



# IN STRIDE

July 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.*



*Jon Williams had the lead at 5K, but would settle for 2<sup>nd</sup>.. Dale Filipowicz won the 35-39 AG and took 6<sup>th</sup> overall. Rachel Baillargeon was 3<sup>rd</sup> Female and an AG winner.*

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## BERTOLINI AND MATARAZZO CAPTURE BIG DOG 8K CROWNS

The waiting game turned out to be the winning strategy at the Schooner Wharf Run With The Big Dogs 8K on June 2<sup>nd</sup>. Both men's winner Kurt Matarazzo and women's champ Debra Bertolini posted come-from-behind victories on the new out-and-back course.

Miami's Jon Williams led the race through about 6K, but could not hold off Matarazzo, who bided his time in 3<sup>rd</sup> place at the turnaround before making his 2<sup>nd</sup> half charge to a 29:14 win. Williams maintained 2<sup>nd</sup> in 29:57, with fellow KWSR Martin Sykut (30:32) in third.

Bertolini's race was almost a carbon copy as she chilled through the outbound half and then left Rachel Baillargeon and early leader Zuzan Szaboova in her wake. Deb hit the finish line in 38:07, with a :38 margin over Szaboova and :59 over GP winter champion Baillargeon.

## KWSR EVENTS FOR JULY

**7/4 – 7:30 AM – Crime Stoppers 5K**

**Starts at Sheraton Suites**

**South Roosevelt Boulevard**

**7/21 – 7:30 PM – Hemingway Days 5K**

**Starts at Southernmost House**

**Corner of South & Duval Streets**

*>>> Continued on p.2*

## SCHOONER WHARF 8K

>>> from p.1

Cindy Vincent won the Women's Masters title, and Sykut's 3<sup>rd</sup> place earned him the Men's Masters award.

KWSR also picked up several Age Group (AG) wins: Priscilla Welzien (0-14), Julianne Welzien (15-19), Rachel Baillargeon (30-34), Claire Carroll (45-49), Sessie Welzien (50-54), and Pat Kersey (60-64) all scored the big tiles for the Women, while Jeremy Smith (25-29), Dale Filipowicz (35-39), Ashley Griffith (45-49), and Don Vertregt (55-59) did likewise in the Men's AG's.

The race covered a new course (see June edition) and it would not have worked without the tremendous turnout of volunteers who served as course marshals. More than two dozen spots needed to be covered on the city streets route, and left not one place unmarshalled. It was another case of the club stepping up when the need was great.

Kudos to race director Lilla Whiteside for a great job in handling all the twists and developments of course and venue and personnel.

Congrats as well to Barb Wright and her BW Promotions staff. And big thanks to Evalina Worthington and the folks at Schooner Wharf for hosting the event again.



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## SUNSET 5K NEEDS VOLUNTEERS!!!

The turnout for SW8K was excellent, and we will need a similar showing for the Hemingway Days 5K on **Saturday, July 21<sup>st</sup>**.

**WE NEED COURSE MARSHALS!!** The course, which will start near the Southernmost Point and proceed up Whitehead to Southard, will require the control of 15 intersections on Whitehead Street alone (plus another another 6 or more elsewhere on the course).

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

This is an **evening** race, so we'd need you to be at the starting area at the Southernmost House (corner of Duval and South) at **6:30 PM** to get your assignment and vest.

You may want to avoid the parking hassle by checking in early at the KWSR tent at Fleming and Duval during the Hemingway Days Street Fair (12:00-4:00 PM).

**Call Lilla Whiteside at 393-5165 or Don Nelson at 304-0091** 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 at the Hemingway Home!



## TERENCE WHITE AND DEBRA BERTOLINI TAKE THE REINS AT KWHS



Key West High School Cross Country enters a new era this fall, as a pair of dynamic Southernmost Runners are taking on the role of coaches.

The stepping-down of Dale Filipowicz and Stacie Bouchard created the openings, and the Conchs' administration has turned with confidence to Debbie Bertolini and Terence White. It will be the first coaching position for either.

Deb has also been given a full-time position as a freshman English teacher, which will give her good all-day availability and contact with the teams.

She has been running for 11 years and has completed 14 marathons including Boston, NY, Chicago, Marine Corps, and Disney. Her marathon PR is 3:38 at Palm Beach in 2004, which was best in her AG. Her PR at 5K is 21:18 at the Hog Trot in 2004. She has also run a dozen half-marathons, with the best coming in Budapest in 2003 (1:36).

