

*South Florida*  
***RUNNING Forum***  
*Serving the Community for 25-years!*

*April 2020*

Volume XXV, Number 4 issue 307



*South Florida*  
***Running Forum***

*Serving the Running Community for 25-Years!*

***IN THE PAPER***

[www.SFRunningForum.com](http://www.SFRunningForum.com)

*A Road For The Cure 5K Run/Walk*

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**Advertising:** Ad 'reservation' is the last week of the preceeding month and 'copy' is due on the 1<sup>st</sup> of the month. Ad reservations are final and no refunds will be given! Please visit [www.SFRunningForum.com](http://www.SFRunningForum.com) and click on 'resources' for complete details.

**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.

**SOUTH FLORIDA RACEWALKERS**

The Walking club of South Florida

[www.southfloridaracewalkers.com](http://www.southfloridaracewalkers.com)

**Daniel Koch**

President & Coach USATF Master Official

[racewalker@bellsouth.net](mailto:racewalker@bellsouth.net)

3331 NW 22nd St

Coconut Creek, Fl 33066

954-970-9634

Cell: 954-242-9056



**SF RUNNING FORUM**

**LOOKING TO PROMOTE YOUR CLUB?**

PLEASE CONSIDER JOINING OUR

ONLINE EDITION

CONTACT:  
JIM

FOR COMPLETE MEMBERSHIP INFORMATION!

352-672-6601

[JNIEMIR@BELLSOUTH.NET](mailto:JNIEMIR@BELLSOUTH.NET)

*South Florida*

***Running Forum***

**FOR THE MOST UP-TO-DATE CALENDAR**

**Visit Our Website At:**

[www.SFRunningForum.com](http://www.SFRunningForum.com)

# Finisher Medals

## 1st Annual A ROAD FOR THE CURE 5K

Anchor Park  
Delray Beach  
Saturday  
May 9th, 2020



Additional  
Race  
Information



### RACE INFORMATION

Contact Cynthia Raes-Barnard at 954-461-5515 or email [cynthia@gflrrc.org](mailto:cynthia@gflrrc.org).

[www.gflrrc.org](http://www.gflrrc.org)

### ENTRY FEES

#### On or before February 29th

GFLRRC Member ..... \$10.00  
Non-Member ..... \$15.00  
Student (18 & Under) ..... \$5.00

#### On or before March 31st

GFLRRC Member ..... \$15.00  
Non-Member ..... \$20.00  
Student (18 & Under) ..... \$10.00

#### On or before May 8th

GFLRRC Member ..... \$25.00  
Non-Member ..... \$30.00  
Student (18 & Under) ..... \$20.00

#### Race Day - May 9th

GFLRRC Member/Non-Member .... \$35.00  
Student (18 & Under) ..... \$25.00

### RACE DAY REGISTRATION

Anchor Park 50 NW 1st Ave,  
Delray Beach, FL 33483

### TIMES

5K Run/Walk..... 8:00 am

### OVERALL AWARDS

Top 3 Overall M/F  
Top 3 Master (40 & up) M/F  
Top 3 Grand Master (50 & up) M/F  
Top 3 Senior Grand Master (60 & Up) M/F  
Top 3 Golden Mater (70 & Up) M/F

### 3 Deep in Age Groups:

10 & Under, 11-12, 13-14, 15-16, 17-19 (M/F)  
5 year age groups from 20 to 80 & over (M/F)

### RAFFLE

Gift Certificates provided by our sponsors and GFLRRC merchandise.

### PRE-REGISTRATION BY MAIL/ON-LINE

You can register by mail or online at  
[www.gflrrc.org](http://www.gflrrc.org)

If you register by October 4th you are guarantee correct t-shirt size.

### REFRESHMENTS

A variety of food and drink will be available to all participants.



## A ROAD FOR THE CURE 5K • Race Application

May 9, 2020

LAST NAME  
[Grid for last name]

FIRST NAME  
[Grid for first name]

AGE (on race day) [Grid] MALE  FEMALE

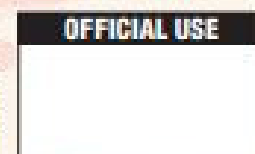
STREET ADDRESS (Indicate Apt. number &/or C/O)  
[Grid for street address]

CITY [Grid] STATE [Grid] ZIP CODE [Grid]

DATE OF BIRTH [Grid] TELEPHONE [Grid] - [Grid] - [Grid]

EMAIL: \_\_\_\_\_

**Release Form (Mandatory)** - In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrator, waive and release any and all rights and claims for losses and damages I may have against the Greater Fort Lauderdale Road Runners Club, race directors, their officers, directors, members and volunteers, any and all sponsors including other parties and their representative successors, and assigns for any and all injuries suffered by me in said event. I attest that I am physically fit and have sufficiently trained for the competition of this athletic event and competition which I am voluntarily entering at my own risk. My physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. USE OF HEADPHONES, OR ROLLING SKATES, / INLINE SKATES, BABY JOGGERS ARE NOT PERMITTED ON THE COURSE. NO ONE MAY ENTER THIS EVENT WITHOUT SIGNING THIS OFFICIAL WAIVER.



SIGNATURE OF RUNNER / SIGNATURE OF PARENT OR LEGAL GUARDIAN IF UNDER AGE 18 \_\_\_\_\_ DATE \_\_\_\_\_

### ENTRY FEES

#### Race Day Registration

GFLRRC Member ..... \$35 \_\_\_\_\_  
 Non-Member ..... \$35 \_\_\_\_\_  
 (Students 19 & Under) ... \$25 \_\_\_\_\_

Total \_\_\_\_\_

#### Event

5K Run

#### T-Shirt Size

S  M  L  XL

PAYABLE TO: GFLRRC

MAIL TO: A Road For The CURE 5K  
PO Box 2512  
Fort Lauderdale, FL 33303