

South Florida Running Forum Event Calendar

February

2	10 th Annual Walk For Wishes Broward County, Markham Park, Sunrise	8:30 AM	walkforwishesfla.net
2	Young Singers Mary Murray Scholarship 5K, Okeechelie Park, West Palm Beach	7:30 AM	yspb.org/5k
2	Diamond Dash 5K +, Carsons Tavern, Stuart	4:00 PM	lisa@teammholland.info
2	Chariots of Fur 5K Run/Walk & 1-Mile Fun Run, Seawalk Pavillion, Jacksonville Beach	1:00 PM	jimshieldsmra@comcast.net
2	Hawks Run This Village 5K, Doctors Charter School, Miami Shores	9:00 AM	andrewk@doctorscharterschool.org
3	17 th Annual Coconut Creek Butterfly Run 5K, Tradewinds Park	7:00 AM	butterflyrun.com
3	Cooper City/Richardson 5K, Cooper City Sports Complex	8:00 AM	tinyurl.com/ya2uz5bf
9	7 th Annual Barrier Free 5K Run/Walk, Barrier Free Park, Boynton Beach	7:30 AM	tinyurl.com/ybljofl
9	Heart N Sole 5K/12K Run/Walk, Coral Springs Tennis Center	6:00 AM	parklandcares.org
9-10	The Florida Marathon & Half Marathon Weekend, Melbourne	7:00 AM	thefloridamarathon.com
9-10	Daytona Beach 1/2-Marathon & 5K, Race from the Speedway to the Beach and back!	7:30 AM	daytonabeachhalf.com
10	14 th Annual Run Through Central Park 5K Run & Fitness Walk, Plantation	7:00 AM	rundepot@aol.com
16	9 th Annual LOOP For Literacy, Walk Run Bike, Bryant Park, Lake Worth	7:00 AM	literacyabc.org
16	15 th Annual Stepping Out to Cure Scleroderma 2-Mile Walk/Fun Run, Tradeswinds Park	9:00 AM	tinyurl.com/ydxybzuz
16	Inaugural TanAngels4Ever 5K Run/Walk, John Prince Park, Lake Worth	7:30 AM	tinyurl.com/y88fnpsg
16	11 th Annual Family Values 5K Run/Walk, Davie	9:00 AM	jadler@sherdanhouse.org
16	Quack Attack on Poverty 5K, Harbor Park at Lake Baldwin, Orlando	8:00 AM	jimshieldsmra@comcast.net
19	2 nd Annual Levis JCC Sprint & Sip 5K Run/Walk, South Regional Park, Boca Raton	7:00 AM	laurenk@levisjcc.org
23	Outrun Hunger 5K, Hollywood Beach Broadwalk	8:00 AM	sbrown@feedingsouthflorida.org
23	Bean Automotive Group Live Like Bella Superhero 5K, Zoo Miami	8:00 AM	monica@livelikebella.org
23	Heart 2 Heart 5K Run/Walk & 1-Mile Fun Run, Douglas GA	8:00 AM	jimshieldsmra@comcast.net
23	32 nd Annual Real Florida 5K/10K, Wekiwa Springs State Park, Apopka	8:30 AM	jimshieldsmra@comcast.net
23	5 th Annual NHS Golden Eagle Run 5K, Lowdermilk Park, Naples	7:30 AM	fundraising@napleshighband.com
23	Walk Like MADD & MADD Dash Miami 5K, Tropical Park, Miami	7:30 AM	walklikemadd.org/miami
23-24	Publix Gasparilla Distance Classic, Tampa		tampabayrun.com
24	Florida Brain Cancer 5K, John Prince Park, Lake Worth	8:00 AM	deana.martin@abc2.org
24	Tour de Broward 5K, Miramar Regional Park, Miramar	8:00 AM	jmassadeghi@mhs.net