Deb says that her best running memory is the completion of her first marathon at Disney in 1998: "the feeling of accomplishment has never been equaled.

"I'm looking forward to a great season. This year, we are going to ask more from ourselves and from each other, which will translate into success for our team."

Terence's running resume looks quite different. A key member of perennial Massachusetts powerhouse Chelmsford HS, he continued his career at UMass-Lowell, where he was on the 1991 NCAA II National Champion CC team.

He boasts impressive PR's of 1:58 for 800 meters, 4:19 for the mile, 9:22 for 2-miles, 14:54 for 5K, 25:10 for 5-miles, 1:23:50 for the half-marathon, and 3:11:45 for the marathon.

After college, Terence took some years off from running, largely due to work commitments, and returned to the sport when he moved to Key West in 2002.

"My favorite thing about running," he says, "is that there are always goals to shoot for regardless of age or natural ability."


Most importantly for the KWHS runners, both Deb and Terence have a fun and contagious love for the sport. We wish the kids and coaches the best of luck and success.

Go Conchs!



*Terence White will coach the KWHS Boys squad, with Debbie Bertolini taking over the Girls team*



 *(I just thought this was a very cool picture of Deb, so I ran it again.) ☺*

## KWSR ROCKS AT GOJI JUICE STROLL



You didn't see it on our schedule because we were not allowed to run in it, but KWSR members made the most impressive showing at the first-and-last Himilayan Goji Juice Fun Run/Walk 5K.

On a Tuesday morning, 200+ members of the Goji Juice Corporation disembarked from their cruise ship, all decked out in matching blue T-shirts and red sweatbands on their wrists. With weekday traffic precluding any use of normal roads, we had laid out a convoluted course using the Quay and the dirt trails of Fort Zack State Park.


The gun fired and the field crawled into action. Only about 20 of the group jogged, and, probably only about five or those lasted the whole 5K without stopping. (The first finisher was about 24:40.) Most of the rest just took a stroll. It was weird. Goji Juice is clearly not a performance enhancer.

Had we been given a proper description of what the group was going to do, we would have just handed them a map, sent them sauntering down to the SoMo Point, down Duval, and back up Truman Annex. It would have been much more in line with what they did, and they could have had a nice who-are-all-you-guys kind of exposure for their product, seen a much more representative part of Key West, had a much better time, and never even caused a ripple of interruption to the city's normal morning operation.

The BEST part of the event, by far, was the overwhelming number of KWSR who showed up on a Tuesday morning to serve as course marshals. We had yellow vests everywhere the Gojians looked. It was a great showing at a non-so-great "race."

MANY thanks to all for your assistance.

And, by the way, the club did get \$1000 for our involvement. Which is nice.



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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

## Southernmost Runners Shirts and Hats

We have hats! Proudly boasting the KWSR logo on the crown, these classic runner's hats will make you the envy of your peers. The price had not been set as of press time. They should be available by the July 4<sup>th</sup> race.

Also, we are working of a deal for climate-friendly wicking T-shirts. More on that story as it develops.

<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
Hats	Less	More



### KWSR Annual Dues

Individual	\$25
Family	\$35
Seniors (over 65)	\$15
Students (<19)	\$ 0

A signed application yearly is required to be a member in good standing, and keep you covered by our RRCA insurance.

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**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)**

**RRCA News**

**Headphone Ban, and Run at Work Day 9/21**

The Road Runners Club of America – the governing body of clubs like ours – and USA Track & Field have recently restated their discouragement of headphones and personal listening devices (e.g., iPods) in their sanctioned races.

The impetus for the ban is a safety concern reinforced by the death of a 27-year-old woman by a hit-an-run driver in California. She was wearing headphones and obviously did not hear the out-of-control vehicle approaching.

<http://www.rrca.org/components/print.php?type=newspost&num=2174>

The prohibition of headphones is nothing new – the small print of the waiver that we all sign before every race specifies that the earpieces, along with strollers, roller skates, and other things, are not allowed – but the enforcement has been rare.

In a statement of its rule, USATF offered their practical concern:

*The huge proliferation of MP3 players and other audio devices using headphones by road race participants constitutes a safety hazard. These devices can prevent runners from hearing critical instructions from course monitors, police, and other race officials.*

Likewise, Jean Knaack, the Executive Director of Road Runners Club of America, said, "We recommend against their use because they limit a runner's ability to be aware of their surroundings, especially things going on behind them and in their periphery."

