

South Florida ***RUNNING Forum***

Serving the Community for 27-years!

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October 8, 2023
Parkland Dash 5K, 5M & 1-M Run/Walk



October 14, 2023
Pursuit of Honor, Courage & Commitment 5K Run/Walk



November 11, 2023
AVDA's Race For Hope 5K

South Florida
Running Forum

Serving the Running Community for 27-Years!

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www.SFRunningForum.com

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Parkland Dash 2023

Sunday, October 8, 2023

Pine Trails Park • 7:00AM start time

5K | 5 Mile | 1 Mile Fun Run

Register at www.cityofparkland.org/dash



NINJA ACADEMY

sofloninja.com



www.cityofparkland.org/dash • (954) 757-4107



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®**



5K Race and Kid's Run
November 11, 2023

John Prince Park • Lake Worth, FL
Registration @ 6:30am • Race @ 7:30am

Register or create a team at:
avdaonline.org/race-for-hope

FREE
REGISTRATION
FOR ALL
HOMETOWN
HEROES!

BRING YOUR
DOG!
SIGN UP WITH
YOUR PET.

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To Our Sponsor:**



PRIZES
FOR THE
BEST PURPLE
OUTFITS!



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A Community of Hope