

South Florida Running Forum Event Calendar

April

7	The Great Amazing Race, Family friendly adventure/obstacle race, Commons Park, RPB 10:00 AM	info@greatamazingrace.com
7	Healthy Broward Run & Walk 5K, Markham Park, Sunrise	7:30 AM yourcoachbob@aol.com
7	Coley Run 5K & Dog Trot, Dreher Park, West Palm Beach	7:30 AM madeleine@pbrace.com
8	Ron Jon Cocoa Beach Triathlon, .25 Mile Swim, 12 Mile Bike, 3.1 Mile Run, Cocoa Beach	www.cocoabeachtriathlon.com
8	4 th Annual Krista-Marie Touch of Love Charity 5K, CB Smith Park	7:30 AM www.krista-marietouchoflovecharity.org
8	Miami Key Biscayne Half Marathon & 10K, Miami Marine Stadium	6:45 AM www.multirace.com
14	Walk for Wishes 5K Walk/Run, Zoo Miami	8:30 AM www.walkforwishesfla.net
14	RaceTrac's Run For Research 5K/1K Run/Walk, Gadsden Park, Tampa	8:00 AM logan@eventssouthwest.com
14	Run With The Cops 5K, Dreher Park, West Palm Beach	7:00 AM www.accuchiptiming.com
14	18 th Annual Riverwalk Run 5-Mile/5K, & 1K Kid's Run, Huizenga Plaza	8:00 AM www.riverwalkrun.com
14	37 th Annual 7-Mile Bridge Run, Marathon	7:20 AM www.7mbrun.com
15	South Beach Triathlon, Lummus Park	www.southbeachtriathlon.com
21	Shake, Rattle & Run 5K, John Prince Park, Lake Worth	7:30 AM www.shakerattlerun.com
21	KWS Earth Day 5K , Indigenous Park, Key West	8:00 AM www.southernmostrunners.com
21	9 th Annual Covenant House Florida 5K on A1A, Fort Lauderdale	7:00 AM www.5kona1a.com
21	Great Strides Miami Lakes Walk/Run 5K, Graham Park/Meadow Park	9:00 AM florida@cff.org
21	3 rd Annual Brave Children 5K, Riverbend Park, Jupiter	7:30 AM madeleine@pbrace.com
22	Run From The Rays 5K Run/walk & 1-Mile, Spanish River Blvd, Boca Raton	7:00 AM www.tinyurl.com/y93wldre
26	Duval Mile, Key West	7:00 PM runonn@gmail.com
28	3 rd Annual Garden of Life Sun Run 5K, PGA National Resort, Palm Beach Gardens	7:30 AM lgallo@gardenoflife.com
28	8 th Annual Mariners March 5K Walk/Run, Key West	8:00 AM beth@themeruns.com

May

4	8 th Annual SunFest TGI 5K, Downtown Waterfront, West Palm Beach	5:30 PM www.sunfest.com/tgi5k
5	Inaugural Deltas on the Run 5K, Hollywood Beach Broadwalk	7:00 AM www.tinyurl.com/y93fk8ke
5	28 th Annual Turtle Trot 5K Run, Ocean Cay Park, Jupiter	7:30 AM julie@jupiter.fl.us
5	Run for the Angels 5K, Pompano Airpark	7:30 AM www.tinyurl.com/y8m4kote
6	USA Beach Running Championships, 10K & 1/2 Marathon, Cocoa Beach	www.runonthebeach.com
6	Music for Healing 5K, FAU Campus in Boca Raton	7:30 AM bress@southfloridaent.com
12	8 th Annual Women for Women 5K/10K, Bryant Park, Lake Worth	7:00 AM www.womenforwomenrun.com
12	16 th Annual Lou Gehrig's Disease 10K Run and 5K Run/Walk, Coconut Grove, Miami	7:30 AM info@alsrecovery.org
19	11 th Annual KEYS100, 100Mi/50Mi Indiv & 6-Runner 100Mi Team Relay, Key Largo to Key West	www.keys100.com
19	Stacey Konwiser Memorial Save The Tiger 5K, Palm Beach Zoo	7:30 AM www.palmbeachzoo.com
19	March For Cancer 5K Run/Walk, DC Alexander Park, Fort Lauderdale	7:00 AM contact@marchforcancer.org
26	KWS Southernmost Seminole 5K Renegade Run , Key West	7:30 PM www.southernmostrunners.com
28	TCR 27th Annual Run For The Pineapple 5K , Seawall's Point Part, Stuart	7:00 AM www.runsignup.com
28	Memorial Day 5K & 1-Miler, YMCA Boca Raton	7:00 AM runedgetom@gmail.com

