

South Florida *RUNNING Forum*

Serving the Community for 27-years!

July 2024

Volume XXIV, Number 7 Issue 349



July 20, 2024
Hemingway 5K Sunset Run &
Paddleboard Race



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

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

IN THE PAPER

www.SFRunningForum.com

Hemingway 5K Sunset Run & Paddleboard Race

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Pursuit of Honor, Courage & Commitment 5K Run

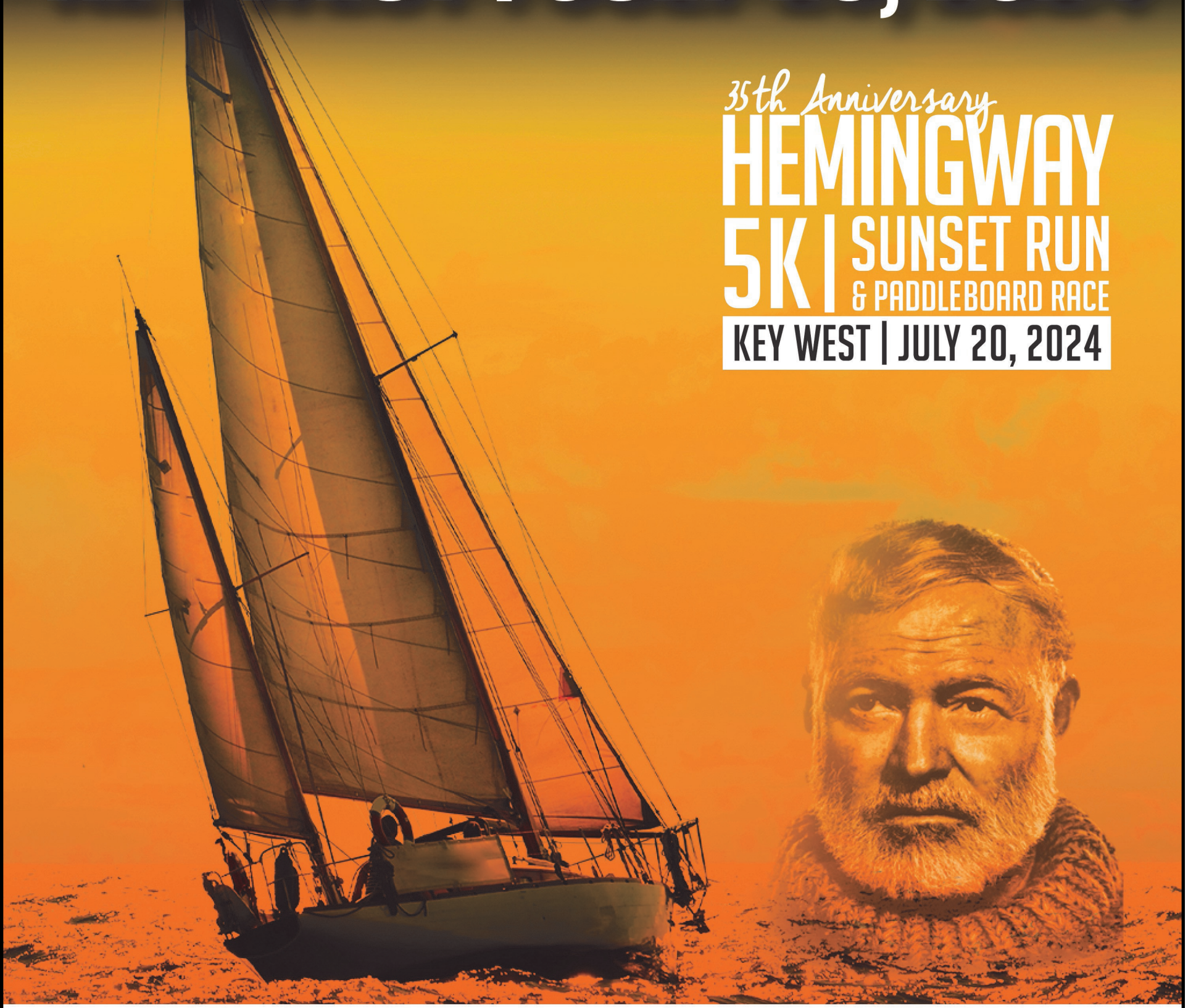
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Parkland Dash 5K Run, 5-Mile Run& 1-Mile Run/Walk

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KEY WEST | JULY 20, 2024

35th Anniversary
HEMINGWAY
5K | SUNSET RUN
& PADDLEBOARD RACE
KEY WEST | JULY 20, 2024



