

South Florida Running Forum Event Calendar

May							June							July							August							September							October						
Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa	Su	Mo	Tu	We	Th	Fr	Sa
	1	2	3	4	5			1	2	3	4	5		1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7	1	2	3	4	5	6	7
6	7	8	9	10	11	12	3	4	5	6	7	8	9	8	9	10	11	12	13	14	5	6	7	8	9	10	11	2	3	4	5	6	7	8	7	8	9	10	11	12	13
13	14	15	16	17	18	19	10	11	12	13	14	15	16	15	16	17	18	19	20	21	12	13	14	15	16	17	18	9	10	11	12	13	14	15	14	15	16	17	18	19	20
20	21	22	23	24	25	26	17	18	19	20	21	22	23	22	23	24	25	26	27	28	19	20	21	22	23	24	25	16	17	18	19	20	21	22	21	22	23	24	25	26	27
27	28	29	30	31			24	25	26	27	28	29	30	29	30	31					26	27	28	29	30	31		23	24	25	26	27	28	29	28	29	30	31			

MAY

4	ACT	2 nd Annual SunFest TG5K, West Palm Beach	5:15 PM	561-837-8077
5	NBR	Westglades Make A Wish 5K Run/Walk	7:00 AM	www.nwbr.com
5		5 th Annual BiG Cardio 5K Run/Walk, Central Broward Regional Park	7:00 AM	954-556-4677
5		22 nd Annual Town of Jupiter Turtle Trot 5K Run, Jupiter Community Center	7:30 AM	www.jupiter.fl.us/parksrecreation
6		Merrell Down & Dirty Mud and Obstacle Series by Subaru, 5K & 10K Zoo Miami		www.downanddirtytymudrun.com/mi.cfm
6		Maroone Walk Like MADD & MADD Dash 5K, Huizenga Park, Fort Lauderdale	7:30 AM	954-662-7694
6	ACT	Miami Kids Triathlon Series, FIU, Miami	7:30 AM	www.accuchiptiming.com
11	KWS	Road To Graduation 5K Run/Walk, Key West	6:00 PM	305-745-3027
12	GFL	Royal Run For The Roses 5K/Men's 5K, Fitness Walk, Youth/Kid's, TY Park	7:00 AM	954-461-5515
12		PNC Bank Miles for Moffitt, University of South Florida Sun Dome	7:15 AM	813-745-1346
12	ACT	Dress for Success 5K Run & Power Walk, John Prince Park, Lake Worth	7:30 AM	561-249-3898
12	ACT	Run for Love 5K, Palm Beach Gardens	7:30 AM	www.iorphan.cc
12	USR	ALS Lou Gehrig's Disease 5K/10K, Dinner Key Auditorium, Coconut Grove	7:30 AM	www.alsrecovery.org
12		Spring Into Health, 5K Race/Walk & Health Fair, Coral Springs H.S.	8:00 AM	www.excelsiorprep.org
19	SST	3 rd Annual Covenant House 5K Run/Walk, Parrot Lounge, Fort Lauderdale	7:00 AM	www.5KonA1A.com
19/20	ULT	5 th Ann KEYS100, 50M & 100M races and 100M 6-runner team relay, FL Keys	6:00 AM	www.keys100.com
20		Run for Relief 5K, Peacock Park, Coconut Grove	7:30 AM	www.runforrelief5k.org
20	SST	2 nd Annual PAL of Hallandale Beach 5K/10K Run, Gulfstream Race Track	7:00 AM	954-457-1466
20	ACT	FitKids Triathlon, Gaines Park, West Palm Beach	7:30 AM	www.accuchiptiming.com
26		3 rd Annual 5K Run & Water Safety Day, Wickham Park Amphitheater, Melbourne	7:30 AM	321-254-5859
26	ACT	4 th Annual Sammy's Run, Oak Park School, Sarasota	7:15 AM	www.accuchiptiming.com
28	SFH	21st Annual Run for the Pineapple , Sewalls Point	7:00 AM	www.sailfishstriders.com
28	BRR	35th Annual Memorial Day Family Affair , Lifetime Athletic Club, Boca Raton	7:30 AM	www.brrc.com
28	WSO	24 th Annual Memorial Day Classic at Weston, Town Center, Weston	7:00 AM	954-661-2732

