

South Florida *RUNNING* Forum

Serving the Community for 27-years!

September 2024 Volume XXIV, Number 9 Issue 351



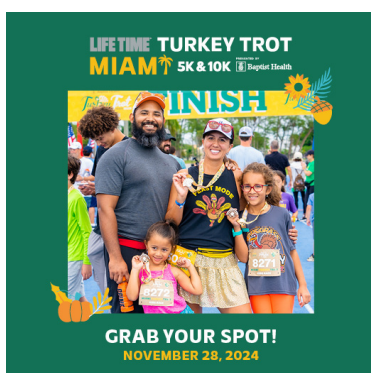
October 12, 2024
Pursuit of Honor, Courage &
Commitment 5K Run/Walk



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

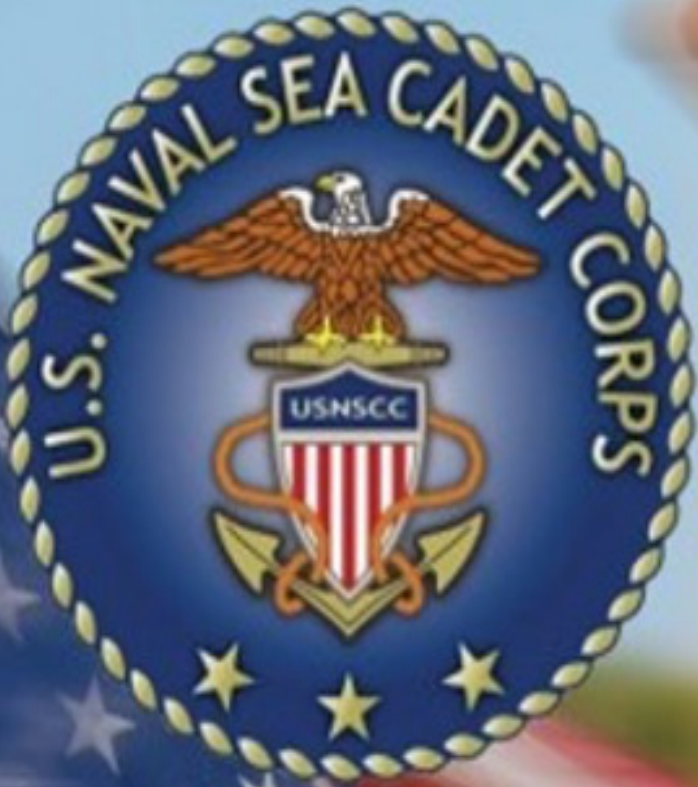
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The Navy League of the United States
Fort Lauderdale Council
Presents the

**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

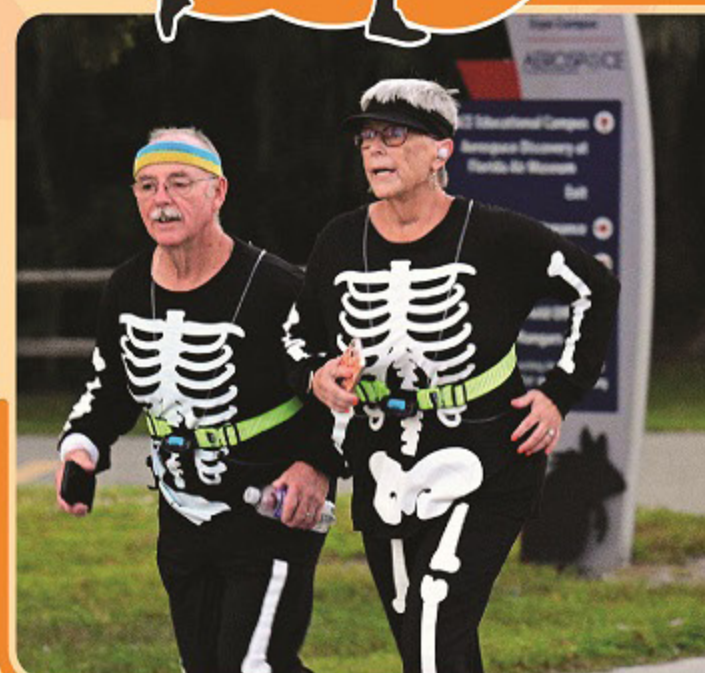
Overall Male And Female
Age Group Awards to the 1st and 2nd place Male
and Female in the following age groups: 0-9, 10-14,
15-19, 20-24, 25-29... up to 80+

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



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



LIFETIME[®]
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



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