



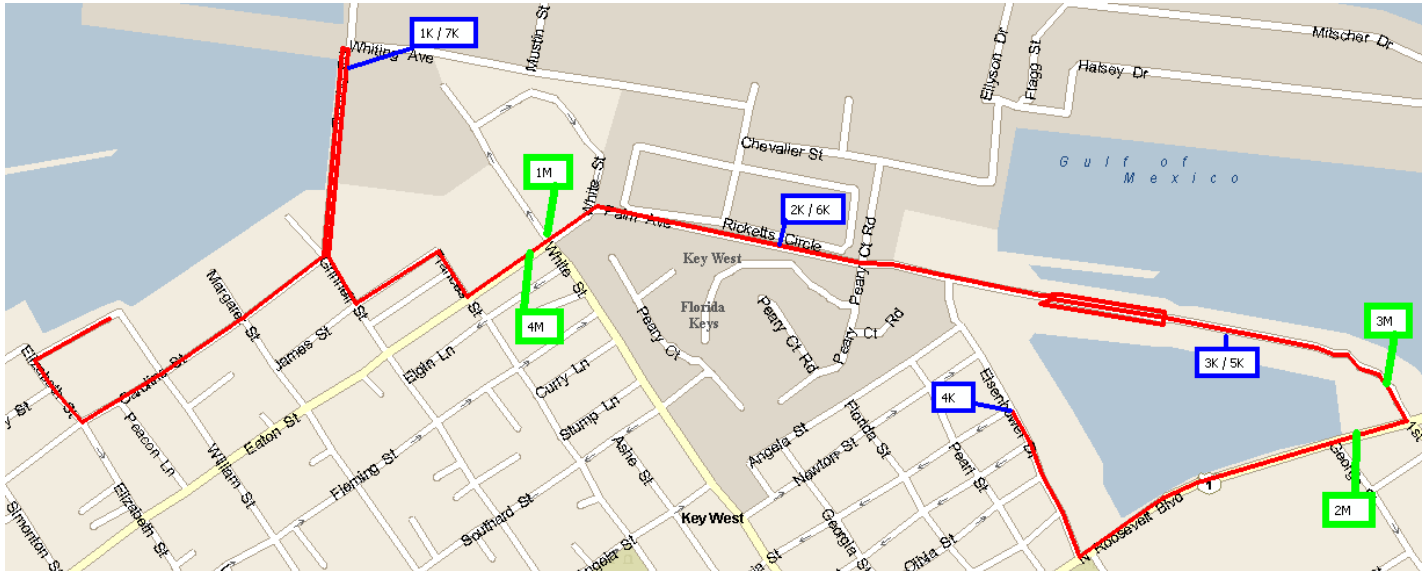
# IN STRIDE

June 2007

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.*



*The Big Dog has a new course! We were not allowed to use Fleming Key, so we wung it. This one goes both under and over Garrison Bight Bridge twice! See details in article below.*

## FEATURES:

- [NEW COURSE for the SW 8K!!](#) 1
- [Volunteers Desperately Needed!](#) 2, 8
- [Wesley House's Wonder Walk](#) 3
- [What Do Your Dues Do?](#) 4
- [New KWSR Finery On The Way](#) 4
- [KWSR Party: Info and Invitation](#) 5
- [KWSR Track: State Meet Success](#) 6
- [New Wrinkle in Grand Prix](#) 7
- [2007 Race Schedule](#) 9
- [Wonder Walk Photos](#) 10

Click any of the [🔗](#) to return to Page 1 (i.e., here)

Please note that all external links within will only work if you are connected to the Internet.

## SCHOONER WHARF 8K GETS A NEW LOOK

There's a new sheriff in town – or, at least, a new commander on the Navy base – and we have been given the polished boot off our usual course. The familiar Fleming Key route has had to be set aside after oh-so-many years, and a new and exciting configuration has been somewhat hastily put in place.

What's the same? Registration (Friday 5-7, Saturday 5:00-7:30 PM), start time (7:30) pre-race and post-race venue (The Schooner Wharf Bar at Key West Seaport), and the usual flavor of a BW Promo event (tons of raffle prizes, colorful T's, and lotsa victuals after the run).

