

# South Florida *RUNNING* Forum

Serving the Community for 27-years!

August 2024

Volume XXIV, Number 8 Issue 350



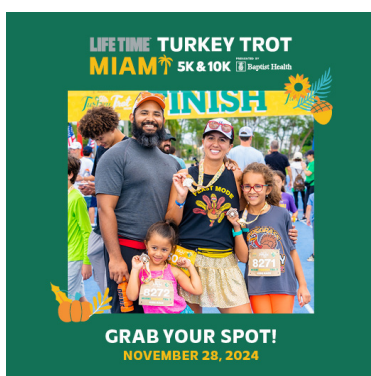
October 12, 2024  
Pursuit of Honor, Courage &  
Commitment 5K Run/Walk



October 12, 2024  
SUN n FUN  
Pumpkin Dash 5K



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



November 28, 2024  
Life Time Turkey Trot Miami  
5K/10K & Kids Race



December 8, 2024  
Reggae Marathon  
Half Marathon, 10K & 5K

South Florida  
*Running Forum*  
Serving the Running Community for 27-Years!  
**IN THE PAPER**  
[www.SFRunningForum.com](http://www.SFRunningForum.com)

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*Reggae Marathon - Half Marathon, 10K & 5K* Page 6

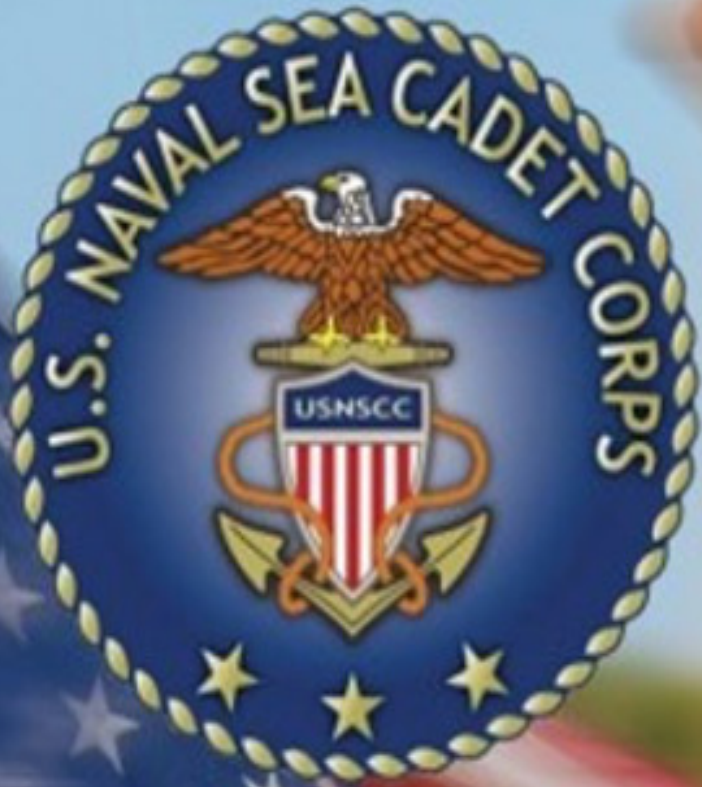




The Navy League of the United States  
Fort Lauderdale Council  
Presents the

**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®**



Join Us for Our 2nd Annual

# SUN 'n FUN PUMPKIN DASH 5K!

**OCTOBER 12, 2024**

**AT THE SUN 'N FUN EXPO CAMPUS**

- **7:45 am-8:45 am** - Registration and Packet Pickup
- **9:00 am** - Race Starts
- **10:15 am** - Approx time for awards presentation

## EARLY PACKET PICK UP

Friday, Oct 11, 2024, 4:00 pm-7:00 pm  
@ SUN 'n FUN Expo Campus

All participants will receive a dri-fit shirt  
(Shirt and size guaranteed if pre-registered  
before Sept. 23).

## AWARDS

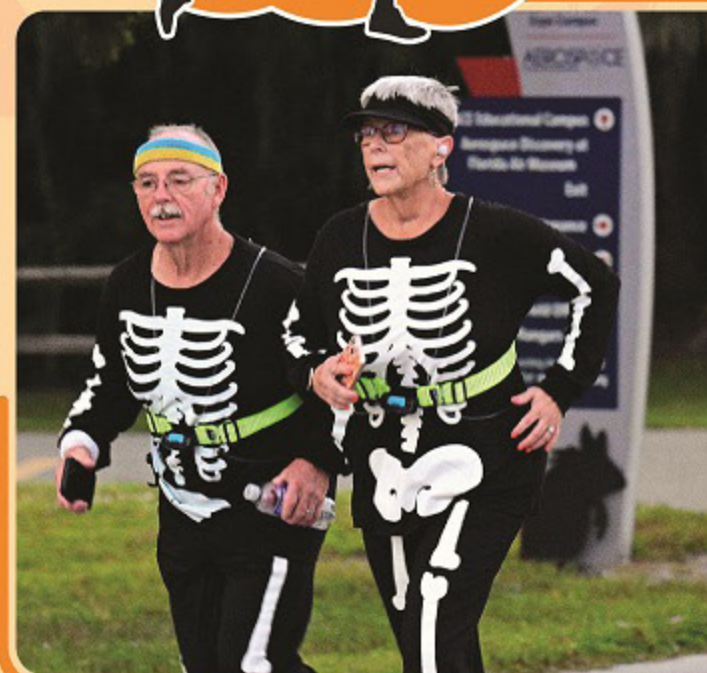
Overall Male And Female  
Age Group Awards to the 1st and 2nd place Male  
and Female in the following age groups: 0-9, 10-14,  
15-19, 20-24, 25-29... up to 80+

## SIGN UP NOW!



Website:

[http://www.athlinks.com/event/  
sun-n-fun-pumpkin-dash-5k-380204](http://www.athlinks.com/event/sun-n-fun-pumpkin-dash-5k-380204)



Join Us for Flightoberfest at 11am!

**SUN 'n FUN**  
EXPO CAMPUS

4075 James C. Ray Dr.

Lakeland, FL 33811





## 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](http://www.cityofparkland.org/dash)



[www.cityofparkland.org/dash](http://www.cityofparkland.org/dash) • (954) 757-4107





LIFETIME<sup>®</sup>  
**TURKEY TROT**  
5K **MIAM** 10K

PRESENTED BY  Baptist Health

**November 28, 2024**  
**TURKEYTROTMIAMI.COM**





# REGISTER NOW!



**Jamaica's Premier  
International Race**  
Half Marathon, 10k & 5k

**SUN. DEC. 8 2024**  
**NEGRIL, JAMAICA**



**www.reggaemarathon.com | tel: 876-967-4903**  
**email: racedirector@reggaemarathon.com**



**JAMAICA**