JUNE

2	KWS	Southernmost Seminoles 5K Renegade Run , Key West	7:00 AM	305-360-2026
2	ACT	Motivation Man Triathlon, 1/2 Ironman & Olympic Triathlon, West Palm Beach	6:45 AM	www.accuchiptiming.com
3	REF	Run for the Ribbons , Boca Raton Hospital	7:15 AM	561-361-1950
3	ACT	Miami Kids Triathlon Series, FIU, Miami	7:30 AM	www.accuchiptiming.com
8-10		37 th Annual Northwest Track & Field Classic, Traz Powell Stadium, MD Collage, N Campus		http://mnwexpress.com
9		Never Quit 5K Run & Challenge Series, Jacksonville Beach	7:30 AM	www.NeverQuitNever.com
10	SST	Cleft Lip/Palate 5K Run/Walk Miles for Smiles, Aventura Mall	7:00 AM	www.splitsecondtiming.com
16		FKCC Swim Around Key West, 12.5 Mile Swim, Smathers Beach Boat Ramp	9:00 AM	305-809-3562
30	GFL	Freedom 5K , Kids Fun Run, Quiet Waters Park, Deerfield Beach	7:00 AM	954-461-5515

JULY

4	SST	Weston Hometown 4 th of July 5K Run, Town Center, Weston	7:00 AM	954-384-7521
4	REF	Patriot Dash 5K & 1-Mile , FAU, Boca Raton	7:15 AM	561-361-1950
19	ACT	Run, Sweat & Beers 5K, Adolph & Rose Levis JCC, Boca Raton	7:00 PM	www.levisjcc.org/5k
21		Hemingway 5K Sunset Run, Key West	7:30 PM	305-240-0727
28	ACT	4 th Annual North Palm Beach Kid's Triathlon, Village of North Palm Beach	7:00 AM	561-841-3386
28		4 th Annual Run for Africa 5K, (COTN), Winter Springs Town Center	7:30 AM	407-322-1211
29		21 st Annual Huntington's Disease Triathlons, Marine Stadium, Key Biscayne		www.huntingtonsdiseasefl.org

AUGUST

5	ACT	Miami Kids Triathlon Series, FIU, Miami	7:30 AM	www.accuchiptiming.com
11	REF	South Florida Olympic Games , Boca High Track, Boca Raton	5:00 PM	561-361-1950
18	RPB	8 th Annual Dreher Park Dash, West Palm Beach, www.runpalmbeach.com	7:00 PM	561-596-0445
18	GFL	ING Kick Off 5K , Birch State Park	7:00 AM	954-461-5515
28	ACT	King's Academy Lion Run 5K, King's Academy Campus, West Palm Beach	7:30 AM	www.accuchiptiming.com

SEPTEMBER

2	ACT	Miami Kids Triathlon Series, FIU, Miami	7:30 AM	www.accuchiptiming.com
9	GCR	9th Ann Firefighter's 5K - RRCA Florida State Championship , Hollywood Bch Bdwalk	7:00 AM	954-384-7521
15	ACT	5 th Annual Jeff Annas Memorial Firefighter's 5K, Wellington Amphitheater, Wellington	8:00 AM	561-512-5134
23	USR	Publix Escape To Miami Triathlon, Margaret Pace Park, Biscayne Bay		www.willyoufinish.com
29		2 nd Annual Miami Children's Hospital 5K Run/Walk, Coral Gables City Hall	7:30 AM	786-624-2826
29	ACT	American Heart Association 5K Run, West Palm Beach	7:00 AM	www.accuchiptiming.com