But the course is one you've never seen. It will start at Schooner Wharf, but heads west out Lazy Way, left onto Elizabeth for one block, and left on Caroline past the municipal parking lot. It then angles left up Trumbo Road towards the gate to the base. You'll turn around just

>>> *Continued on p.2*

## KWSR SPRING SEASON PARTY!!

**Friday, June 8, 2007, 6:00-10:00 pm**  
**Indigenous Park and Bocce Courts,**  
**Atlantic Ave. & White St.**

Program: **Winter 2007 Grand Prix Awards & KWSR Bocce Championships**

## NEW ROUTE FOR SCHOONER WHARF



>>> *from p.1* outside the gate and return to the 4-way intersection [So far, it's just like the last half of the Fantasy Mile, but in reverse.]

When you get back to the 4-way, though, you'll go left up Grinnell towards Finnegan's Wake and Keys Energy. At this point, **SIDEWALK** running is encouraged.

The course then takes a left onto James (right in front of Keys Energy), then right onto Frances for a block, then left onto Eaton Street's **SIDEWALK**. **Do NOT run on the street!** You might get hit, and that would put a crimp in your post-race fun. Plus, you'd be cheating.

Eaton becomes Palm Avenue, and you stay on the sidewalk that runs along the northeast side of Palm. You pass Peary Court Road and approach Garrison Bight Bridge. Do you go over it?? NO!! At least not right away.

You veer left into the parking lot and run UNDER the bridge. You loop back out on the south side of Palm Avenue, and THEN you go up and over the bridge on that side of the road.

Follow that sidewalk to North Roosevelt and go right. At Eisenhower (just after Sub-Tropic Dive Center), take a right. You'll be on the street here. Your turnaround point (the 4K mark) will be a couple hundred yards ahead.

Screech a 180 and retrace your steps all the way back – GB bridge loop, Trumbo out-back, the whole shebang exactly as you just ran it (but face the other way, it's faster) – to the Caroline-Elizabeth-Lazy Way finish.

*REMEMBER, from the Turnaround Point to the Bridge, you'll find heavy 2-way runner traffic, so stay to the right, and let your fellow runners have a clear path.*

The last K-plus will be the exact same as the last K-plus of the Fantasy Mile.

Hey, we liked the peace and quiet of Fleming Key too, but this choice was not ours to make. This loop should work out OK; just keep your eyes and ears open!



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### **SW8K NEEDS VOLUNTEERS!!!!!!**

Perhaps you've heard, but the Schooner Wharf has a new course, and it is not in the serene solitude of Fleming Key. This course is out among the city streets, and they will be open and flowing with traffic.

KWPD will provide some traffic control, but as the field strings out, there is only so much they can do.

**WE NEED COURSE MARSHALS!!** Some will be little more than human signposts, but others will have to do their best traffic cop impressions, holding traffic and even closing a road (Frances/James) and rerouting traffic that wants to use it.

See the course description (left) and you'll see how many intersections, crossings, and driveways will need to be monitored.

**PLEASE HELP!!** If you are not running, and you can spare an hour of your time, this event desperately needs your assistance.

**Call Lilla, Call Lilla, Call Lilla, Call Lilla Whiteside at 393-5165** if you can lend a hand. If we have enough shirts, we'll see that you get one, and, of course, you're welcome to join in the post-race revelry!

## SMITH & GRUBE GRAB GOLD AT [WESLEY HOUSE](#) WONDER WALK/RUN 5K



The inaugural Wonder Walk 5K drew a good crowd of many familiar faces to yet another configuration of very familiar roads. Fine running weather graced the field along Higgs Beach, Smathers Beach and White Street Pier.

Key West's Jeremy Smith took home the first Wesley House award, breaking the tape at the finish in 17:49. Jeremy made a strong move at the 1-mile mark (reached in 5:35), and opened a gap over rival Martin Sykut from Marathon. The two pulled away from the rest of the field, with Martin, who was 1<sup>st</sup> Masters finisher, taking 2<sup>nd</sup> overall in 18:26, almost 2 minutes ahead of third placer Ron Payne.

