

South Florida *RUNNING* Forum

Serving the Community for 27-years!

July 2023

Volume XXVIII, Number 7 Issue 337



July 1, 2023

Freedom Run 5K at Tradition Square



July 22, 2023

Hemingway 5K Sunset Run & Paddleboard



July 22 2023

Kettle Krush 5K Run, Walk or Roll



October 8, 2023

Parkland Dash 5K, 5M & 1-M Run/Walk



October 14, 2023

Pursuit of Honor, Courage & Commitment 5K Run/Walk

South Florida
Running Forum

Serving the Running Community for 27-Years!

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www.SFRunningForum.com

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FREEDOM RUN 5K

at
TRADITION

Join us on Saturday, July 1st @ 7:00am
for the 2nd Annual Freedom Run 5K at Tradition

Register today at
TraditionFreedomRun.com

All participants will receive a t-shirt, finisher medal,
chip timing with live tracking & more!



KEY WEST | JULY 22, 2023

34th Anniversary
HEMINGWAY
5K | SUNSET RUN
& PADDLEBOARD RACE
KEY WEST | JULY 22, 2023

Presented By
— PAPA'S —
PILAR
— RUM —
Equest Hemingway



PADDLEBOARD RACE 5:30PM HEMINGWAY 5K SUNSET RUN 7:30PM

The Florida Keys
Key West
Close To Perfect - Far From Normal

Southernmost
BEACH RESORT
— Key West —

SOUTHERNMOST
BEACH CAFE
— Key West —



OPAL KEY
RESORT & MARINA
KEY WEST FL

REGISTER NOW! [KEYWESTHALFMARATHON.COM](https://keywesthalfmarathon.com)

SAVE THE DATE!

Run, Walk or Roll to “Krush” Homelessness & Hunger



Kettle Krush 5K

SATURDAY, JULY 22, 2023

Markham Park, 16001 W. State Rd. 84, Sunrise, Florida



Hosted by
Local 10 News
ROY RAMOS

6 AM - Registration
7 AM - Race Begins



REGISTER NOW

bit.ly/KettleKrush5K2023

- \$30 Adults
- \$25 Youths & Seniors
- \$25 Per Person Team Rate



SCAN TO REGISTER



Dress in spirited Christmas attire!

Registration begins June 1st and ends on October 7th at 11:59pm.

[CLICK HERE TO REGISTER](#)



PARKLAND DASH

Sunday, October 8, 2023

Parkland Dash is back. On Sunday, October 8th, join us at Pine Trails Park for our 5k (3.1 miles), 5-mile, or 1-mile walk/run options.

[Register here.](#)

SOS Children's Village -Florida

Each registration helps support SOS Children's Villages a local non-profit organization that takes care of abused, or children suffering from form of neglect in South Florida. To accomplish this, SOS Children's Villages provides safety, security, stability, and vital support to help children with their emotions, academic deficiencies, and social skills and behavior.

[Learn more about SOS Children's Villages.](#)

Please help support this year's benefiting partner. [Make a donation here.](#)

[Awards / Giveaways](#)

All participants that register will receive:

T-shirt

Finisher Medal

Awards will be given to the top 3 Male and Female overall finishers for 5K and 5 Mile

If interested in becoming a sponsor please contact:

Nathaly Espinosa - NEspinosa@cityofparkland.org

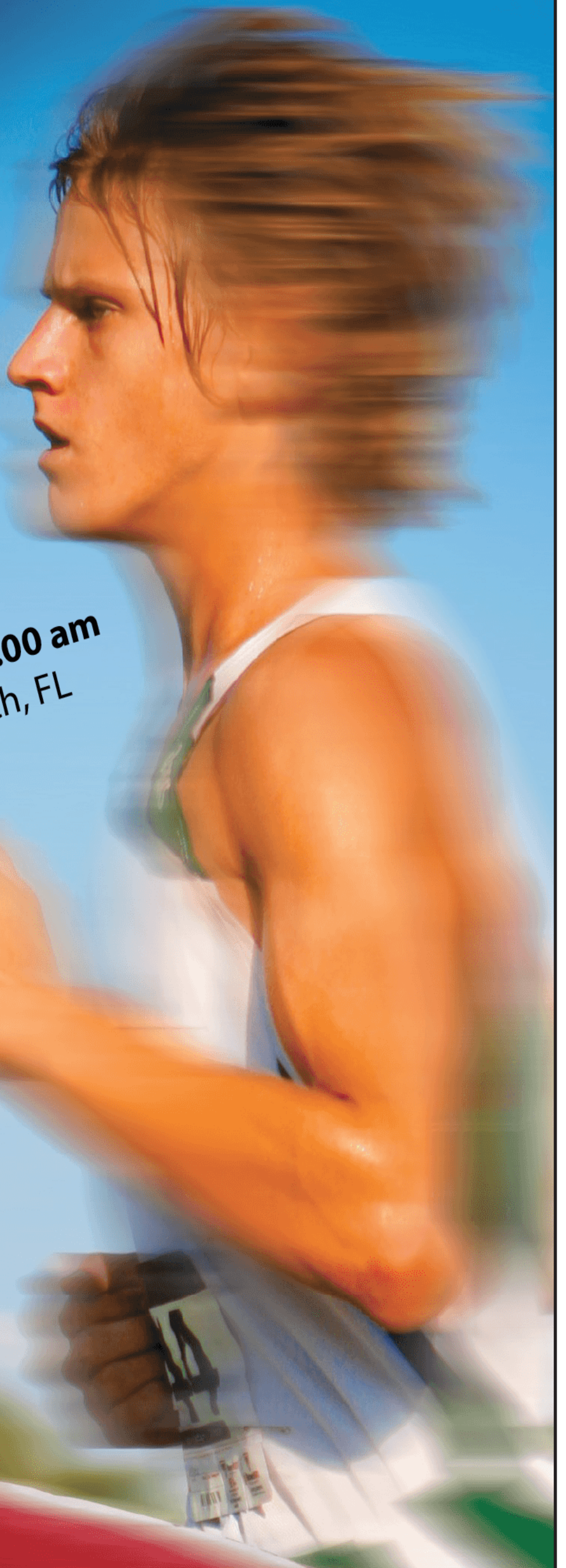


The Navy League of the United States
Fort Lauderdale Council
Presents the

PURSUIT OF HONOR, COURAGE & COMMITMENT

5K RUN/WALK

Saturday, October 14, 2023, 7:00 am
Chernow Park, Hollywood Beach, FL
Register at: **Honor5K.org**



Benefiting the
Fort Lauderdale Sea Cadets &
Wounded Warrior Project



Proud Supporter of
**WOUNDED WARRIOR
PROJECT®**