



IN STRIDE

August 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.



Goehring, Batista, and Laube set the pace at the 1500-meter mark of the Hemingway Days 5K. An impressive 375 runners finished the Saturday evening race with the southernmost Start and Finish in the contiguous USA.

OUTA-TOWNERS TAKE TITLES AT HEMINGWAY DAYS SUNSET 5K

Ohio, Germany, and New Jersey laid claim to the top spots in the men's race, while Florida, Ohio, and New Hampshire captured the big awards for the women at the 19th Annual Hemingway Days Sunset 5K Run.

The Southernmost House stepped up as race venue, giving a classic style to one of the Keys' classic races.

After a disappointing 6th place finish in '06 (18:56), 18-year-old Ohioan Jorell Laube came back to redeem himself and did so in fine fashion, following the pace of Berliner Daniel Goehring through 2.2-miles before putting the hammer down and surging to the lead as they re-entered Truman Annex.

Laube, who will run for Texas A&M this fall, charged to a 16:52 and a :27 victory margin.

Defending champion Jesus Batista, a 2006 graduate of Miami Killian HS, and bound for Florida Gulf Coast University, fought the good fight, but after missing two months of training with a stress fracture, lacked the conditioning to stay with his fitter rivals. Though he faded to 6th, he won his age group (AG).

For KWSR, Martin Sykut was top finisher, placing 8th overall, ahead of Jon Williams' 12th. Ashley Griffith edged out Hugo Cortes by :05 for the third spot.

On the women's side, Miami's Ashley Cusack and Ohio's Amy Kentner ran shoulder-to-shoulder to the Quay, where Cusack made a break and never looked back, winning by more than a minute in 20:23.

With husband Terence and infant son Atticus cheering her on at the water station, Abigail White ran to the top KWSR spot, picking up 12 GP points, in 22:50. Her sister Priscilla Welzien, 13, took the second GP place, with GP.... >>> *Continued on p.2*

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

KWSR RACES: August & September

Sat 8/25 – 7:30 AM

Road to Graduation 5K Run/Walk

Starts at Key West HS, 2100 Flagler Ave.

Sat 9/8 – 7:30 AM

Conchs Cross Country Carnival

5K races at Key West Golf Club

HEMINGWAY 5K

>>> from p.1 ...season leader Rachel Baillargeon ("I just didn't have a good one today") taking third.

In any race, there are hundreds of races, but one of the best may have been the battle waged between 9-year-olds Leanne Ellis, from Fort Myers, and KW's Garrett Buschman. Leanne stalked her male counterpart throughout, and pulled even at 2 miles (photo, page 6). They ran as a pair into the Annex, but Garrett's aggressive early pace may have cost him, as Leanne was able to edge away to the finish. Their times – and these are 9-year-olds, remember – were 23:21 and 23:35, respectively, placing them 66th and 71st – in the top 20% in the field of 375.

Abigail White (21-25) and Pat Kersey (60-64) were AG winners on the female side – Pat won her AG by 4:26!

Billy Welzien, 10, won the 14-and-under crown for males, with Sykut (40-44), Cortes (55-59), and Wayne Landrum (60-64) also scoring club AG wins.

Like the Big Dogs 8K, the race was forced to undergo another round of changes, as the familiar Mole Pier was deemed Out Of Bounds by the powers that be.

The East Quay proved an interesting substitute, but space limitations necessitated a strange "detour loop" that put a little cross country aspect into things, as well as a short up-and-back feint towards the Mole Pier Gate.

The extra turns and uneven patches most certainly slowed times in this usually-fast race.

As usual, this race could not have gone off without the great turnout of volunteers. With 27 course marshal slots to fill, two registration sessions to supply, along with the standard finish line and results crews needed, it took more than 40 people to make this race succeed. We blocked off one whole lane of Whitehead, and closed the country's southernmost corner.

Attaboy's and Attagirl's all-around to our volunteers! Congrats to Barb Wright and her BW Promo team on a job well done!



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COAST GUARD DAYS 5K CANCELLED

The changes in Navy policy that caused the re-routing of the Schooner Wharf 8K and the Sunset 5K have killed the Coast Guard Days 5K. Once a staple of the summer circuit, the modest-sized race on Fleming Key hopes to make a comeback in 2008 – an Olympic year.

