South Florida RUNNING Forum

Serving the Community for 27-years!

October 2023 Volume XXVIII, Number 10 Issue 340



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



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



October 28, 2023
Sun 'n Fun
Pumpkin Dash 5K



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



November 23, 2023
Tamarac Turkey Trot 5K



December 2, 2023
Key Largo Bridge Run 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

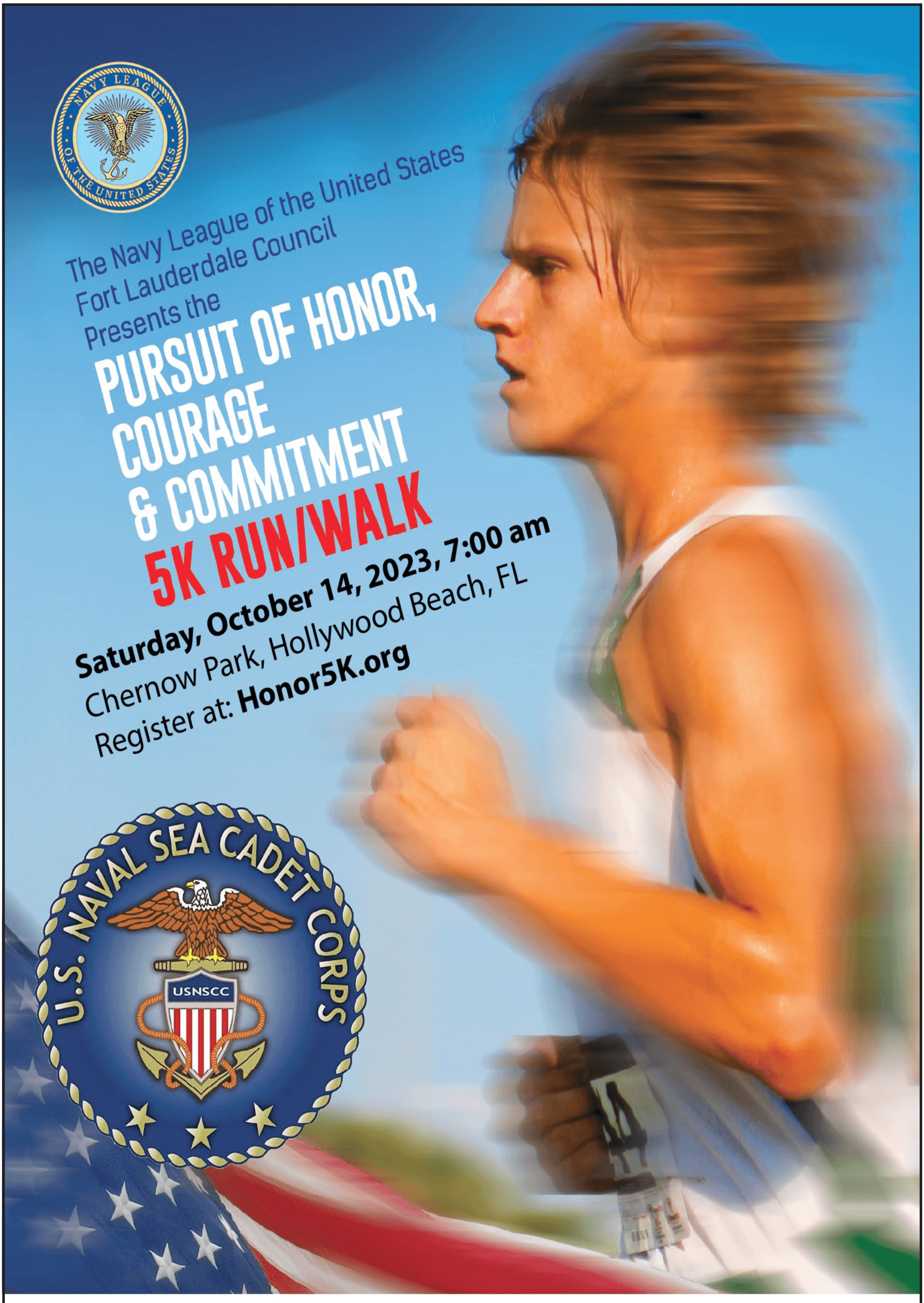
Serving the Running Community for 27-Years!

