

South Florida *RUNNING Forum*

Serving the Community for 27-years!

May 2024

Volume XXIV, Number 5 Issue 347



May 11, 2024
BrandX Women for Women
5K Run/Walk



May 18, 2024
Walk In My Shoes
5K Run



October 12, 2024
Pursuit of Honor, Courage
& Commitment 5K

South Florida
Running Forum
Serving the Running Community for 27-Years!

IN THE PAPER

www.SFRunningForum.com

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

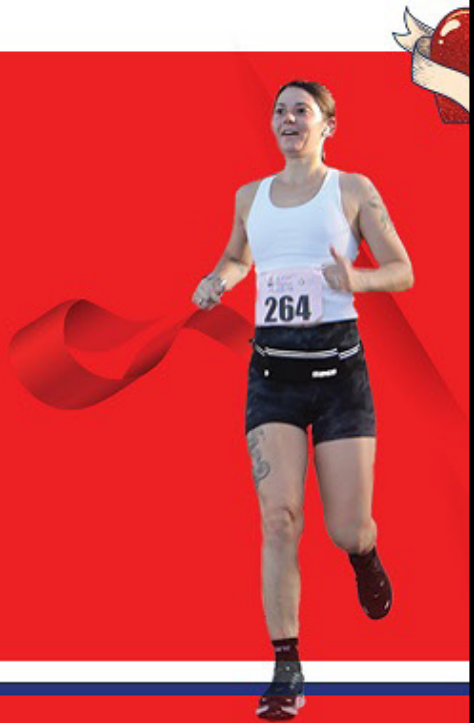
Join the **Run Clinic** hosted by certified running coach, Donald Burgess to start training.
These training sessions start on **Saturday, April 20** leading up to the race at
Okeeheelee Park - Micanopy Pavillion from **7:30 - 8:30 a.m.**

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



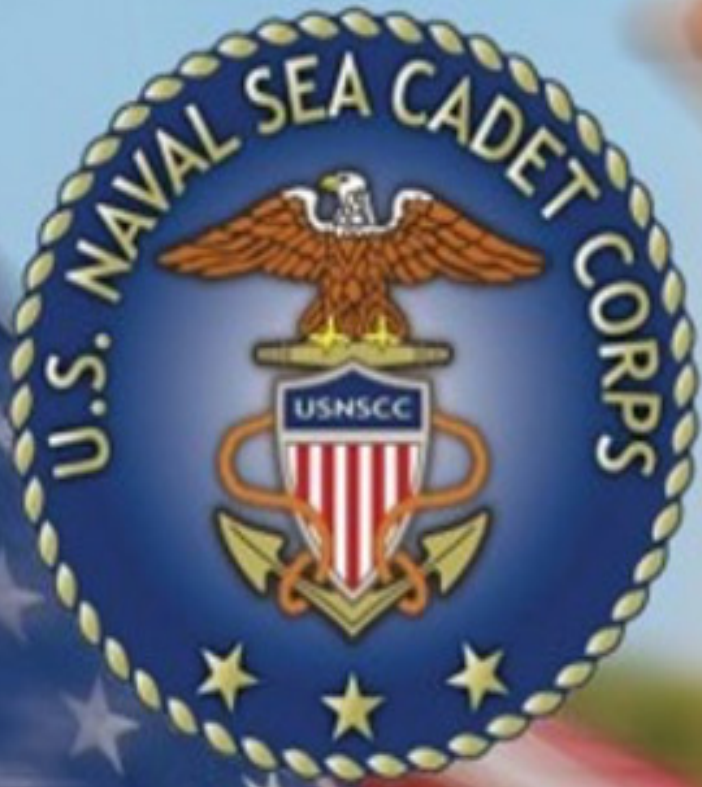
#MentalHealthAwareness



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**



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**WOUNDED WARRIOR
PROJECT®**