OCTOBER

6	ACT	New Horizons 5K Run/Walk, Digital Domain Park, West Palm Beach	7:00 AM	www.accuchiptiming.com
7	ACT	Garden Kid's Triathlon, Palm Beach Gardens	7:00 AM	www.accuchiptiming.com
13		Navy League / Fort Lauderdale Sea Cadets 5K Pursuit, Hollywood Beach	7:30 AM	954-347-0465
14	SFS	Shark Shuffle 5K Run/Walk , Nova Southeastern University, Davie	7:30 AM	954-442-0129
14	GFL	A1A Marathon Training Run 15K-30K , Deerfield Beach	6:00 AM	954-461-5515
20	SST	Schott Communities Annual 5K Run/Walk & Roll, Schott Communities Campus	7:30 AM	954-434-3306
20	ACT	Halloween Ghost Run, North Palm Beach		www.accuchiptiming.com
21		2012 Beach Running World Championship's, 10K & Half Marathon, Cocoa Beach		www.runonthebeach.com
21		Running for the Bay, Marathon, Half, 10K, 5K & Ultra Marathon 50K (all with wheelchair/walk div)		www.runningforthebay.com

27	GFL	Spooktacular 5K , TY Park, Hollywood	7:15 AM	954-461-5515
27		14 th Annual Women In Distress Safewalk/Run 5K, presented by Pollo Tropical	7:30 AM	954-760-9800x1244
27	ACT	Every Boob Counts 5K, John Prince Park, West Palm Beach	7:30 AM	www.accuchiptiming.com
28		5 th Annual Daytona Beach Half Marathon		www.daytonabeachhalf.com
28	ACT	Horse Country 10-Miler, Wellington		www.accuchiptiming.com

NOVEMBER

4	REF	PAL Half Marathon & 5K , Boca Raton	6:30 AM	561-361-1950
10		Sallarulo's Race For Champions, Nova Southeastern University, Davie	7:30 AM	954-262-2150
10	ACT	Key Largo Bridge Run, Key Largo		www.accuchiptiming.com
11	USR	Allstate Life Insurance Fort Lauderdale 13.1 Marathon & Karhu 5K	6:13 AM	www.131fortlauderdale
11	ACT	Zoe Loren Make a Difference 5K, Carlin Park, Jupiter	7:30 AM	www.accuchiptiming.com
17	ACT	Miles for Makayla 5K Run/Walk, Abacoa Town Center, Jupiter	7:30 AM	www.milesformakayla.com
18		Lady Speed Stick Women's Half Marathon, St Petersburg	7:00 AM	womenshalfmarathon.com/stpetersburg
18	SST	Pancreatic Cancer Purple Stride 5K Run/Walk, BankAtlantic Center, Sunrise	7:30 AM	amarks@pancanvolunteer.org
22	USR	Run Miami's Turkey Trot 5K/10K, Miami	7:30 AM	www.runmiami.com
22	ACT	4 th Annual Adolph & Rose Levis JCC Turkey Trot 5K, Boca Raton	7:30 AM	www.levisjcc.org/5k
22	PBR	Run 4 The Pies , Constitution Park, Tequesta		www.accuchiptiming.com
25		41 st Annual Space Coast Marathon & Half Marathon, Cocoa Village	6:15 AM	www.spacecoastmarathon.com
25	ACT	Palmer Ranch Half Marathon, Palmer Ranch, Sarasota	7:00 AM	www.accuchiptiming.com