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www.SFRunningForum.com

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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®

SUN 'N FUN FAMILY SPOOKTACULAR AND PUMPKIN DASH 5K

JOIN US FOR OUR 3RD ANNUAL FAMILY SPOOKTACULAR

A FAMILY FUN HALLOWEEN CELEBRATION AND 5K AT THE SUN 'N FUN EXPO CAMPUS!

5K REGISTRATION IS $35/PERSON

ADMISSION TO SPOOKTACULAR IS $5/CAR

OVERNIGHT CAMPING AVAILABLE AT $79.40 FOR TWO NIGHTS

FLY-IN AND PARK, OR CAMP UNDER YOUR AIRCRAFT

5K IS 7-11 AM WITH ENTERANCE AT W PIPKIN RD FOR PACKET PICKUP AND 5K

FAMILY SPOOKTACULAR IS 4-9 PM

Pumpkin DASH

SUN 'n FUN EXPO CAMPUS

SATURDAY

OCTOBER 28

SUN 'n FUN Haunted Campground SPOOKTACULAR



MS. PAT'S TRAVELING EMPORIUM OF HORROR

SPOOKY TRAIL

EXHIBITORS

S'MORES AT THE FIRE HUB SPONSORED BY LEGENDS AVIATION ACADEMY

FORTUNE TELLING

TRICK-OR-TREATING IN THE CAMPGROUND

TRICK-OR-TREATING ALONG THE TAXIWAY

FOOD TRUCKS

SCAN FOR MORE INFO

Don't forget to wear your costume!

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

FREE REGISTRATION FOR ALL HOMETOWN HEROES!

BRING YOUR DOG! SIGN UP WITH YOUR PET.

Thank You To Our Sponsor:

VEGSO family FOUNDATION

PRIZES FOR THE BEST PURPLE OUTFITS!

AVDA®
A Community of Hope


43RD ANNUAL
TAMARAC TURKEY TROT
TAMARAC
The City For Your Life
Split Second Timing
TAMARAC
The City For Your Life
TURKEY TROT 5K RUN
City of tamarac turkey trot
2023 ANNUAL 5K RUN
60th
TAMARAC
The City For Your Life
Founded 1963
43rd ANNUAL
THURSDAY
NOV 23 2023
Tamarac City Hall
7525 NW 88th Ave., Tamarac
Begins at 7:30AM
Register: RunSignUp.com/TamaracTurkeyTrot
Michelle J. Gomez
Mayor
Marlon D. Bolton
Vice Mayor, District 1
Morey Wright, Jr.
District 2 Commissioner
Elvin Villalobos
District 3 Commissioner
Dr. Kicia Daniel
District 4 Commissioner
www.Tamarac.org
SCAN TO REGISTER!
SCAN ME


Register
NOW!
FIRST STATE BANK
KEY LARGO
BRIDGE RUN
5K RUN/WALK
SATURDAY DECEMBER 2ND
The Florida Keys
Key Largo



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

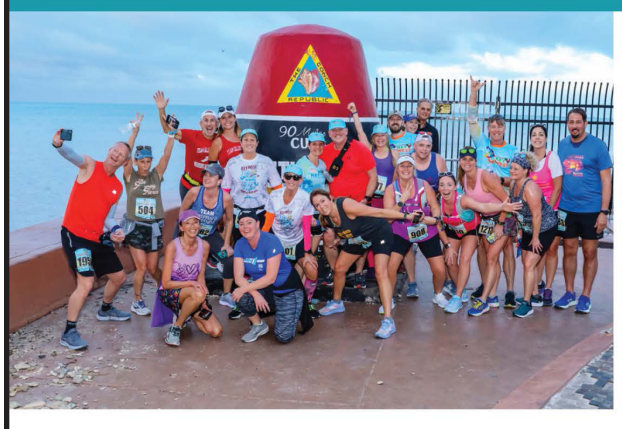
KEY WEST HALF MARATHON & 5K

CELEBRATING 26 YEARS OF RUNNING KEY WEST!



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



Kaitlin's Angel Run

8TH ANNUAL
5K RUN & WALK

- 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

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!