The race has been on the calendar all year, so spread the word, especially to any Miami or Fort Lauderdale runners that you might know.

CONCH PRIDE 5K TO BE REPLACED AND RUN 2 WEEKS LATER

And while you're at it, let those folks know that the Conch Pride 5K, which at one time had been slated for 8/11/07, was cancelled long ago. Judging by a couple of recent phone calls, though, it lingers on the websites of some mainland clubs.

Taking the place of the Conch Pride 5K, will be the Road To Graduation 5K, which will be held on 8/25.

See details on page 5.



CRIME STOPPERS DRAWS NEAR RECORD CROWDS ON THE 4TH

More than 228 runners and walkers packed the promenade along South Roosevelt Boulevard as the Crime Stoppers Fourth of July 5K returned to their familiar east-then-west route after a year of construction-induced change.

Key West's David Wojtalik, 22, took command early and cruised to a win the men's race, crossing the line in 17:54, his :07 margin of victory making the race look closer than it ever was.

The women's race was a battle throughout, with Pennsylvanian Meredith Unger, 32, pulling away from Plantation's Alice Henley, 18, in the final kilometer for a comfortable looking :22 win, 19:13 to 19:35.

Third placers from Marathon ruled the KWSR roost, as Martin Sykut's 18:17 placed him third overall, and Laure Grube's 21:21 earned her 14th.

Jeremy Smith, Hugo Cortes, and Ashley Griffith took the next three Grand Prix places for the men, while Lilla Whiteside edged Brooke Millard by 3 seconds for the 10-pointer, with Abigail White looking very strong in the 4th spot.

Out-of-towners may have won the top prizes, but KWSR cleaned up in the Age Groups (AG). Women won 7 of the 12 AG's: Priscilla Welzien (0-14), Abigail White (21-25), Rachel Baillargeon (30-34), Laure Grube (40-44), Claire Carroll (45-49), Sheree Ganske (50-54), and Pat Kersey (60-64).

KWSR Men won 6 AG's: Billy Welzien (0-14), Felipe Rubio (20-24), Jeremy Smith (25-29), Martin Sykut (40-44), Hugo Cortes (55-59), and the indefatigable Richard Clements, who combined with Terry Doughtry for a 1-2 in the 70+ AG.

Congratulations to all, and especially to Greg Artman and his Crime Stoppers crew. Big thanks to Mark Bell for stepping in as Race Director!!

KWSR Annual Dues

Individual	\$25	Family	\$35
Seniors (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.



Laure Grube picked up 12 Grand Prix points, to move into a 3-way tie with Lilla Whiteside and Debra Betrolini in a heated Women's Masters competition.



Claire Carroll (pink shorts) was an AG champion, and Jim Brooks (with flag) carried the colors for the whole race.



Jeremy Smith (left) scored 10 and holds down second place in the Men's Open Division, of which he is Defending Champ



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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, or mail a business card to: KWSR Ads, 1904 Venetia Street #1, Key West, FL 33040

LOOKING FOR PEOPLE TO RUN WITH?

**KWSR Track Workouts at 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)

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.

Also, we are working of a deal for climate-friendly wicking T-shirts. More on that story as it develops. All are available at races and meetings.

Shirt

White Dri Release Tank Tops
Blue, White, or Gray Ash Tee, or Mile Zero T
Hats

Member Non-Member

\$18 \$20
\$12 \$15
\$18 \$20



Your Board of Directors

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The next B.O.D. meeting will be at the SoMoHo Conference room, August 29th @ 6:00 pm

KWHS Class of 2008 to Stage Fundraising 5K on 8/25



One door closes and another door opens. The Conch Pride 5K, which coincided with the mid-August opening of school the last couple of years, had been dropped from the schedule. Lack of sponsorship, and small turnouts, had doomed the fundraiser. Only a very generous donation from the Key West Police Motorcycle Crew kept the event from losing money in 2006.