DECEMBER

1	ACT	Achieva Reindeer Trot, Payne Park, Sarasota	9:30 AM	www.accuchiptiming.com
1	ACT	Calvery Christian Academy CCA 5K, Fort Lauderdale		www.accuchiptiming.com
8	ACT	3 rd Ann PJP Alumni It's A Wonderful Run 5K, PJP II High School Campus, Boca Raton		www.accuchiptiming.com
15	GFL	Turn on the Light for Child Abuse Prevention 5K Run/Walk , Tradewinds Park	7:00 AM	www.gflrc.org
15	PBR	Classics By the Sea 5K , Jupiter		www.accuchiptiming.com
15	ACT	Spanish River Church, River Run 5K Run/Walk, Boca Raton	7:30 AM	www.accuchiptiming.com
15	ACT	North Creek Explorer 5K, Presbyterian Church, Coconut Creek	5:00 PM	www.accuchiptiming.com
22	GFL	28th Annual Jingle Bell Jog 5K , Sawgrass Technology Park, Sunrise	7:00 AM	954-461-5515
31/1	ULT	Peanut Island 24, Fixed-time 24,12 & 6 hour races, Peanut Island Park, Palm Beach	10:00 AM	www.peanutisland24.com

JANUARY 2013

4		Miami to Key West, Ragnar Relay Florida Keys, 12-person, 200(ish) mile, overnight		www.ragnarrelay.com/race/floridakeys
13	GCR	3rd Annual Vista View 360 Ultramarathon & 4-Person Relay, Vista View Park, Davie	7:00 AM	954-384-7521
20		Marathon Bahamas, Half, 4-Person Relay, & 5K, Nassau, Bahamas	6:00 AM	www.marathonbahamas.com
20		MDA Muscle Walk & 5K Run, Dreher Park, West Palm Beach	7:30 AM	lvelton@mdausa.org
26	USR	Tropical 5K, Miami Beach	7:30 AM	www.tropical5k.com
27	USR	ING Miami Marathon & Half, Miami Beach	6:15 AM	www.ingmiamimarathon.com

FEBRUARY

2		Florida Today 5K & 8K at Melbourne Marathon Weekend, Downtown Melbourne	7:00 AM	www.themelbournemarathon.com
3		Melbourne Music Marathon Weekend, Half & Full Marathon, Downtown Melbourne	7:00 AM	www.themelbournemarathon.com
10	GCR	8th Annual Run Through Central Park 5K , Central Park, Plantation	7:00 AM	954-384-7521
16	ULT	Everglades Ultras, 50-Miles, 50K, 25K, Fakahatchee Strand Preserve State Park	6:00 AM	evergladesultras.com
23	GFL	5K For A Better Day , Broward General Hospital	7:30 AM	954-461-5515

MARCH

9	GFL	Saint Patrick's 10K , Tradewinds Park, Coconut Creek	7:00 AM	954-461-5515
9	ACT	12 th Ann Race For The Arts 5K Run & Fun Walk, Dreher Park, www.raceforthearts.org	7:15 AM	561-329-9455
23	ULT	5 th Ann PALM100, 50K & 100K races and 100M 6-runner team relay, Ft Lauderdale Bch	6:00 AM	www.palm100.com
30	GFL	Women's Wellness 5K , Coral Springs Medical Center	7:00 AM	954-461-5515

South Florida Running Clubs & Organizations

BRR Boca Raton Road Runners BocaRatonRoadRunners.org	SFH Sailfish Striders sailfishstriders.com	ESM Exclusive Sports Marketing exclusivesports.com
GFL Gtr Ft Lauderdale Road Runners gflrc.org	SFS South Florida Striders SouthFloridaStriders.com	ACT AccuChip Timing AccuChipTiming.com
GCR Gold Coast Runners runnersdepot.com/gcr	WRCWellington Runners Club wellingtonrunners.org	RPB Run Palm Beach runpalmbeach.com
KWS Key West Southernmost Runners Southernmostrunners.com	NAP Gulf Coast Runners gcrunner.org	WSOWildSide OnLine wildsideonline.net
NBR Northwest Broward RRC NWBRR.com	SFR South Florida Racewalkers racewalker@bellsouth.net	TFW TeamFootWorks teamfootworks.org
PBR Palm Beach Roadrunners palmbeachroadrunners.com	SST Split Second Timing splitsecondtiming.com	ULT Ultra Sports LLC ultrasportsllc.com
REF Runner's Edge Foundation runnersedgeboca.com	USR US Road Sports usroadsports.com	BRC Bradenton Runners Club BradentonRunnersClub.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.