March

2	GFL St Patrick's 10K, Tradewinds Park, Coconut Creek	7:00 AM	gflrrc.org
2	13 th Annual Sombbrero Beach Run, 15K Challenge, 10K Run, 5K Run/Walk	8:00 AM	sombbrerobeachrun.com
2	Meet Me At The Race - Sunset Stride 5K, Wellington National Golf Club	4:00 PM	tinyurl.com/yyg5oye4
2	The Alexandra's Angels MS Challenge 5K, Birch State Park, Fort Lauderdale	7:30 AM	info@alexandrasangels.org
3	TCR Marathon of the Treasure Coast, Half, 10K, 5K, Memorial Park, Stuart	6:30 AM	treasurecoastmarathon.com
3	Spring Meadows 5K/Mile, Sanford	8:00 AM	jimshieldsmra@comcast.net
3	12 th Annual I Care I Cure...I Run 5K Run/Walk, Nova Southeastern University, Davie	8:00 AM	icareicure.org
3	Lustgarten - Pancreatic Cancer Research 5K, FAU Boca Campus, Boca Raton	8:00 AM	awalsh@lustgarten.org
9	8 th Annual Everglades Ultras, 50-Mile, 50K, 25K, Fahahatchee Strand Preserve	6:00 AM	evergladesultras.com
9	Shamrock Shimmy 5K Run/Walk, Wildwood City Hall	8:00 AM	jimshieldsmra@comcast.net
9	Fight For Air Climb - Miami, One Biscayne Tower	8:30 AM	kayle.rourke@lung.org
10	7 th Annual Hearts at Work 5K Run/Walk, Markham Park, Sunrise	7:00 AM	stuc11ker@aol.com
10	10 th Annual SunSmart 5K, Bill Baggs Cape Florida State Park	7:30 AM	umsunsmart@gmail.com
10	Strive 5 for the Hive 5K Run & 3K Walk, The Gardens Mall, Palm Beach Gardens	8:00 AM	kiwanis.allamanda@yahoo.com
16	PBR 43 rd Annual Shamrock 10-Miler & 5K, John Prince Park, Lake Worth	7:15 AM	shamrock.palmbeachroadrunners.com
16	Equal Access Clinic 5K, Southwest Recreation Center, Gainesville	8:00 AM	jimshieldsmra@comcast.net
23	Race For Women's Wellness Half Marathon & 5K, Coral Springs Tennis Center	6:00 AM	tinyurl.com/y7p4pbc
23	Gator Clot Trot 5K Run/Walk, Depot Park, Gainesville	8:00 AM	jimshieldsmra@comcast.net
30	4 th Annual Run With The Cops 5K, Dreher Park, West Palm Beach	7:00 AM	runwiththecops5k.pbrace.com
30	Fools Day 5K Run/Walk, South Causeway Park, Fort Pierce	8:00 AM	geoff@upcenters.org

April

6	8 th Annual Walk For Wishes Miami-Dade, Zoo Miami	8:00 AM	walkforwishesfla.net
6	Shake, Rattle & Run 5K, John Prince Park, Lake Worth	7:30 AM	shakerattlerun.com
6	Thin Mint Sprint, Tradewinds Park, Coconut Creek	7:00 AM	dcrouch@gssef.org
7	5 th Annual Krista-Marie Touch of Love Charity 5K, CB Smith Park, Pembroke Pines	7:30 AM	tinyurl.com/y8y7c6px
7	5 th Annual Schifffy 5K, Ives Estate Park, Miami	7:30 AM	adam@flagtitle.com
7	Family Central 5K Run/Walk, Broward College Central Campus, Davie	8:00 AM	familycentral.org/5k2019
20	12 th Annual Rooney's 5K Run/Walk, Palm Beach Kennel Club	7:30 AM	tinyurl.com/ydfbtz38
28	7 th Annual run From The Rays 5K & 1-Mile Run/Walk, Spanish River Athletic Complex	7:00 AM	tinyurl.com/y93wldre
28	9 th Annual Walk Like MADD & MADD Dash 5K - Fort Lauderdale, Huizenga Plaza	7:30 AM	tinyurl.com/ybxdar9r

May

3	9 th Annual SunFest TGI 5K, Downtown Waterfront, West Palm Beach	5:30 PM	sunfest.com/tgi5k
4	The Big Cat 5K Race, Palm Beach Zoo	7:30 AM	tinyurl.com/ya8w7qmo
11	9 th Annual Women For Women 5K/10K, Bryant Park, Lake Worth	7:00 AM	womenforwomenrun.com
18	12 th Annual KEYS100, 100Mi/50Mi Indiv & 6-Runner 100Mi Team Relay, Key Largo to Key West		keys100.com
18	The Flagler Mile, E.R. Bradley's Saloon, West Palm Beach	7:30 PM	esptiming.com

June

15	8 th Annual Run 4 The Sea & 1-Mile Kids Fun Run, Loggerhead Marinelife Center, Juno Beach	7:00 AM	marinelife.org/run
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SF RUNNING FORUM

Is published monthly and produced through the joint efforts of the Greater Fort Lauderdale Road Runners, Key West Southernmost Runners, Northwest Broward Road Runners, Palm Beach Roadrunners, and the Treasure Coast Running Clubs. All newsletter articles should be submitted to your Club newspaper editor. Deadline is the 10th of the preceeding month. All advertising requests should be directed to the publisher. Address change requests must be made with your Club.

James F. Niemir – Publisher/Editor
5709 NW 83rd Terrace • Gainesville FL 32653.3814
352.672.6601 • SFRRunningForum@bellsouth.net

Printed at Southeast Offset - (305) 623-7788

Advertising: Ad 'reservation' is the 1st of the preceeding 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.SFRRunningForum.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.