But the demise of the CP5K opened up some room for a new event, and when KWHS Senior Class Vice President Elizabeth King, a 3-year veteran of the Cross Country program, was faced with the task of raising funds for the Student Activities Council, a race was the first thing that came to mind. She and her compatriots on the Executive Board contacted the club and asked if there were any openings in the schedule.

Available dates were weighed, and the 25th was deemed the best fit for both school and club calendars.

Already the energy of youth is paying off, as they have procured four major sponsors – Spottswood Companies, Florida Keys Community College, Manley deBoer, and the Law Firm of Garcia & Smith – and have gathered raffle prizes from dozens of merchants around the Lower Keys.

The race will take on many of the characteristics of the CP5K: packet pick-up and race registration will take place in the KWHS Gym Lobby, post-race awards and raffle will be in the air-conditioned Gym, and the race will start with a lap on the track and include a run down Government Road and back.

However, it will be a 7:30 A.M. start (rather than 8:00), and the course will not finish on the track. Instead, it will conclude with a sprint from Flagler right up the main driveway of the school, passing the big Conch Shell on the way to the finish line in the loop by the School Office. It will be a much grander finish than the almost-hidden loop around the track.

The kids are doing the legwork and getting the word in the streets. They are drumming up prizes and refreshments galore.

Plan on coming out on the 25th and bring friends! Support the Class of 2008, and help lay the groundwork for what we hope will become a KWHS tradition.

The Road to Graduation



Key West High School
25 August 2007

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GRAND PRIX UPDATE

<u>Pts</u>	<u>-</u>	<u>Male Masters Leaders</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>Vol</u>
34	m	Martin Sykut (44)	10	12	12						
22	m	Ashley Griffith (48)	6	7	9						
19	m	Hugo Cortes (54)	3	8	8						
14	m	Edward Healy (49)	2	3	5						4
6	m	Humberto Rubio (59)		6							
5	m	Jim Brooks (44)		1	4						
5	m	Graham Savage (42)		5							
5	m	Don Vertregt (57)	5								

<u>Pts</u>	<u>-</u>	<u>Open Men</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>Vol</u>
22	o	Jon Williams (38)	12		10						
19	o	Jeremy Smith (29)	9	10							
11	o	Billy Welzein (10)	1	4	6						
9	o	Felipe Rubio (23)	9								
8	o	Dale Filipowicz (37)	8								
8	o	Patrick Leslie (39)	1		7						
7	o	Jon Stabile (35)	7								

<u>Pts</u>	<u>-</u>	<u>Female Masters Leaders</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>Vol</u>
13	m	Debra Bertolini (45)	12								1
13	m	Laure Grube (43)		12							1
13	m	Lilla Whiteside (42)		10							3
11	m	Claire Carroll (44)	7	4							
11	m	Pat Kersey (63)	3	2	6						
9	m	Cindy Vincent (46)	9								
7	m	Sharee Ganske (52)		7							
7	m	Sessie Welzien (48)	6								1
7	m	Yasmin Bharucha (29)	1	1	5						

<u>Pts</u>	<u>-</u>	<u>Open Women</u>	<u>1</u>	<u>2</u>	<u>3</u>	<u>4</u>	<u>5</u>	<u>6</u>	<u>7</u>	<u>8</u>	<u>Vol</u>
26	o	Rachel Baillargeon (32)	10	6	9						1
23	o	Priscilla Welzein (12)	8	5	10						
20	o	Abigail White (23)		8	12						
16	o	Solene Huchon (31)	5	3	8						
10	o	Julianne Welzein (17)	2		7						1
9	o	Brooke Millard (26)		9							
5	o	Georgia Welzein (14)	1	1	3						
5	o	Jennifer Leslie (38)	1		4						

- (1) 6/2 - Schooner Wharf 8K,
- (2) 7/4 - Crime Stoppers 5K,
- (3) 7/21 - Hemingway Days 5K
- (4) 8/25 - Road To Graduation 5K
- (5) 9/8 - Conchs Cross Country Carnival (KWSR members only)
- (6) 10/28 - The Fantasy Mile
- (7) 11/10 - Zonta ABC 5K
- (8) 11/24 - Hog's Breath hog Trot 5K

Fantasy Mile Gets GP Status

The cancellation of the Coast Guard Days 5K left the GP Summer schedule one race shy of its standard 8 races. With a gulf of time between the 9/8 Conchs Cross Country Carnival and the 11/10 Zonta ABC race, the short and festive Schooner Wharf Fantasy Mile cried for inclusion.