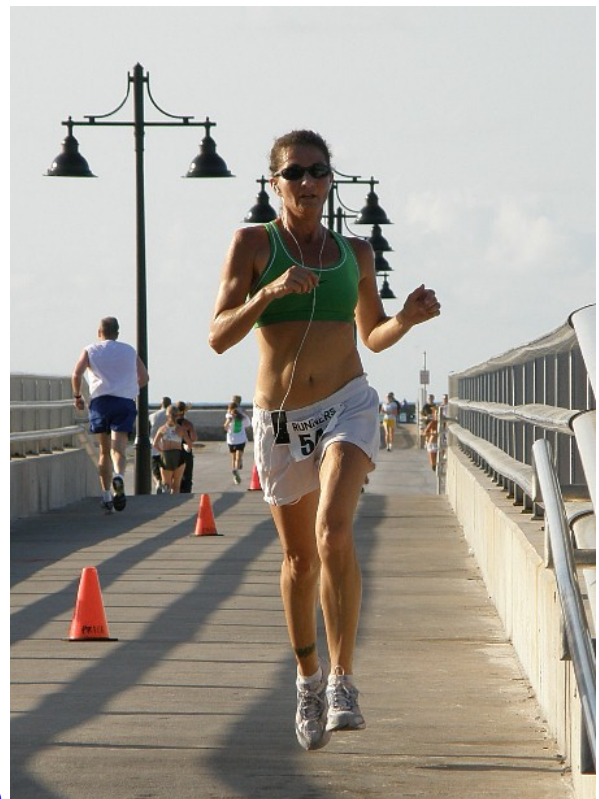
On the women's side, Marathon's Laure Grube turned the tables on Shelby Mattison, who had outrun her in their previous two head-to-head meetings (Turtle Trot and Half Shell). The two ran side-by-side past the mile post, and Laure made a move around the first turnaround and opened a little room on Shelby, who was running her first post-Boston race. Laure was able to extend her lead in the final mile and reached the line first in 21:33 (to Shelby's 22:15). Debbie Bertolini was third, and 1<sup>st</sup> Master, in 22:48.

The race also featured a 1.2K Kids Run, from the Salute start to the end of the Pier and back. Matt Leslie, 11, led from wire-to-wire and took the victory in 5:15. Priscilla Welzein, 12 (who had run the 5K in 24:28 a bit earlier), and Billy Welzein, 10 (his 5K was 23:06), took 2<sup>nd</sup> and 3<sup>rd</sup>, respectively, in 5:17 and 5:21.


The event allowed Wesley House to raise a tidy sum of money in the effort to help children and families throughout Monroe County. Barb Wright and her BW Promo crew put on their usual fine event, and a splendid time was had by all!



*Jeremy Smith had it sewn up with 300m to go*




*Debbie Bertolini danced her way to 1<sup>st</sup> Master and 3<sup>rd</sup> overall woman*



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## WE HAVE SOME NEW DUDS!

A couple of new items have been added to our stock. We still carry the shirts that you are familiar with – the club logo on the front and our club name on the back, in white, ash, or bright blue, and the white Dri Release tank tops – but we have added a little local color in our latest finery.

From the front, you won't know the difference, but from behind – where you want the other runners to see it – we have the famous green "Mile 0" sign, with our club name at the bottom of it, and the slogan "Run Till You Run Outa Road" emblazoned above and below it.

They come in white, in blinding Solar Yellow, and in dazzling Vulcan Green.

We are also in the process of getting KWSR hats. Top hats and derbies might have been nice, but we settled on the classic running cap, with appropriate fiber and visor. They will be available soon, possibly by July 4<sup>th</sup>.

So, wear your conch shell in style at races or out and about. They make great gifts for the envious runners in the Great White North as well!


They are available at KWSR meetings and at most races.

<u>Shirt</u>	<u>Member</u>	<u>Non-Member</u>
White Dri Release Tank Tops	\$18	\$20
Blue, White, or Gray Ash Tee	\$12	\$15
Mile Zero Tee	\$12	\$15

## The Common Question: What Do My Dues Do?

1. Fund Key West HS Cross Country and Track & Field:
  - Equipment: timing systems, hurdles, field event implements, uniforms, etc.
  - Travel: hotels and meals when our kids go on the road
  - CC trips to States & Regionals – a single away meet can cost well over \$1000
  - TF's State Meet – 8 kids, 2 nights, meals, gas, tolls .... \$1500 easy
  - Developmental camps for select athletes
2. Fund the Inner mechanisms of KWSR:
  - Club insurance through RRCA (over \$900 per year)
  - Race Bibs (over \$1000 per year)
  - Grand Prix prizes – dinners, certificates
  - Semi-annual Parties – food, beverage
  - Keeping equipment up-to-date – replacing, repairing, upgrading our race software and hardware
  - Club correspondence and promotional materials

Next time you pay those dues, look at it as your contribution to keeping the sport strong and thriving, for all ages and for all abilities, throughout the Florida Keys. We all thank you for it!!



