prix Standings

<i>Pts</i>	<i>Female Masters Leaders</i>	<i>SW</i>	<i>CS</i>	<i>HD</i>	<i>CG</i>	<i>GG</i>	<i>CC</i>	<i>Z</i>	<i>HB</i>	<i>Vol</i>
35	m Lilla Whiteside (44)		9		12	12				2
25	m Laure Grube (46)		12	12						1
21	m Joan Scholz (47)		10	10						1
9	m Greer Cornell (48)	8	1							0
9	m Cindy McVeigh ()									9
9	m Sessie Welzien ()									9
9	m Debra Bertolini (47)					9				0

<i>Pts</i>	<i>Open Women</i>	<i>1</i>	<i>2</i>	<i>3</i>	<i>4</i>	<i>5</i>	<i>6</i>	<i>8</i>	<i>9</i>	<i>Vol</i>
37	o Tracy McDonald (34)	9	6	7	8	7				0
34	o Natalia Duke (27)	10	7		9	8				0
30	o Priscilla Welzien (15)		4	9	10	6				1
23	o Rachel Baillargeon (34)		5	6	7	5				0
20	o Alyssa Sawyer (17)	12		8						0
18	o Morgan Nelson (15)		8			10				0
16	o Jane Welzien (11)		3	5	6	2				0

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!



Rick McKenzie
 3201 Flagler Ave. #501 Ph. 305-293-4501
 Key West, FL 33040 Fax 305-293-4503



BobCat Services

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

English & Spanish Speaking

Conchs Cross Country Carnival

12 September 2009 @ Key West Golf Club

[Citizen Article by Ron Cooke](#)

[2008 CCCC Results](#)

Score	Men's Race		Points	Score	Women's Race		Points		
24	Youthful Hubris		1 + 4 + 5 + 6 + 8	22	Youthful Hubris		1 + 3 + 5 + 6 + 7		
35	Sage 'n' Savvy		2 + 3 + 7 + 11 + 12	38	Sage 'n' Savvy		2 + 4 + 9 + 11 + 12		
Pl.	Team	Time	Name	Pl.	Team	Time	Name		
1	YH	19:49	Zack Harden	1	YH	22:42	Morgan Nelson		
2	SS	20:28	Martin Sykut	2	SS	24:34	Lilla Whiteside		
3	SS	20:49	Terence White	3	YH	24:48	Priscilla Welzien		
4	YH	20:59	Kieran Campbell	4	SS	25:25	Tracy McDonald		
5	YH	21:05	Justin Hamilton	5	YH	25:25	Emma Fehlig		
6	YH	21:45	Jamel McNeill	6	YH	25:51	Jayci Hall		
7	SS	21:52	Scott Brock	7	YH	26:16	Kendall Galvan		
8	YH	22:03	Aeschton Tomita	8	YH	26:32	Marlene Thurber		
9	YH	22:31	J.P. Martin	9	SS	27:03	Susan Kochan		
10	YH	22:54	Zack Martin	10	YH	27:38	Marlee Gil		
11	SS	23:26	Ed Salazar	11	SS	27:48	Bette Zirkelbach		
12	YH	24:42	Gavin Dietrich	12	SS	28:28	Deborah Aeschlimann		
13	SS	24:48	Michael Behmke	13	YH	29:20	Paige Graham		
14	YH	25:32	Julian Kuntzmann	14	YH	30:08	Erica Jewell		
15	SS	28:25	Jay Hall	15	YH	30:22	Liz Czerwinski		
16	YH	28:56	Patrick	16	YH	32:46	Nicole Matysik		
17	SS	29:20	Dave McMullen	17	YH	33:25	Bridget Behmke		
18	YH	32:38	Carlos Quiros	18	YH	33:41	Dina Delva		
19	YH	33:33	Jacob Elomina	19	YH	33:58	Tess Sody		
20	YH	33:33	Eric Whiteside	20	YH	34:50	Emily Deroche		
21	YH	34:24	Cole McMullen	21	YH	34:58	Jennifer Barsenas		
22	YH	NT	Norman Alexander	22	YH	35:36	Jessica Liano		
				23	SS	37:00	Abby White		
				24	YH	40:31	Malika Delgado		
Team Times		Top-5	Average	1-5 Gap	Team Times		Top-5	Average	1-5 Gap
Youthful Hubris		1:45:40	21:08	2:14	Youthful Hubris		2:04:57	24:59	3:34
Sage 'n' Savvy		1:51:23	22:17	4:20	Sage 'n' Savvy		2:13:18	26:40	3:54

Inside the Numbers:

Morgan's time was only :03 shy of the School Record on the KWGC home course (22:39 by Bree Baffer in 2003)

Kendall, as the **5th** runner, was :03 faster than last year's **#1** KWHS finisher (Olivia Kent, 26:19)

The Girls 5-runner Team Time was the second fastest ever by a KWHS squad at home.

