

South Florida ***RUNNING*** Forum

Serving the Community for 27-years!

October 2024

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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



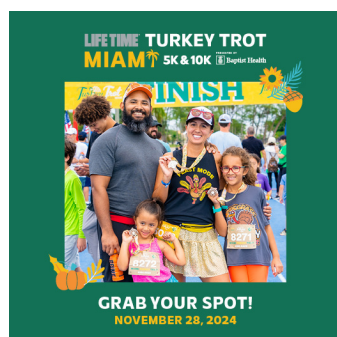
November 9, 2024
AVDA's 25th Anniversary Race For Hope



November 16, 2024
SUN 'n FUN Pumpkin Dash 5K



November 28, 2024
44th Annual Tamarac Turkey Trot 5K



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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Reggae Marathon - Half Marathon, 10K & 5K

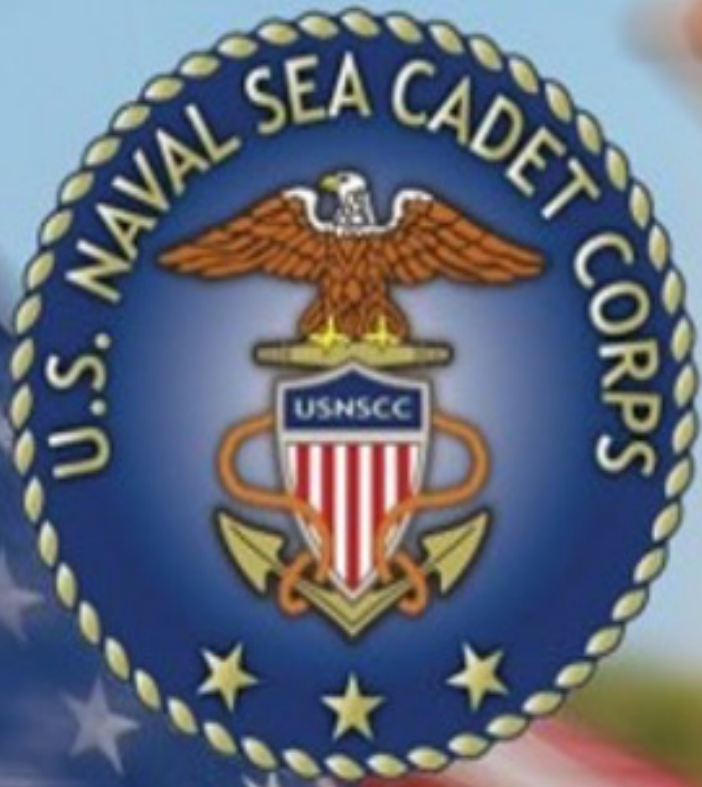
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The Navy League of the United States
Fort Lauderdale Council
Presents the

**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®**



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

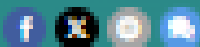


www.cityofparkland.org/dash • (954) 757-4107

AVDA's 25th Annual Race for Hope

Sat November 9, 2024

Lake Worth, FL 33451 US [Directions](#)



Events

5K Run/Walk \$35 7:30AM EST 9:00AM EST Registration ends November 9, 2024 at 7:30am EST Open to ages 100 and under. Sign Up	5K Run/Walk WITH PET \$40 7:30AM EST 9:00AM EST Registration ends November 9, 2024 at 7:30am EST Sign Up	Kid's Dash \$0 8:30AM EST 8:45AM EST Registration ends November 9, 2024 at 7:30am EST Open to ages 13 and under. Sign Up	Hometown Hero 5K (free for active Palm Beach County Police) \$0 7:30AM EST 9:00AM EST Registration ends November 9, 2024 at 7:30am EST Open to ages 100 and under. Sign Up
Hometown Hero 5K (free for active Palm Beach County Firefighter) \$0 7:30AM EST 9:00AM EST Registration ends November 9, 2024 at 7:30am EST Open to ages 100 and under. Sign Up	Hometown Hero 5K (free for Military Personnel - Veterans/Active Duty/Reserve - who live in Palm Beach County) \$0 7:30AM EST 9:00AM EST Registration ends November 9, 2024 at 7:30am EST Sign Up	Virtual 5K \$30 Registration ends November 9, 2024 at 11:59pm EST Sign Up	1 Mile Walk/Run 7:30AM EST 9:00AM EST

Description

This fun event for all ages (and pets!) supports AVDA's programs and services for survivors of domestic abuse and their children. As one of two state-certified domestic violence shelters in Palm Beach County and the only one whose mission is solely focused on domestic violence, we're thankful that you are joining us as we race for hope to end violence for all.

