



SOUTHERNMOST STRIDES

December 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.

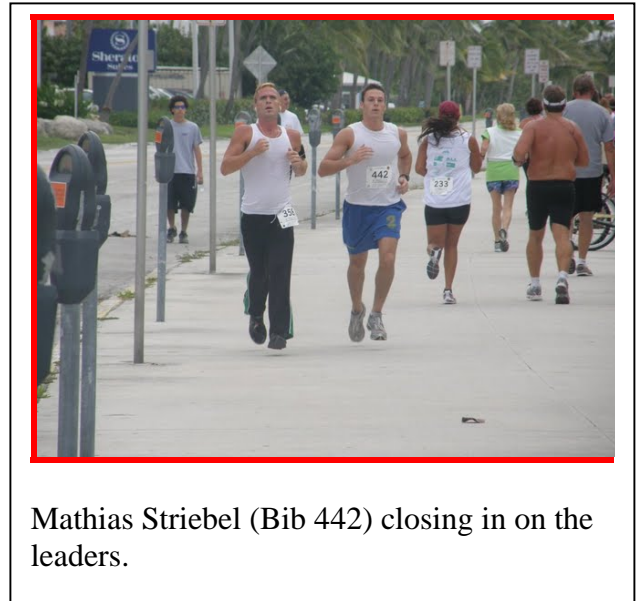


ZONTA ABC 5K RUN/WALK MARINERS HOSPITAL 5K RUN/WALK HOG'S BREATH 5K HOG TROT RUN/WALK

WOW. . .what a busy month for Keys racing. KWSR had 3 races during the month of November. We started with the Zonta ABC 5K won by Mathias Striebel (19:19) for the men and Joan Scholz (21:52) for the women. The youngsters took the Mariners Hospital 5K. Storm Mendez (18:58), 19 years old, won for the men and Samantha Score (22:46), 14 years old, won for the women. The Hog's Breath 5K Hog Trot ended the month with victories for Thomas Dever (17:05) for the men and Tami James (19:57) for the women.



Joan Scholz running away from the pack.



Mathias Striebel (Bib 442) closing in on the leaders.

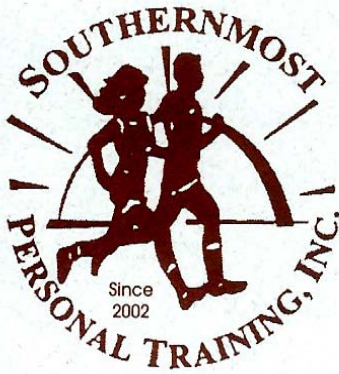
UPCOMING EVENTS

Dec 2nd: Members Social at Body Owners
Dec 26th: A Positive Step New Years 5K
Run/Walk

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
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**Juice
PLUS+**



Bill Springer
Personal trainer

Phone: 800-273-8197

juiceplusinfo.info

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

Juice Plus+® **THINS** are a natural dietary food supplement that reduces hunger and increases fat metabolism and energy!

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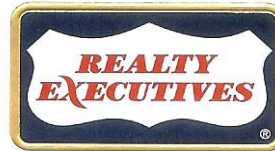
Juice Plus+® **VINEYARD BLEND**®, provides the nutritional essence of nine varieties of berries and grapes in convenient capsule form!



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of
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PIRATE WELLNESS CENTER

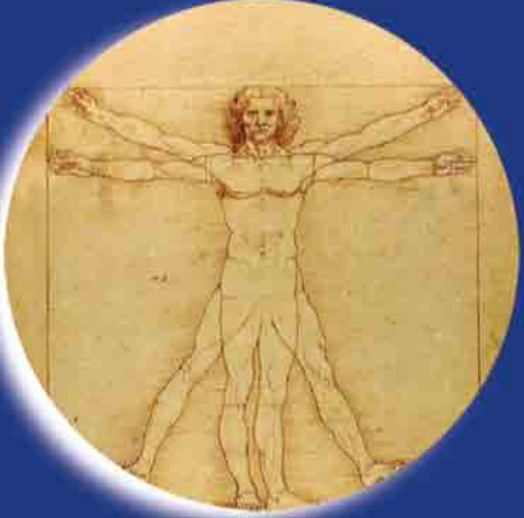
21460 Overseas Hwy on Cudjoe Key
(MM 21.4)

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)

BODY OWNERS



PHYSICAL THERAPY AND WELLNESS CENTER

December Members Social - December 2nd 7pm - 9pm at Body Owners Physical Therapy and Wellness Center

KWSR Members are invited to our December 2nd Christmas Social from 7 to 9pm at Body Owners Physical Therapy and Wellness Center located on Stock Island, 5450 MacDonald Ave., Suite 1. 305-294-8866
www.bodyownersphysicaltherapy.com.

*Please RSVP no later than November 25th if you are attending. I will reserve your professional gait analysis and stretching seminars. Please call or email Susan Kochan 305-304-0746 or slkochan@bellsouth.net.

Body Owners staff is donating their time and expertise; this event is free. We will serve food and drink.

Children are welcome but must be supervised at all times.

Please bring a wrapped secret Santa gift (under \$10 please). Non-members may join KWSR in order to attend. We encourage festive attire!

Don't miss this great opportunity to learn and socialize.

We'll see you all there!

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!



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

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>
54	m Lilla Whiteside (44)		9		12	12	10	9		2
33	m Joan Scholz (47)		10	10				12		1
25	m Laure Grube (46)		12	12						1
17	m Cindy McVeigh ()									17
17	m Sessie Welzien ()									17
10	m Greer Cornell (48)	8	1					1		0
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>
45	o Tracy McDonald (34)	9	6	7	8	7	8			0
42	o Natalia Duke (27)	10	7		9	8		8		0
39	o Priscilla Welzien (15)		4	9	10	6	9			1
30	o Morgan Nelson (15)		8			10	12			0
30	o Alyssa Sawyer (17)	12		8				10		0
29	o Rachel Baillargeon (34)		5	6	7	5		6		0
16	o Jane Welzien (11)		3	5	6	2				0

Men's Grand Prix Standings

<i>Pts</i>	<i>Male Masters Leaders</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>
58	m Martin Sykut (46)	12		12		12	10	12		0
27	m Ted Healy (52)		6		8			7		6
18	m Mike Behmke (42)	8	8			2				0
16	m Dave McMullen (49)		4	3		1	1	6		1
16	m Rick MacKenzie (54)									16
12	m Mark Bell ()									12
10	m Terry Doughtry (75)		1	1	5	1		2		0

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

Grand Prix results are current through November 7, 2009.

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 Miller 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 Jewish 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 Members Social	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 had 3 races in the month of November. How exciting is it to run in warm weather year around? We have it so good living in the Florida Keys. The Hog's Breath 5K Hog Trot ended the summer grand prix. The results should be ready for next month's edition. I think we are going to have some first time winners but we will just have to wait and see.

We have one race in December. A Positive Step 5K on December 26th. Yes, come run the Saturday after Christmas. It is a great way to spend Christmas. The weather will be warm, the course will be fast, and it is a great way to fight off all of the holiday eating.

We are starting up our group runs again. The group runs are being head up by new member Jen McKay. Jen has bought a new energy down from Jacksonville. So, get out there for the early morning runs and evening track workouts.

See you on the road!

PS – Don't forget the Members Social December 2 at Body Owners from 7pm to 9pm.



Storm Mendez at Mariners Hospital 5K



Samantha Score at Mariners Hospital 5K



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