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## KWSR Networking: Put your ad in *In Stride*

The cost of a business card sized ad is low -- \$10 a month or \$100 for 12 – and the exposure among your peers is good – more than 200 issues are mailed each month.

If you are interesting in posting an ad, send an email to [KWSRclub@aol.com](mailto:KWSRclub@aol.com), or mail a business card to:

KWSR Ads  
1904 Venetia Street #1  
Key West, FL 33040

## What ARE the dues?

<b>Individual</b>	<b>\$25</b>
<b>Family</b>	<b>\$35</b>
<b>Seniors (over 65)</b>	<b>\$15</b>
<b>Students (&lt;19)</b>	<b>\$00</b>

**Your dues cover you for 1 year from the date that we receive your payment.**

# **PARTY!!!**

## **The KWSR Summer Celebration**

### **FRIDAY, JUNE 8<sup>th</sup>**

### **6:00 – 10:00 pm**

## **McCoy Indigenous Park** **Corner of White Street and Atlantic Avenue**

### **FOOD**

Pizza, Wings, Chips, Salad, Etc.

### **DRINK**

Beer, Wine, Soda, Water  
You can bring your own too!

## **GRAND PRIX AWARD PRESENTATIONS**

Gift Certificates and Award Certificates to Top 7 in each category

### **...and...**

## **BOCCE!!**

**Test your skills in the First KWSR Bocce Challenge!**  
**We'll have Rules and Equipment and**  
**our Usual Zest for Competition!**  
**Individuals or 2-Person Teams!**

Contact Lilla Whiteside (393-5165) for more Info

## KWHS' Potalivo Wins Gold at States 7 Athletes Bring Home Medals



Hunter Potalivo put on a show at the FHSAA Class 2A State Championships, vaulting from third place into first, then twice smashing his own School Record, and giving the all-time State Record a serious scare.

The USF-bound senior from Sugarloaf won the event when he scaled 14'6", but really got the grandstands rocking with clearances at 15'0" (see photo, at right) and 15'6". On his second attempt at a new all-Florida record 15'10", he brushed the bar, and watched it quiver on its pegs as he took the long fall back to earth, only to see it shake loose and drop.

Hunter is the first State Champion for KWHS in Boys Pole Vault, but he's just the most recent in an ever-lengthening line of State medalists produced by Coach Dave Perkins.

Hali Lombardi captured the silver medal in the Girls Pole Vault with a 10'6" clearance. Only one vaulter in school history has jumped higher.

In all, seven KWHS athletes (all seniors) qualified for the trip to Winter Park, and, impressively, all seven came home with State Meet medals.

Marcus Bolden placed fifth in the 400 Meters in :48.68 – the #2 time in KWHS history. Caitlin

Holubar became the first KW discus thrower to medal, with her 7<sup>th</sup> place finish. She also ranks #2 all-time for the school in her event.

And, in the meet's closing event, the Boys 4x400 Meter Relay team of Mason Marshall, Bryan Silva, Keith Durden, and Marcus Bolden became the second-fastest foursome in KW annals with a 3:21.94, good enough to crack the top five. Congratulations to all coaches and athletes!



### ***KWHS at States: 7 athletes bring home 8 medals (L-R):***

*Coach Samia Fercha,  
Bryan Silva (4x400),  
Mason Marshall (4x400),  
Keith Durden (4x400),  
Hunter Potalivo (Pole Vault),  
Hali Lombardi (Pole Vault)  
Coach Dave Perkins,  
Caitlin Holubar (Discus Throw),  
Coach Ricky Ridenour,  
Marcus Bolden (400, 4x400)*



*Potalivo and Bolden will continue training and compete in the Golden South meet in early June.*

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## THE KWSR GRAND PRIX: SUMMER 2007

What is this Grand Prix? It is an intra-club competition. Runners score points against other club runners based on finish in designated races. The first KWSR finisher scores 12 points, 2<sup>nd</sup> scores 10, 3<sup>rd</sup> gets 9, 4<sup>th</sup> 8, 5<sup>th</sup> 7, all the way down to 2 points for the 10<sup>th</sup> finisher. Everyone who finishes gets a point, no matter what. Points go to KWSR members only. You may be 100<sup>th</sup> in the race, but still in the top 10 for the club.

We divide the season scoring into 4 categories: Open (under 40) and Masters (40 and up) for each gender. The scoring within the race is straight down the line, regardless of age, but the Open and Masters runners are kept on separate score sheets for the season.