Our VIRTUAL OPTION has been so well received that we're bringing it back again this year! If you are busy on November 9th or prefer to run on your own time, please participate as a VIRTUAL runner/walker this year. Whatever way you choose to get involved this year, please remember to take a photo of your participation and share to your social media using the hashtag #RaceforHope2024

Registration:

- Please register early to ensure you get one of the \$20 virtual!
- Packets pick-up for all events: T&S during above hours at Runner's Edge, 3186 North Federal Highway, Boca Raton, FL 33431. Hours: M-W and F (10:00 AM - 4:00 PM); TH (10:00 AM - 7:00 PM); and SUN (11:00 AM - 4PM). Day-of packet pickup is available. Packets will include race day bib, t-shirt, and finisher medal (for the first \$20 registrants).

Awards:

- Awards will be given to first place overall open, masters, and grandmasters, and five-year age division three-deep for the 5K. Awards will be available for pickup after the race (approximately 45 minutes after first runner crosses the starting line). Finisher medals to the first \$20 registrants.
- Purple Party Awards: Awards will be given out to three individuals who are dressed in their best Purple Party attire on Race Day at the virtual pickup packet.
- Hometown Hero Awards: Awards to first place male and first place female police officers, firefighters, and military personnel in the 5K. To be eligible to receive the Hometown Hero Award, you must be a police officer or firefighter on active duty in Palm Beach County or an active or reserve-duty military personnel. [GoD register](#) in the appropriate Hometown Hero category.
- Randallizing awards: Given to first place individual fundraiser, first place fundraising team and team with the largest number of members.

Pet Friendly Race: You are welcome to bring your pet along for the fun. Simply register for the 5K Race with Pet option. Registration includes a t-shirt for you and a bandana (small or large) for your pet!

Course, Timing and Scoring: The course is USATF certified. The 5K Run will be Net Timing by AccuChip Timing, USA. All participants will be issued a tag and bib number. Failure to wear a tag during the event will disqualify the participant from being scored in the results. There is a 90-minute time limit to complete the race.

AVDA is a 501(c)(3) nonprofit charitable organization. Under the internal revenue code, this donation is tax deductible to the extent permitted by law. A copy of the official registration #04-01763 and financial information may be obtained from the Florida division of consumer service by calling (800) 435-7352 or by visiting their website www.fl.dca.gov/divisions-offices/consumer-services. Registration does not imply endorsement, approval, or recommendation by the State. This organization retains 100% of all financial contributions received. Understand that there is a chance of cancellation, transition to virtual event, or shortening of the event due to inclement weather or other unforeseen circumstances. Tax ID: 59-0486620



Join Us for Our 2nd Annual

SUN 'n FUN PUMPKIN DASH 5K!

NOVEMBER 16, 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, Nov 16, 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

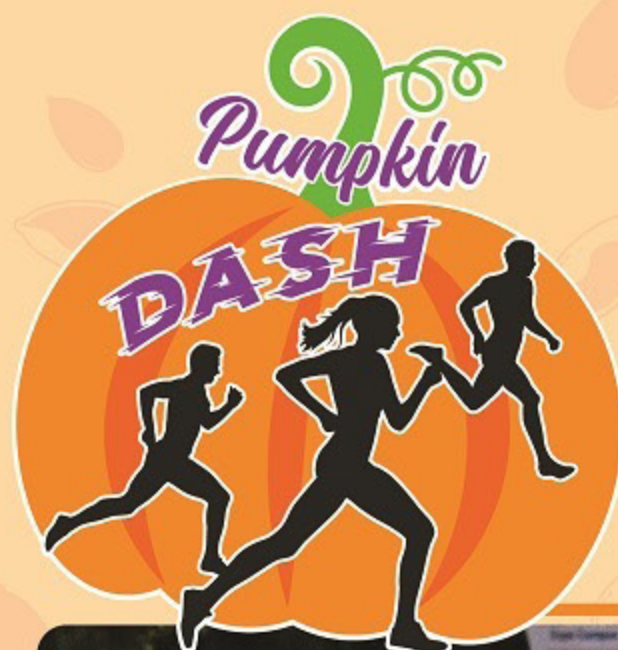
Overall Male And Female
Age Group Awards to the 1st and 2nd place Male
and Female in the following age groups: 0-9, 10-14,
15-19, 20-24, 25-29... up to 80+

SIGN UP NOW!



Website:

<http://www.athlinks.com/event/sun-n-fun-pumpkin-dash-5k-380204>



Join Us for Flightoberfest at 11am!

SUN 'n FUN
EXPO CAMPUS

4075 James C. Ray Dr.

Lakeland, FL 33811



TAMARAC
The City For Your Life

JOIN THE FLOCK
44th ANNUAL TAMARAC
TURKEY TROT 5K

Split Second Timing

TAMARAC **TURKEY TROT 5K RUN**
The City For Your Life



THURSDAY NOV 28 2024
Tamarac City Hall
7525 NW 88th Ave., Tamarac
Begins at 7:30AM
Register: www.Tamarac.org/TurkeyTrot



Michelle J. Gomez
Mayor



Morey Wright
Vice Mayor, District 2



Marlon D. Bolton
District 1 Commissioner



Elvin Villalobos
District 3 Commissioner



Dr. Kicia Daniel
District 4 Commissioner



SCAN TO REGISTER!



www.Tamarac.org





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



JAMAICA