In more positive news, RRCA announces that their 2<sup>nd</sup> annual Run At Work Day will be September 21<sup>st</sup>. Full details can be found at <http://www.rrca.org/programs/runatwork/>.

Also, please check out the RRCA website ([www.rrca.org](http://www.rrca.org)), and, specifically their quarterly magazine, Footnotes, at: <http://www.rrca.org/resources/footnotes/20070601footnotes.pdf>.



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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>	<b>J. Williams</b> 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	<b>L. Whiteside</b> 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>	<b>J. Smith</b> 17:56	<b>S. Mattison</b> 21:31
Sat 4/7	<a href="#">Turtle Kraal's Turtle Trot 5K Run/Walk @ Land's End</a>	D. Wojtalik 17:27	<b>S. Mattison</b> 21:06
Sat 4/14	<a href="#">Earth Day Run/Walk @ Indigenous Park (2.95 miles)</a>	R. Black 17:55*	<b>B. Millard</b> 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>	<b>J. Smith</b> 17:49	<b>L. Grube</b> 21:33
Sat 6/2	<a href="#">Schooner Wharf 8K @ Key West Seaport</a>	K. Matarazzo 29:14	<b>D. Bertolini</b> 38:07

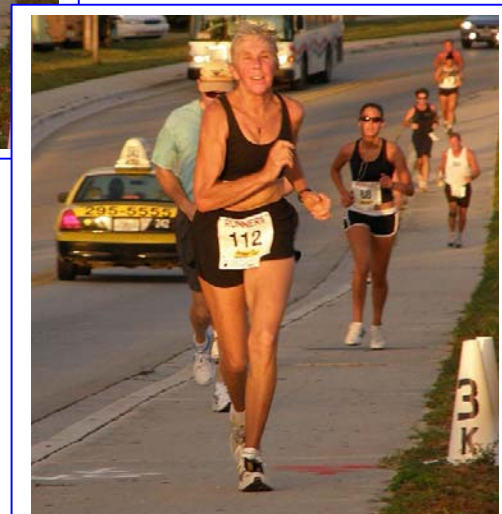
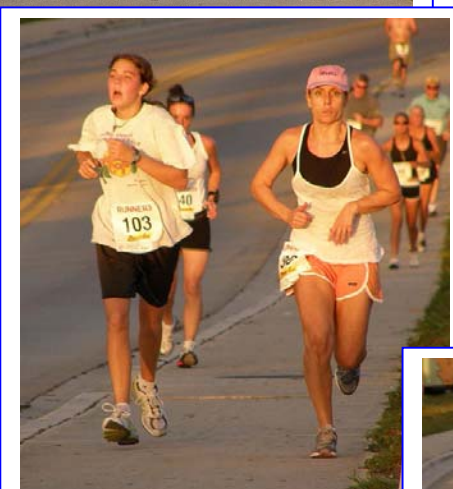
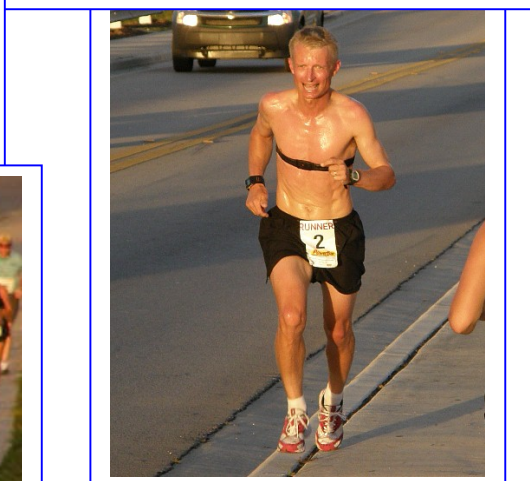
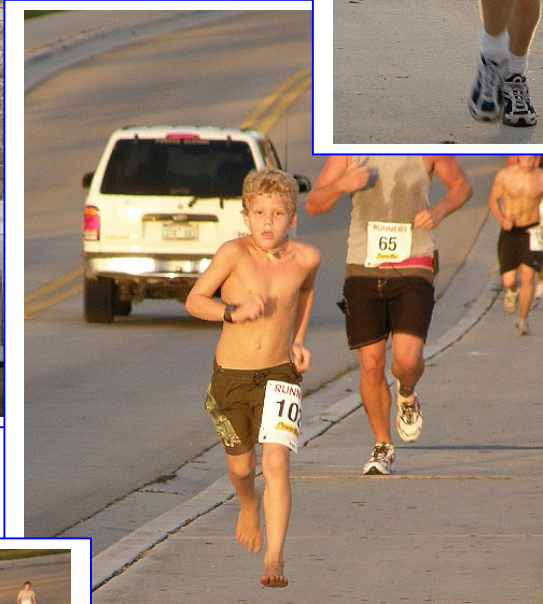
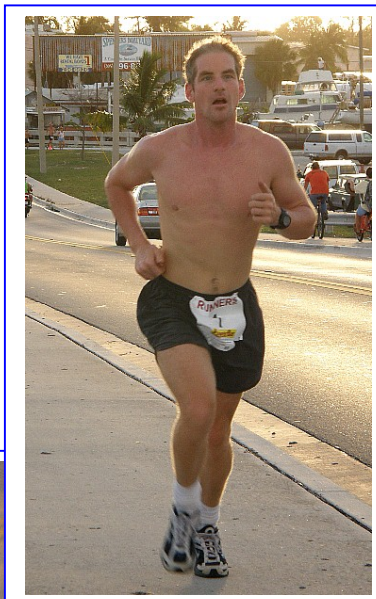
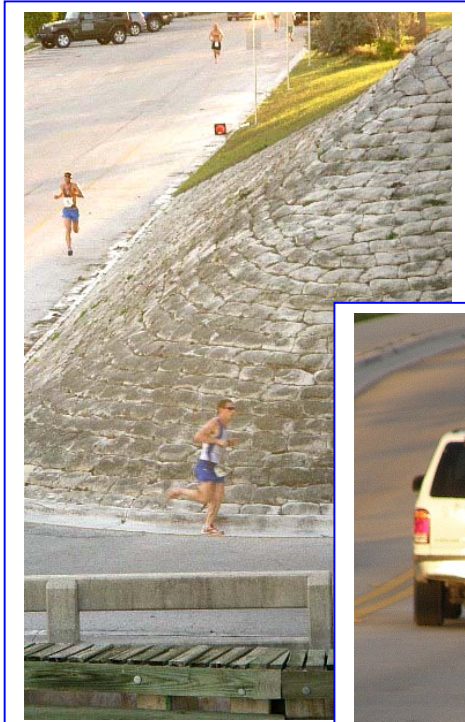
<i>Date</i>	<i>Time</i>	<i>Remaining Races (click link for entry form)</i>	<i>Contact</i>
Wed 7/4	7:30 am	<a href="#">Crime Stoppers 5K @ Sheraton Suites, SR Blvd**</a>	304-1019 (Rick)
