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

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

October 13, 2024
Parkland Dash 5K Run, 5-Mile Run & 1-Mile Run/Walk

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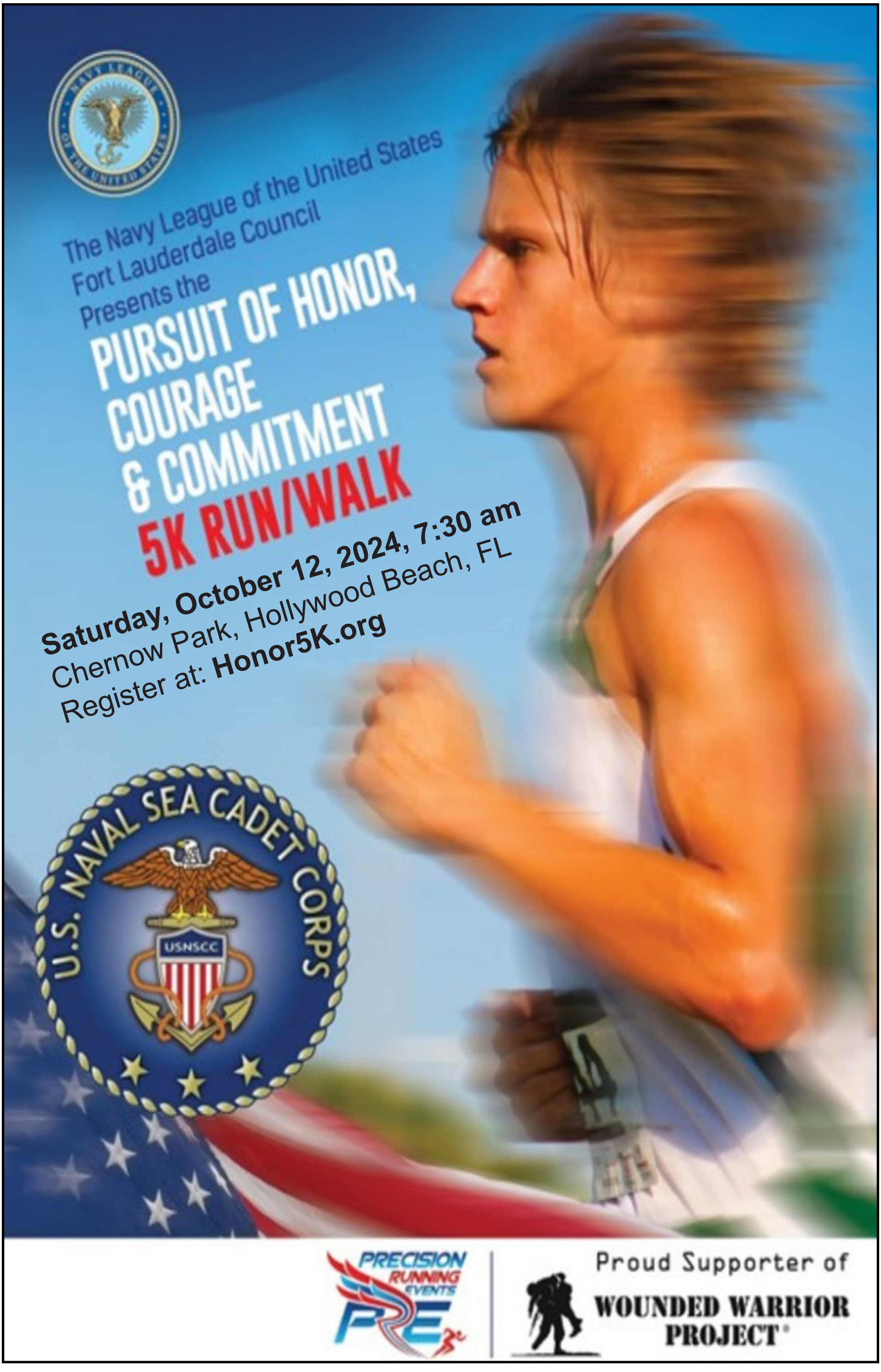
www.SFRunningForum.com


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
U.S. NAVAL SEA CADET CORPS
USNSCC
PRECISION RUNNING EVENTS
PRE
Proud Supporter of
WOUNDED WARRIOR PROJECT®

The Parkland Dash

October 13, 2024

BENEFITTING: MAKE OUR SCHOOLS SAFE .ORG

Parkland Dash 2024

Sunday, October 13,2024

Pine Trails Park • 7:00AM start time

5K | 5 Mile | 1 Mile Fun Run

Register at www.cityofparkland.org/dash

CITY of PARKLAND EST. 1963 ENVIRONMENTALLY PROUD

www.cityofparkland.org/dash • (954) 757-4107