South Florida
RUNNING Forum
Serving the Community for 27-years!

November 2023 Volume XXVIII, Number 11 Issue 341



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



January 21, 2024
Gift of Life Steps for Life
5K Run/Walk of South Florida



February 24, 2024
Sombrero Beach Run
5K, 10K, 15K Challenge



February 24-25, 2024
Publix Gasparilla
Distance Classic



April 7, 2024
Krista-Marie Touch of
Love Charity 5K

South Florida
Running Forum

Serving the Running Community for 27-Years!

IN THE PAPER

www.SFRunningForum.com

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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
START/FINISH
presented by...
KEY LARGO BRIDGE RUN
HALF MARATHON & 5K RUN/WALK
FIRST STATE BANK
CHECKING
FIRST STATE BANK
KEY LARGO
BRIDGE RUN
5K RUN/WALK
The Florida Keys
Key Largo
SATURDAY DECEMBER 2ND



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

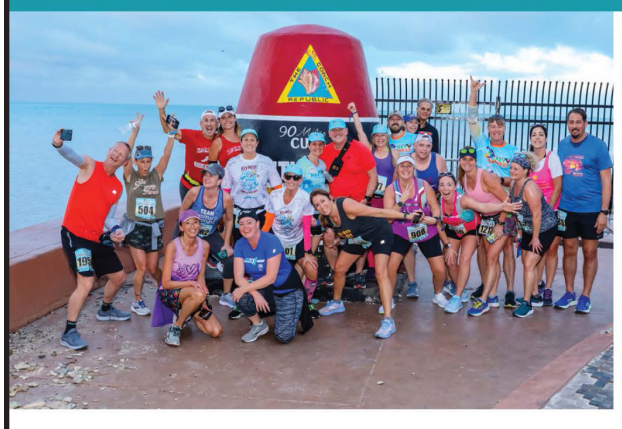
KEY WEST HALF MARATHON & 5K

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



- 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

GIFT OF LIFE STEPS FOR LIFE 5k RUN&WALK

JANUARY 21, 2024

CHECK-IN STARTS AT 8:00 AM



RACE TO CURE BLOOD CANCER

SAVE 5% WITH COUPON CODE SFRF23

REGISTER

FLORIDA ATLANTIC UNIVERSITY, BOCA RATON

ADULTS	STUDENTS	CHILDREN
$30	$20	FREE
$35 ON RACE DAY	$35 ON RACE DAY	SUPERHERO SPRINT

giftoflife.org/stepsforlife

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!