We have two seasons in a year: the Winter season runs from December through April, and the Summer season goes from June till late November. The season consists of 8 races, and the best 6 scores of each runners count towards his/her total.

After 6 scores are posted, the best runners can do is to better their lowest score (i.e., replace a 7-point score with a 9-pointer, and so on).

The top three in each category win restaurant gift certificates. All of the Top 7's receive special GP Series Award Certificates.

The GP Series is designed to add some spark to our local races. We see one another a lot, and the infighting for points injects a tad more excitement into the events and makes for some spirited racing as the season climaxes.

Updated standings will be posted on the club website, usually within 24 hours of the race. If you see any mistakes, email me ([KWSRclub@aol.com](mailto:KWSRclub@aol.com)) and I'll fix them.

You can score points by volunteering at races!! A couple of Volunteer Points can make a big difference in a close competition. The VPs can be in addition to your race score. For instance, if you work the Friday registration, or do the manual results charts after the race, or assist with course set-up, the VP will be added.

In a BIG change, starting with Summer '07, the more races you volunteer for, the more VPs you'll earn. For instance, your first 2 races would be 1 VP each. If you volunteer for a 3<sup>rd</sup> or a 4<sup>th</sup> time, you'll get 2 points for each of those. Your 5<sup>th</sup>, 6<sup>th</sup> or 7<sup>th</sup> would get you 3 points each, and if you run the table, your final event would be worth 5 points. In all, you could tally up 20 points just by volunteering.

Now, why oh why are we adding this added wrinkle to an already complicated system? Simple: because WE NEED VOLUNTEERS!! We have a tidy core who work almost every race, and we're gonna burn out if a lot more of you don't start joining in the reindeer games.

Soooooo, if we make it a little worthwhile for ya, maybe a few more will opt for a clipboard or a yellow vest here and there when you might be sitting a race out anyway.

Is this fair? Absolutely! We are a Running club, yes, but we not only run IN the races, we also put ON the races. If we don't have the ON part, nobody will have the IN part.

So, do YOUR part, pad those point totals, and PLEASE give some of us a breather!

### THE GRAND PRIX AWARDS

1<sup>st</sup> Place ..... \$40 restaurant Gift Certificate  
2<sup>nd</sup> Place .....\$25 restaurant Gift Certificate  
3<sup>rd</sup> Place .....\$10 restaurant Gift Certificate  
4<sup>th</sup> through 7<sup>th</sup> .... GP Awards Certificate



## LOOKING FOR PEOPLE TO RUN WITH?

**KWSR Track Workouts** -- Key West High School -- **6:00 PM Wednesdays**  
**LONG RUNS (10 miles)** -- Sundays 7:30 AM on Big Pine Key -- (even-longer runs start earlier)

### Volunteers Needed! An Urgent Appeal For Help

We need you to help. Really. No kidding. This isn't just filler.

The following is a list of the standard volunteer positions needed for each race. The KWSR Board member listed oversees each area; you can contact them directly to let them know you are available for any given race.

Most jobs are very easy to do and don't involve a lot of time. Please consider making yourself available:

**Registration:** race eve and race day sessions – contact Mary Ann Nelson

Take entry blank, collect money. Print name, age, gender, shirt size on the bib.

For pre-registered runners: just hand out bibs and packets

**Course set-up & break-down:** early a.m. on race day – contact Rick MacKenzie

Pick up all course materials from warehouse and bring them to race.

Lay out cones, signs, and Mile/Km markers. Having a pick-up truck or a van is helpful.

Retrieve all course materials and return them to our warehouse.

(I usually do this solo, but we do need a back-up in case I can't make a race someday)

**Course Marshals** – contact Lilla Whiteside

Direct runners. Control traffic. The runners' first line of protection against the public.

**Finish line timers/judges** – contact Jim Smith

Run the Time Machine. Click back-up stopwatch. Judge close finishes.

**Chute Cops** – contact Jim Smith

Keep people in chute (i.e., don't let them climb out before we get their tag)

Make sure they stay in correct order (use force, if necessary)(within reason)

Assist exhausted runners (especially on hot days)

**Tag Processors** – contact Jim Smith

Tagger collects tags from bibs. Stringer places tags face down *in order* on blue strings

Scribe writes down bib numbers on chart

**Data Demons** (some savvy required) – contact Deb Rothstein

Enter entry info into Race Director program. Enter finish data and produce race results.

