

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

August 2020

Volume XXV, Number 8 issue 302

2020 **VIRTUAL**
Celebration
Team Fort Lauderdale 5K

South Florida
Running Forum

Serving the Running Community for 25-Years!

IN THE PAPER

www.SFRunningForum.com

Virtual Celebration 5K

3

**This Space Available Today
FOR
\$175/ea (3-month rate)!**

Advertising: Ad 'reservation' is the last week of the preceding month and 'copy' is due on the 1st of the month. Ad reservations are final and no refunds will be given! Please visit 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

Daniel Koch

President & Coach USATF Master Official

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

South Florida

Running Forum

FOR THE MOST UP-TO-DATE CALENDAR

Visit Our Website At:

www.SFRunningForum.com

**48th Annual
Virtual
Celebration 5K
TEAM FORT LAUDERDALE**

**Saturday,
September 19, 2020**

TIME
5K Run/Walk..... 7:00 am

**PRE-REGISTRATION
ON-LINE ONLY**

You can register online at www.gflrrc.org
This is a virtual event we will start together at 7:00 each from your own neighborhood. We will live stream the start on Facebook and ask you to post photo's on the clubs facebook page of your run/walk.

<https://www.facebook.com/GFLRRC>

PHOTO CONTEST

The best top 5 race photo's will receive a free entry to a future club event. You will need to post your photo's on the clubs Facebook page by September 19 to be considered for a free entry.



Team Fort Lauderdale 5K

**Face Mask or
Hand Towel**



**Additional
Race Information**

ENTRY FEE:
\$10.00 - GFLRRC Club Member
\$15.00 - Non Member

All those registered after Saturday, September 12th are not guaranteed to receive the Face Mask or Hand Towel and Race Number by race day.

**PACKET PICK UP IS OPTIONAL,
IT WILL BE MAILED IF NOT PICKED UP**

If you wish to pick up your Face Mask or Hand Towel and Race Number on the days noted below, please check the box and we will not mail it:

- Saturday, Sept. 12th** – Runner's Depot - Davie
2:00 pm - 3:00 pm
- Saturday, Sept. 12th** – Running Wild - Ft. Lauderdale
12:00 noon - 1:00pm
- Thursday, Sept. 17th** – Clubs Thursday Night
Run/Walk at the Galeria Mall 6:30pm to 8:00pm on the southeast corner parking lot of the mall.

CELEBRATION VIRTUAL 5K • On Line Registration Only SEPTEMBER 19, 2020

LAST NAME

FIRST NAME AGE (on race day) MALE FEMALE

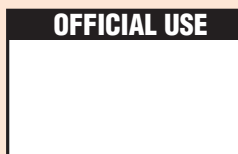
STREET ADDRESS (indicate Apt. number &/or C/O)

CITY STATE ZIP CODE

DATE OF BIRTH TELEPHONE

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

Event
**Virtual Celebration
Team Fort Lauderdale 5K
Fun Run/Walk**

GFLRRC Club Member **\$10.00**
 Non Member **\$15.00**