PADDLEBOARD RACE 5:30PM
HEMINGWAY 5K SUNSET RUN 7:30PM

The Florida Keys
Key West
Close To Perfect - Far From Normal

Southernmost
BEACH RESORT
— Key West —

SOUTHERNMOST
BEACH CAFE
— Key West —

ISLAMORADA
BREWERY & DISTILLERY

PAPA'S
PILAR
RUM
Ernest Hemingway

Key West
Sunrise
Rotary
IN THE CONCH REPUBLIC

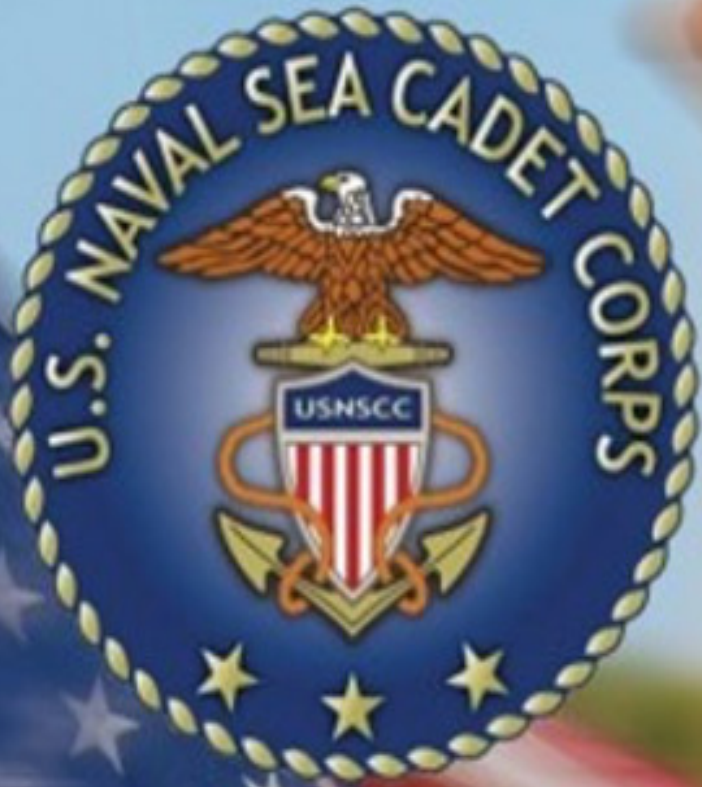
REGISTER NOW! KEYWESTHALFMARATHON.COM



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**



Proud Supporter of
**WOUNDED WARRIOR
PROJECT®**



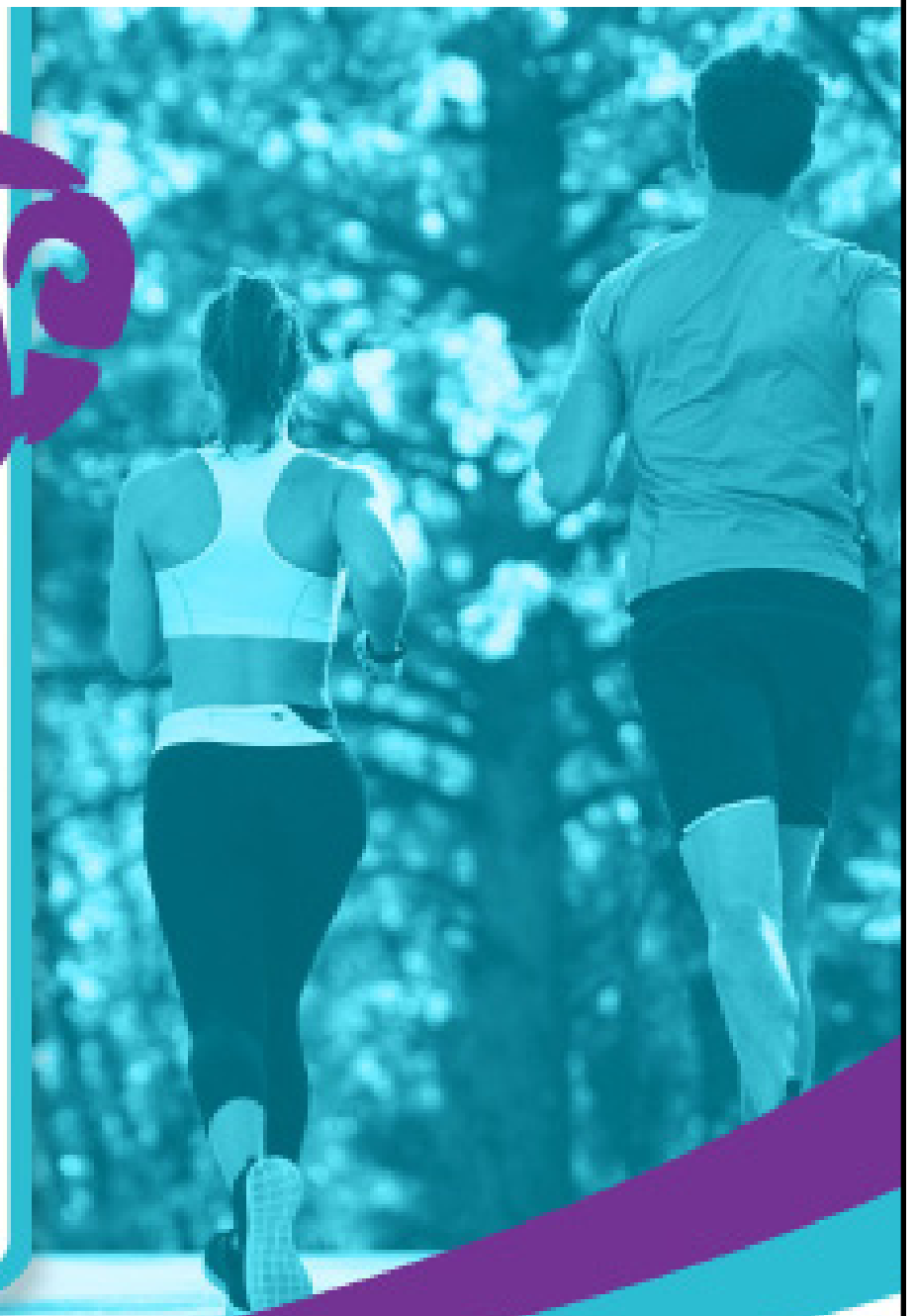
Parkland Dash 2024

Sunday, October 13, 2024

Pine Trails Park • 7:00AM start time

5K | 5 Mile | 1 Mile Fun Run

Register at www.cityofparkland.org/dash



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