Thus, you can all add Thursday 10/25 to your race calendar – if it wasn't already there – and sharpen up your elbows for some fast and furious miling in the streets of Old Town. Bring your pet, don a costume, or race in your fastest finery.

The front of the pack is always racing hard for the honor of being the World's Fastest Miler in Key West This Night, and the rest are there for the Fantasy Fest fun and frolic. But the GP status should stir things up a bit.

As usual, your season score is your best six (6) races, but this year, if you run more than six, you get a point for the 7th and 8th ones.



Just a sample of the festive attire of the Fantasy Mile

The Carnival Comes to Town



No, not really, it's just a name, but the Conchs Cross Country Carnival at Key West Golf Club on Saturday, September 8, does promise to be fun and fan-friendly.

The CCCC is a KWSR-only function, and pits the Youthful Hubris team of 19-and-unders against the savvy vets of the Sage Experience squad (20 and up).

For those who ran last year, this will seem like a very different event. Genders will race separately, and it will be held on the old familiar two-loop 5K course.



Healy, Welsh, Welzien and Griffiths shored up the Sage Experience team of 2005

The males take to the fairways first, at 7:30 a.m., with the females following at 8:00. Scores will be kept, dual-meet style, with the top five finishers for each side scoring points for the team. The male score and the female score are then added together to determine the overall winner.

The races will take place on the traditional Price Loop, which has been used by the KWHS Cross Country team since the late 90's. Construction forced the creation of a new course last year, but that has been retired forever.

The best part is all of that it is FREE. Yes, no entry fee at all. But there are also no prizes, T-shirts or raffles, proving that freedom does indeed have its cost.

See next month's *In Stride* for more info.



KWSR Races 2007



<i>Date</i>	<i>Past Races (click link for Results & Photos)</i>	<i>Men's Winner</i>	<i>Women's Winner</i>
Sat 1/13	The One-Hour Run @ Key West High School Track	J.Williams 9:71 M	T.Brooks 7:21 M
Sun 1/28	Half Shell Half Marathon @ Land's End Marina	M.Payson 1:18.14	M.Weiler 1:30:06
Sat 2/17	Presidents Day 5K @ Key West High School	D.Wojtalik 17:02	L.Whiteside 21:56
Sat 2/24	DAS No Name 5K @ No Name Key	M.Bernhard 17:44	A.Iselborn 18:32
Sat 3/17	Menendez Miler 5K @ Indigenous Park	J.Smith 17:56	S.Mattison 21:31
Sat 4/7	Turtle Kraal's Turtle Trot 5K Run/Walk @ Land's End	D.Wojtalik 17:27	S.Mattison 21:06
Sat 4/14	Earth Day Run/Walk @ Indigenous Park (2.95 miles)	R.Black 17:55*	B.Millard 22:13**
Sat 4/21	The 7-Mile Bridge Run @ Marathon	J.Bodnar 35:39	S.Uhl 38:40
Sat 5/5	Wesley House Wonder Walk & Run 5K @ Higgs Beach	J.Smith 17:49	L.Grube 21:33
Sat 6/2	Schooner Wharf 8K @ Key West Seaport	K.Matarazzo 29:14	D.Bertolini 38:07
Wed 7/4	Crime Stoppers 5K @ Sheraton Suites, SR Blvd	D.Wojtalik 17:54	A.Henley 19:35
Sat 7/21	Hemingway Days Sunset 5K @ Southernmost Point	J.Laube 16:52	A.Cusack 20:23

<i>Date</i>	<i>Time</i>	<i>Remaining Races (click link for entry form)</i>	<i>Contact</i>
Sat 8/25	7:30 am	Road To Graduation 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 Hemingway Days Sunset 5K



Still More Photos from the Hemingway Days Sunset 5K



And Some Photos from the Crime Stoppers 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 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

PO Box 5923

Questions or more information: 745-3027, e-mail: don.n@juno.com

Key West, FL 33045

1-07