June

1	Heroes in Recovery Virtual Race Series	sarah.tortorella@frnmail.com
3	Run for the Ribbons 5K & 1-Mile, Lynn Cancer Institute, Boca Raton	7:00 AM runedgetom@gmail.com
9	6 th Annual Bottoms Up Beer Run 4K, Wickham Park, Melbourne	6:00 PM bottomsup@saaz.org
16	42 nd Annual Swim Around Key West	8:30 AM www.southernmostrunners.com
30	GFL Freedom 5K, Quiet Waters Park, Deerfield Beach	7:00 AM www.gflrrc.org

July

14	GFL Fun Fit Challenge 5K, Tradewinds Park, Coconut Creek	7:00 AM www.gflrrc.org
21	25 th Anniversary Hemingway 5K Sunset Run/Walk & Paddleboard Race, Key West	www.keywesthalfmarathon.com
28	1 st Annual Kettle Krush 5K, Markham Park, Sunrise	7:00 AM gregory.jackson@uss.salvationarmy.org

August

4	5 th Annual Cobra 5K, Christa McAuliffe Middle School, Boyton Beach	7:00 AM westboytonroadrunners@gmail.com
18	KWS Conch Cross Country Classic 5K (members only!)	7:30 PM www.southernmostrunners.com

September

1	Save The Jaguar 5K, Palm Beach Zoo	7:30 AM www.palmbeachzoo.com/save-the-jaguar-5k-2018
1	Heroes Salute 5K Walk/Run, Duck Key	8:00 AM beth@themeruns.com
29	Red Shirt Run 5K Run/Walk, Key West	8:00 AM beth@themeruns.com

October

6	SoMo Marathon, Half Marathon & 5K, Key West	5:30 AM www.somomathon.com
13	7 th Annual Pursuit of Honor, Courage & Commitment 5K Run/Walk, Charnow Park	7:30 AM www.tinyurl.com/ybpuh4vy
21	Running For The Bay, Marathon, Half, 10K, 5K & Ultra 50K, Apalachicola Bay	7:15 AM www.runningforthebay.com
22	Heroes and Villains 5K Run/Walk, Key West	6:00 PM beth@themeruns.com
28	GFL Halloween Spooktacular 5K, TY Park, Hollywood	8:00 AM www.gflrrc.org

November

11	Inaugural Cape Canaveral Lighthouse Foundation Half Marathon	www.runthecape.com
22	PBR Run 4 The Pies 4-Miler & Pumpkin 1-Miler , Constitution Park, Tequesta	8:00 AM www.accuchiptiming.com
22	38 th Annual Tamarac Turkey Trot 5K, Tamarac City Hall	7:30 AM www.splitsecondtiming.com
22	Hawks Cay Turkey Trot 5K Run/Walk	9:00 AM beth@themeruns.com

December

2	The Palm Beaches Marathon, Half Marathon & 5K, Flagler Drive, West Palm Beach	www.palmbeachesmarathon.com
8	PBR 21st Annual Classics By The Sea 5K/10K & Kid's 1-Miler , Carlin Park, Jupiter	7:30 AM www.accuchiptiming.com
22	Santas Run For Our Kids 10K, 5K & Kid's Run, Central Park, Winter Haven	7:00 AM www.whoptimist5k10k.com
22	GFL Jingle Bell Jog 5K, Sunset Park, Plantation	8:00 AM www.gflrrc.org

January 2019

20	Marathon Bahamas, 26.2, 13.1 & 4-Person Relay, Nassau, Bahamas	6:00 AM pamelamrichardson@gmail.com
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Participating South Florida Running Clubs

GFL Gtr Ft Lauderdale Road Runners
GFLRRC.org

KWS Key West Southernmost Runners
SouthernmostRunners.com

TCR Treasure Coast Running
TCRunning.org

PBR Palm Beach Roadrunners
PalmBeachRoadrunners.com

SF RUNNING FORUM

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Advertising: Ad 'reservation' is the 1st of the preceding month and 'copy' is due on the 10th of the month. Ad reservations are final on the 1st and no refunds will be given! Please visit www.SFRunningForum.com for complete details.

Participating **SFRF Club** events appear in **Boldface**.
The '3-letter' designation after the date is the Club reference.

ATTENTION RACE DIRECTORS

To avoid conflicts with other events get your race listed, as soon as possible, on the **SFRF Event Calendar**. Send your request to the Editor.