

South Florida *RUNNING Forum*

Serving the Community for 27-years!

April 2024

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South Florida
Running Forum

Serving the Running Community for 27-Years!

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www.SFRunningForum.com

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The 7th Annual Krista-Marie Touch of Love Charity

Run/Walk
4 LOVE!



All Ages!
Medals!
Timed!



5K

C.B. Smith Park
900 N. Flamingo Road
Pembroke Pines, FL

Pets welcomed!



Wonderful
Community Event!

Sunday, April 7, 2024
RACE STARTS AT 7:00 A.M.

An Educational Fundraiser
for
Autism Classrooms



Register at Runsignup.com



Join us for an early sunrise morning at our beautiful C.B. Smith Park. Run/Walk4LOVE our 5K through a trail embraced by beautiful trees. In memory of Krista-Marie may we always remember her unconditional love towards the people whose hearts she touched. This event is organized by a non-profit 501(c)(3) with a mission to raise educational and therapy funds for children diagnosed with Autism and related disorders. Thank you for your support.



Race Website

Additional race information can be found at
<https://www.facebook.com/RunFromTheRays/>

Place

1000 NW Spanish River Blvd
Spanish River Athletic Complex
Boca Raton, FL US 33431

WE ARE BACK!

The 11th Annual Run From The Rays 5K and 1 Mile Run/Walk will be held on Sunday, April 21st, at the Spanish River Athletic Complex in beautiful Boca Raton, FL (South side of Spanish River Blvd, just east of Military Trail and across from the Spanish River Library)

Chip timing by Accuchip Timing,
5 year age group awards 10 & under, 11-14, 15-19, 20-24...80+
Top 3 overall M/F. Top 3 Masters M/F
USATF certified 5K course.

Finisher medals and t-shirts for first 500 REGISTERED & PAID participants only. Awards will be made available at our award stage as soon as all timing is completed.



SATURDAY, MAY 11
7:00 A.M. – OKEEHEELEE PARK, WEST PALM BEACH
– MICANOPY PAVILLION

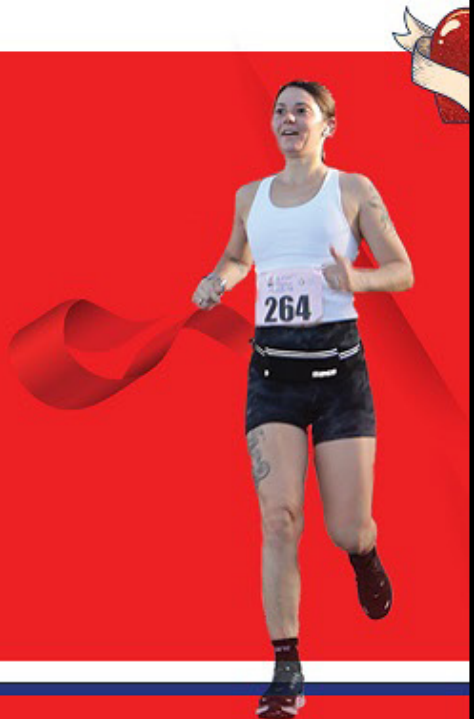
Join the **Run Clinic** hosted by certified running coach, Donald Burgess to start training.
These training sessions start on **Saturday, April 20** leading up to the race at
Okeeheelee Park - Micanopy Pavillion from **7:30 - 8:30 a.m.**

EARLY PACKET PICK UP:

May 8, 2024 | 9:00 a.m. - 12:00 p.m. & 2:00 p.m. - 6:00 p.m.
May 9, 2024 | 2:00 p.m. - 6:00 p.m.

CHAMBER BOARDROOM
401 N. Flagler Drive,
West Palm Beach, FL 33401

The Chamber has a private parking lot on 4th street.



Thank you to our sponsors.

BRANDX



For sponsorship opportunities, contact Rachel Quismundo at
rquismundo@palmbeaches.org or (561) 421-5129



5K

RUN & WALK

IN MY SHOES

7:00AM - 1:00PM

MAY 18, 2024

401 POWERLINE RD, DEERFIELD BEACH, FL 33442

JOIN US FOR OUR 5K WALK/RUN & COMMUNITY FAIR

THE PURPOSE OF THIS EVENT IS TO BRING AWARENESS TO CHILDREN'S MENTAL HEALTH AND TO REDUCE THE STIGMA ASSOCIATED WITH IT, THROUGH ALSO PROVIDING RESOURCES FOR YOUTH, THEIR FAMILIES, AND SUPPORT SYSTEMS.

ALL FUNDS RAISED WILL BENEFIT THE YOUTH & FAMILIES SERVED BY CHANGE ME FOUNDATION PROGRAMS

INFO CHECK THIS LINK



WWW.CHANGEMEFOUNDATION.COM

#MentalHealthAwareness

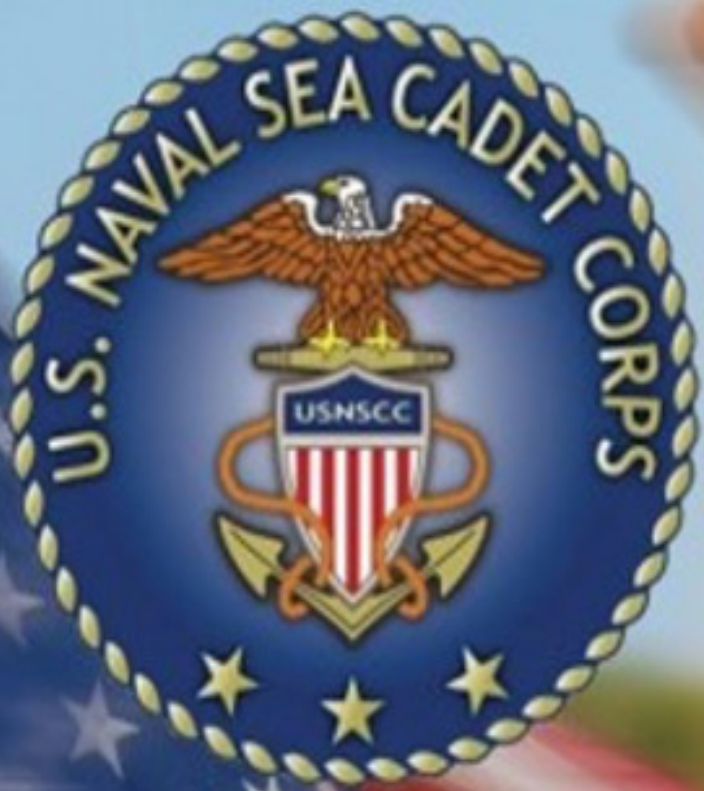




The Navy League of the United States
Fort Lauderdale Council
Presents the

PURSUIT OF HONOR, COURAGE & COMMITMENT **5K RUN/WALK**

Saturday, October 12, 2024, 7:30 am
Chernow Park, Hollywood Beach, FL
Register at: **Honor5K.org**



Proud Supporter of
**WOUNDED WARRIOR
PROJECT®**