**WANT TO VOLUNTEER?** (Say "Yes!") **We can train you on the spot! It's fun, it's easy, and it's the volunteers who make the races possible!!! Contact Don Nelson (745-3027 or [don.n@juno.com](mailto:don.n@juno.com)) -- or Lilla Whiteside (393-5165 or [Lbutler30@aol.com](mailto:Lbutler30@aol.com)) you want to offer your services in any way for any race.**

#### Your Board of Directors

Lilla Whiteside, President: [LButler30@aol.com](mailto:LButler30@aol.com)

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Jim Smith, Treasurer: [Jimsmith@realtyexecutives.com](mailto:Jimsmith@realtyexecutives.com)

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Rick MacKenzie, Corr.Sect.: [KWSRclub@aol.com](mailto:KWSRclub@aol.com)

Don Nelson, SoFla RRCA Rep.: [don.n@juno.com](mailto:don.n@juno.com)

*The next B.O.D. meeting will be at the SoMoHo Conference room, May 30th @ 6:00 pm*



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Physical Therapist

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## KWSR Races 2007



<i>Date</i>	<i>Past Races (click link for Results &amp; Photos)</i>	<i>Men's Winner</i>	<i>Women's Winner</i>
Sat 1/13	<a href="#">The One-Hour Run @ Key West High School Track</a>	J. Williams 9:71 M	T. Brooks 7:21 M
Sun 1/28	<a href="#">Half Shell Half Marathon @ Land's End Marina</a>	M. Payson 1:18:14	M. Weiler 1:30:06
Sat 2/17	<a href="#">Presidents Day 5K @ Key West High School</a>	D. Wojtalik 17:02	L. Whiteside 21:56
Sat 2/24	<a href="#">DAS No Name 5K @ No Name Key</a>	M. Bernhard 17:44	A. Iselborn 18:32
Sat 3/17	<a href="#">Menendez Miler 5K @ Indigenous Park</a>	J. Smith 17:56	S. Mattison 21:31
Sat 4/7	<a href="#">Turtle Kraal's Turtle Trot 5K Run/Walk @ Land's End</a>	D. Wojtalik 17:27	S. Mattison 21:06
Sat 4/14	<a href="#">Earth Day Run/Walk @ Indigenous Park (2.95 miles)</a>	R. Black 17:55*	B. Millard 22:13**
Sat 4/21	<a href="#">The 7-Mile Bridge Run @ Marathon</a>	J. Bodnar 35:39	S. Uhl 38:40
Sat 5/5	<a href="#">Wesley House Wonder Walk &amp; Run 5K @ Higgs Beach</a>	J. Smith 17:49	L. Grube 21:33

<i>Date</i>	<i>Time</i>	<i>Remaining Races (click link for entry form)</i>	<i>Contact</i>
Sat 6/2	7:30 pm	<a href="#">Schooner Wharf 8K @ Key West Seaport**</a>	296-7182 (Barb)
Wed 7/4	7:30 am	Crime Stoppers 5K @ Sheraton Suites, SR Blvd**	304-1019 (Rick)
Sat 7/21	7:30 pm	<a href="#">Hemingway Days Sunset 5K @ Southernmost Point**</a>	296-7182 (Barb)
Sat 8/4	8:00 am	Coast Guard Days 5K @ TBA** (Tentative)	745-3027 (Don)
Sat 8/25	8:00 am	Conch Pride 5K @ Key West High School**	304-1019 (Rick)
Sat 9/8	7:30 am	Conchs Cross Country Classic @ KW Golf Club**	304-1019 (Rick)
Thurs 10/25	6:30 pm	Schooner Wharf Fantasy Mile @ Key West Seaport**	296-7182 (Barb)
Sat 11/3	8:00 am	Zonta ABC 5K @ Casa Marina Hotel**	294-6840 (Jo)
Sat 11/24	8:00 am	Hog's Breath Hog Trot 5K @ Hog's Breath Saloon**	296-0268 (Patrick)
Sat 12/8	8:00 am	Mariners Hospital 5K @ Islamorada	745-3027 (Don)
Sat 12/29	8:00 am	YMCA Family Fun 5K @ McCoy Indigenous Park	295-9622 ( )

\* = converted time (2.95M to 5K)

\*\* = Summer 2007 Grand Prix race



# More Photos from the Wesley House Wonder Walk 5K

