South Florida RUNNING Forum

Serving the Community for 27-years!

September 2023 Volume XXVIII, Number 9 Issue 339



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



December 3, 2023
Raggae Half Marathon & 10K



January 14, 2024
Key West Half Marathon & 5K



January 14, 2024
Abacoca Town Center Jupiter



February 24-25, 2024
Publix Gasparilla Distance Classic

South Florida
Running Forum

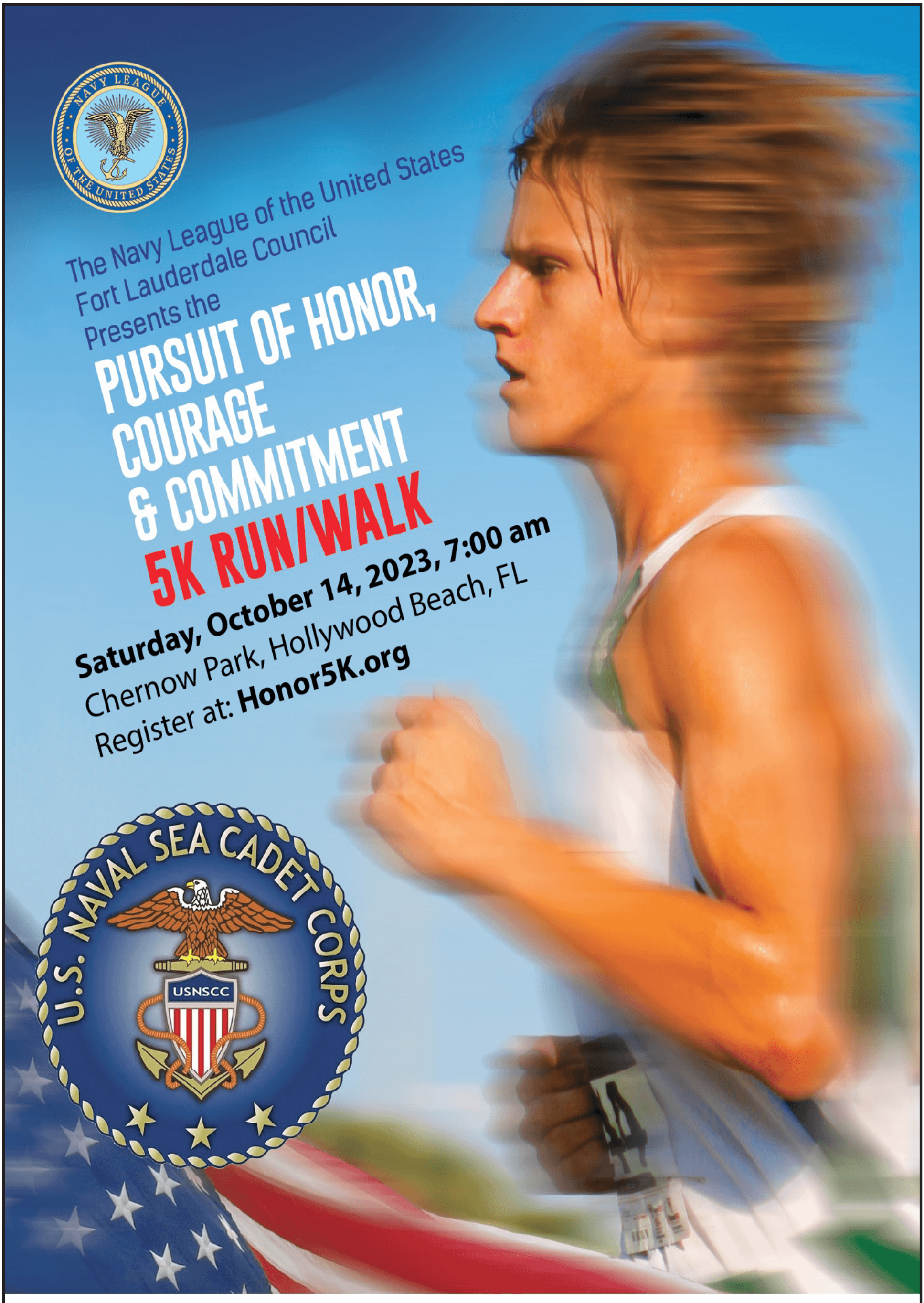
Serving the Running Community for 27-Years!