Top 10's by Class:
 Morgan #3 Sophomore Girl
 Priscilla #3 Freshman Girl
 J.P. #9 Freshman Boy

The 2009 Girls team, when matched up with the last 3 years, beats all three in dual meets:

2009 beats 2008, 15-55
 2009 beats 2007, 15-48
 2009 beats 2006, 18-45

The 2009 Boys team, when matched up with the last 3 years, beats all three in dual meets:

2009 beats 2008, 24-33
 2009 beats 2007, 19-44
 2009 beats 2006, 26-31

Men's Grand Prix Standings

<i>Pts</i>	<i>Male Masters Leaders</i>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>8</u>	<u>9</u>	<i>Vol</i>
36	m Martin Sykut (46)	12		12		12				0
20	m Ted Healy (52)		6		8					6
18	m Mike Behmke (42)	8	8			2				0
9	m Dave McMullen (49)		4	3		1				1
9	m Rick MacKenzie (54)									9
8	m Bill MacIboba (65)		3	5						0
8	m Terry Doughtry (75)		1	1	5	1				0

<i>Pts</i>	<i>Open Men</i>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>8</u>	<u>9</u>	<i>Vol</i>
36	o JP Martin (14)	7	7	7	10	5				0
32	o Jozef Roman (18)	10	12	10						0
28	o Tim Faucette (38)	9	10	8						1
28	o Billy Welzien (12)		9	6	9	4				0
23	o Terence White (39)				12	9				2
11	o Cole McMullen (14)		2	1	7	1				0
10	o Zack Harden (17)					10				0

WE HAVE NEW STUFF!

Sleeveless T's:

Well, I guess if it's sleeveless, it's not a T, but these are good shirts. White, with updated logo on front and conch shell on back. Nice, moisture-wicking material. Men's and women's cuts. Note: they run *really* small – plan on purchasing one size up, at least. An XL fits me like a muscle shirt, so if you're larger than 6'3"/195, you probably outa luck on this one. Smalls should be good for the young'uns.

Member \$15, Non-Member \$20



Tie-Dyed T's:

Two shades of blue in what they call the "pinwheel" pattern. Club name in big letters on the front, and a big ol' conch shell on the back.

Pre-shrunk cotton, but these run small too. (What's up with these shirt companies? Can't we standardize sizes? Is that too hard?) Again, XL is snug on me, so plan accordingly.

Member \$20, Non-Member \$25



The New KWSR "Store"

All club merchandise -- including gray tech-fiber shirts (male and female cuts), white cotton club T's, gray cotton club T's, washable hats (blue, gray, or white), white visors, green Mile 0 Run-Till-You-Run-Outa-Road keychains, white/black KWSR oval stickers and who knows what else we'll add – can be purchased at the new "club store" at **Local Awards & Engraving** at 3201 Flagler Avenue, right across from Bank of America, and right next to the Mira Football Field. Hours are 9-5, Monday thru Friday. Come on in and buy some Stuff!

We will also be reinstating the Merchandise page on our website, so stay tuned, and don't touch that dial. (Dial? What dial? Ain't no dang *dial*.)

2009 Race Schedule

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

- [\[A Positive Step 5K – 27 December 2008 – Indigenous Park – Results and Photos\]](#)
- [Run, Walk, Crawl 5K -- 1 January 2009 -- Founders Park, Islamorada](#)
- [One Hour Run -- 10 January 2009 -- Key West HS Track – Results](#)
- [Key West Half Marathon -- 25 January 2009 – Florida Keys CC -- Results and Photos](#)
- [Blimp Road 4-Miler -- 21 February 2009 -- Cudjoe Key – Results and Photos](#)
- [DAS No Name 5K Run/Walk -- 28 February 2009 -- No Name Key – Results and Photos](#)
- [Sombrero Beach Run 5K/10K Fun Run/Walk -- 7 March 2009 -- Sombrero Beach, Marathon](#)
- [Menendez Miler 5K Run/Walk-- 14 March 2009 -- Indigenous Park](#)
- [Turtle Kraal's 5K Turtle Trot -- 4 April 2009 – Hurricane Hole – Results and Photos](#)
- [Earth Day 5K -- 11 April 2009 -- Indigenous Park – Results and Photos](#)
- [25th Annual 7-Mile Bridge Run -- 25 April 2009 – Marathon -- Results](#)
- [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 **GP**](#)
- [Crime Stoppers 4th of July 5K -- 4 July 2009 -- Smathers Beach **GP**](#)
- [Hemingway Days Sunset 5K -- 25 July 2009 -- Southernmost Point **GP**](#)
- [Coast Guard Days 5K -- 1 August 2009 -- Trumbo CG Base **GP**](#)
- [Grim's Grill Conch Pride 5K -- 22 August 2009 -- Key West High School **GP**](#)
- [Conchs Cross Country Carnival -- 12 September 2009 -- Key West Golf Club **GP**](#)
- [The Schooner Wharf Fantasy Mile -- 29 October 2009 -- Schooner Wharf Bar **CANCELED**](#)
- [Zonta ABC 5K -- 7 November 2009 -- Higgs Beach **GP**](#)
- [Jewish Creek Bridge ½ Marathon & 5K Run/Walk-- 14 November 2009 – Key Largo](#)
- [Mariners Hospital 5K – 21 November 2009 -- Coral Shores HS](#)
- [Hog's Breath Hog Trot 5K -- 28 November 2009 -- Hog's Breath Saloon **GP**](#)
- [A Positive Step 5K -- 26 December 2009 -- Indigenous Park](#)