Sat 7/21	7:30 pm	<a href="#">Hemingway Days Sunset 5K @ Southernmost Point**</a>	296-7182 (Barb)
Sat 8/4	8:00 am	Coast Guard Days 5K @ TBA** (Tentative)	304-2433 (Jim)
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 (Jamie)

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

\*\* = Summer 2007 Grand Prix race



## More Photos from the Schooner Wharf 8K



### Your Board of Directors

Lilla Whiteside, President: [LButler30@aol.com](mailto:LButler30@aol.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, July 25th @ 6:00 pm



## KWSR Summer Celebration Party



We had pizza, wings, and salad. We had cans o' beer, a box o' wine, plenty of soft drinks and lotsa water. We had Grand Prix Awards for the Winter Season (above). We had appreciative certificates and awards to our most dedicated volunteers. We had some threatening weather but not a drop of rain.

And we had a good time. If you weren't there, you must've been somewhere else.

Most entertaining of all, though, we had Bocce.

With Terence White on the mike as Referee and M.C., about a dozen 2-person teams rolled and bowled our way through an elimination tournament under the lights.

The Whiteside-MacKenzie team, after surviving the youthful zeal of Acacia and Kevin Grube in the semis, went down in flames in the final to a team of non-KWSR ringers.







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 passes to Hemingway House, \$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](http://www.southernmostrunners.com) PO Box 5923  
 Questions or more information: 745-3027, e-mail: [don.n@juno.com](mailto:don.n@juno.com) Key West, FL 33045