IN THE PAPER

www.SFRunningForum.com

Parkland Dash 5K, 5-M & 1-M Run/Walk	*Page 2*
Pursuit of Honor, Courage & Commitment 5K Run/Walk	*Page 3*
AVDA's Race For Hope 5K	*Page 4*
Reggae Half Marathon & 10K	*Page 5*
Key West Half Marathon & 5K	*Page 6*
Kaitlin's Angel Run 5K Run/Walk	*Page 7*
Publix Gasparilla Distance Classic	*Page 8*


The Parkland Dash
October 8, 2023
SOS CHILDREN'S VILLAGES FLORIDA
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
SOFLO
NINJA ACADEMY
sofloninja.com
CITY of PARKLAND
ENVIRONMENTALLY PROUD
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
NAVY LEAGUE OF THE UNITED STATES
U.S. NAVAL SEA CADET CORPS
USNSCC
Benefiting the
Fort Lauderdale Sea Cadets &
Wounded Warrior Project
PRECISION RUNNING EVENTS
PRE
Proud Supporter of
WOUNDED WARRIOR PROJECT®

AVDA®

2023 RACE FOR HOPE

Racing to Stop Domestic Abuse

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

BRING YOUR DOG! SIGN UP WITH YOUR PET.

FREE REGISTRATION FOR ALL HOMETOWN HEROES!

Thank You To Our Sponsor:

VEGSO family FOUNDATION

PRIZES FOR THE BEST PURPLE OUTFITS!

AVDA®
A Community of Hope



23

Reggae Marathon

Half Marathon & 10k

Join Us in Negril!

SUNDAY **DECEMBER 3, 2023**

for the **Half Marathon & 10K Races!**

REGISTER NOW!

www.reggaemarathon.com | tel: 876 967 4903 | email: racedirector@reggaemarathon.com

PUMA JAMAICA HEARTBEAT COUPLES RESORTS JAMAICA

KEY WEST HALF MARATHON & 5K

CELEBRATING 26 YEARS OF RUNNING KEY WEST!



USA TODAY 10Best READERS' CHOICE 2023

KEY WEST HALF MARATHON VOTED ONE OF THE 10 BEST HALF-MARATHONS ACROSS THE NATION FOR 2023 IN USA TODAY!!!

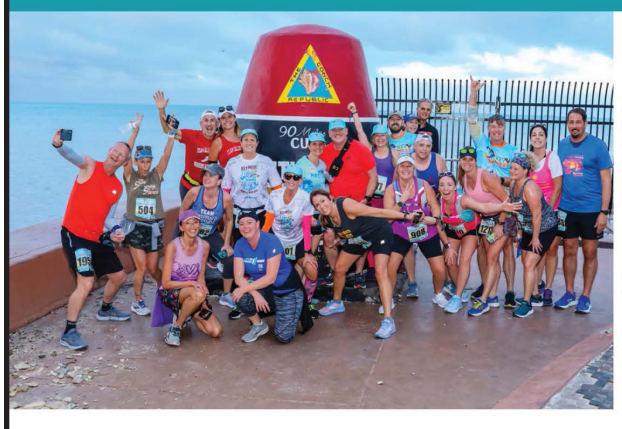
SAVE 15%

CODE: SFRF15

26th ANNUAL KEY WEST HALF MARATHON & RUNFEST

01.14.2024 | keywesthalfmarathon.com

SUNDAY, JANUARY 14, 2024







REGISTER NOW! KEYWESTHALFMARATHON.COM

The Florida Keys & Key West come as you are

Half Shell Raw Bar Key West

Papa's Pilar Ernest Hemingway

Shipyard Est. Portland Maine

Southernmost Beach Resort Key West

24° North Hotel Key West

The Gates Hotel | Key West

Sunshine Scooters

Charitable Partner

Key West Sunrise Rotary In the Conch Republic

The Palm Beach County Police Benevolent Association



- Students 18 and under: $20.00
- Early Registration: $30.00
- Race Day Registration : $35.00
- Race Starts: 7:30 am
- Check-In Starts: 6:30 am

Top male & female will win a trip to the Bahamas
4 night / 5 days Airfare included
Finisher Medals & Awards

All Proceeds Benefit the
Kaitlin A. Kazanjian Memorial Scholarship Fund

Kaitlin's Angel Run

8TH ANNUAL 5K RUN & WALK

Sunday
January 14, 2024 6:30 AM
Abacoa Center
Jupiter, FL

More Info & Registration:
www.PBCPBA.org

Timing provided by AccuChip

ACCUCHIP
RACE TIMING SERVICES

ARRRGH
IT'S YOU-CAN-DO-IT TIME!

15K • 5K • HALF MARATHON • 8K

PEPPERJACK™ SAYS WHY WAIT? REGISTER TODAY!

PUBLIX Gasparilla DISTANCE CLASSIC

FEB. 24 & 25 | TAMPA, FL

FOR INFO AND REGISTRATION VISIT:
RUNGASPARILLA.com



We look forward to seeing you on Feb. 23-25 for the 47th Annual 2024 PGDC Race Weekend!
The Publix Gasparilla Distance Classic – Your Race, Our Passion!