GP = Summer Grand Prix event – best 6 scores count



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
19	20	21	22	23	24	25 Hemingway Days 5K
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
6	7	8	9	10	11	12 Conchs CC Carnival
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 Founders Park Islamorada Splash and Dash
18	19	20	21	22	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 Jewfish Creek Bridge ½ Marathon & 5K Run/Walk
15	16	17	18	19	20	21 Mariners Hospital 5K
22	23	24	25	26	27	28 Hog's Breath 5K
29	30	1 DEC	2	3	4	5
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		



Editor's Corner



In case you didn't know, KWSR is on [Facebook](#). Come by, check us out, and become a fan. A special thanks to Easy Ed Salazar, for bringing the club into the social networking age.

We only had one race in September. It was the Conch Cross Country Carnival 5K on the Southernmost Golf Course in Key West. It was Youthful Hubris (19 & Under) vs. Sage Experience (20 & Over). Youthful Hubris dominated the male and female events. The cross-country teams are shaping up very nicely for a great cross-country season.

Only one event in October as well, the Splash and Dash Aquathon and Pumpkin Trot 1 miler in Islamorada is October 17th. The Aquathon is a 500-meter open water swim along with a 5K run. The Pumpkin Trot is a 1 mile fun run designed for the whole family.

November will be a busy month. We have races all month long.

[November 7, Zonta ABC 5K Run/Walk, 8:00 AM. Key West, call 305-294-6840](#)

[Jewfish Creek 1/2 Marathon and 5K November 14, 2009 Islamorada Florida](#)

November 21, Mariners Hospital 5K Run/Walk, Islamorada, Call 305-745-3027

[November 28, Hog's Breath 5K Hog Trot Run/Walk, 8:00 AM. Key West, Call, 305-296-0268](#)

See you on the road!

MANGIA MANGIA PASTA CAFE IN OLD TOWN WILL BE HOLDING A BENEFIT FOR KEY WEST HIGH SCHOOL CROSS COUNTRY ON NOVEMBER 6TH. YOU EAT, THEY DONATE!

THIS IS A WIN-WIN FOR EVERYONE, ESPECIALLY THOSE CHOWING DOWN.

20% OF THE PROCEEDS FROM THE ENTREES WILL BE DONATED TO CONCHS CC.

JOIN US ON TUESDAY OCTOBER 6TH!

OPEN AT 5:30 PM, SEATING UNTIL 10:00 PM.

THIS IS NOT A GROUP SEATING OR A TEAM BANQUET.

COME AT YOUR CONVENIENCE, AND BRING FAMILY OR FRIENDS!

900 SOUTHARD STREET, KEY WEST, FL 33040

305-294-2469

FOR MENUS AND DIRECTIONS, PLEASE VISIT THEIR WEBSITE

[HTTP://MANGIA-MANGIA.COM](http://MANGIA-MANGIA.COM)

MICHAEL AND HEATHER BARNES, OWNERS OF MANGIA MANGIA, WANT TO THANK THE COMMUNITY AND RECOGNIZE THEIR RENOWNED RESTAURANT'S TWENTIETH ANNIVERSARY BY ASSISTING TWENTY OF THE KEYS' MOST WORTHWHILE ORGANIZATIONS. "BY LOOKING FORWARD, WE'RE HONORING OUR PAST," SAID MICHAEL BARNES. ANNOUNCING THE THEM OF 20 YEARS, 20 CHARITIES, 20



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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Key West, FL 33045

3-08