

South Florida ***RUNNING*** Forum

Serving the Community for 27-years!

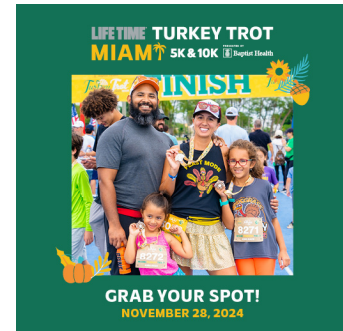
November 2024 Volume XXIV, Number 101 Issue 353



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 7, 2024
First State Bank
Key Largo Bridge Run 5K



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



December 14, 2024
It's A Wonderful Run 5K
Boca Raton



January 19, 2025
Kaitlin's Angel 5K Run



April 6, 2025
Krista-Marie
Touch of Love Charity 5K

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

www.SFRunningForum.com

SUN 'n FUN Pumpkin Dash 5K
44th Annual Tamarac Turkey Trot 5K
Life Time Turkey Trot Miami 5K/10K & Kids Race
First State Bank Key Largo Bridge Run 5K
Reggae Marathon - Half Marathon, 10K & 5K
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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

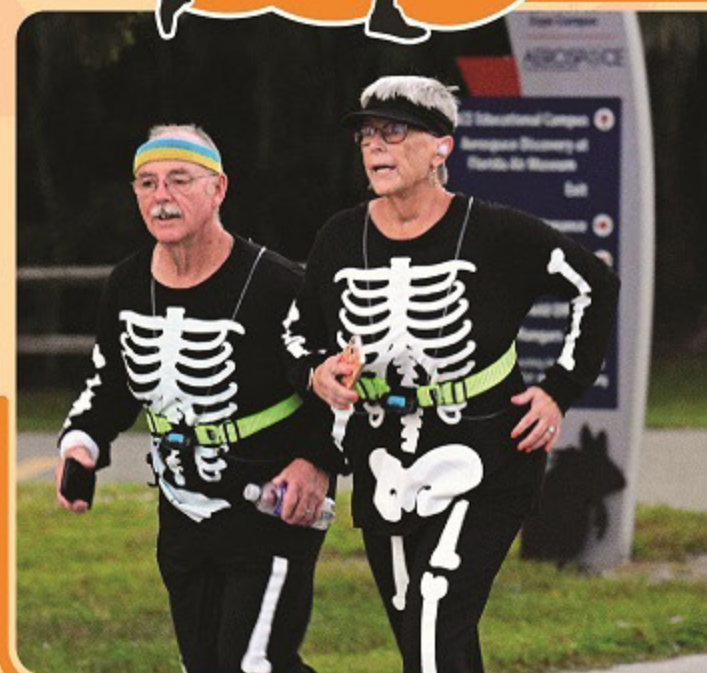
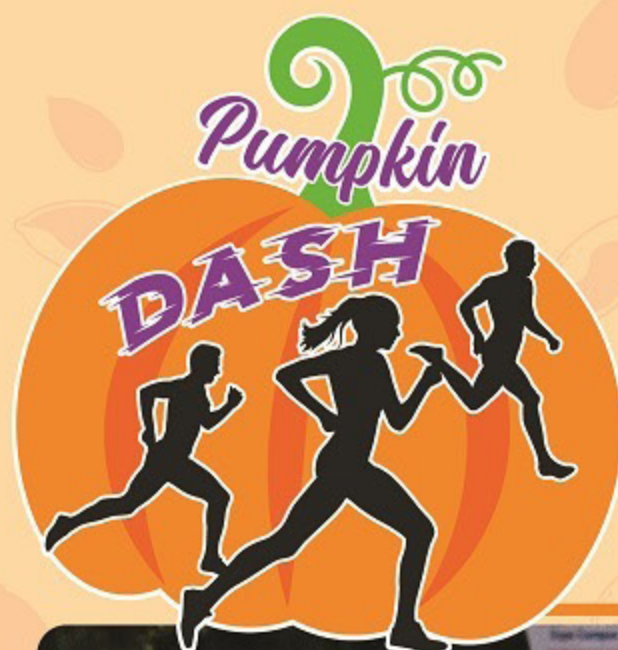
Overall Male And Female
Age Group Awards to the 1st and 2nd place Male
and Female in the following age groups: 0-9, 10-14,
15-19, 20-24, 25-29... up to 80+

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



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





KEY LARGO BRIDGE RUN

The Florida Keys
Key Largo



December 7th, 2024



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



It's A Wonderful Run 5K

Sign Up

5K

1 Mile

♥

📌

 4001 North Military Trail,
Boca Raton FL

 Saturday, December 14th,
2024



The 13th Annual It's A Wonderful Run

This exciting event will take place at Saint John Paul II Academy on December 14, 2024.

Race Details

- **5K Start Time:** 8:00am
- **Fun Run Start Time:** 8:40am (not timed)
- **Early Packet Pickup:** Available at Runners Edge Boca Raton on Dec. 7th until 12 Noon and Friday, Dec. 13th
- **Rain or Shine:** Race is on regardless of weather!

Registration Information

- **Online Registration:** Open now through Race Day until 8:30am on 12/14/24. T-shirt guaranteed for the first 400 packets picked up.
- **Registration Fees:** Increase on Friday, 12/13/24 after 11:00pm.
- **Race Day Registration:** Available from 7:00am to 8:30am.

Awards

Awards will be given to:

- **Top three male/female overall**
- **Top master**
- **Top three in age groups:** 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75+

Post-Race Experience

Participants will enjoy a full breakfast, along with a long sleeve race t-shirt. This event supports student clubs, athletics, activities, and alumni scholarships. Fun for the whole family!

Race Course

For the race course map, click [here](#).

More Information

Visit the official race page for updates: [It's A Wonderful Run 5K](#).



The Palm Beach County Police Benevolent Association



**9TH ANNUAL
5K RUN & WALK**

- Students 18 and under: \$20.00
- Early Registration: \$30.00
- Race Day Registration : \$35.00
- Race Starts: 7:30 am
- Check-In Starts: 6:30 am



Top male & female will win a trip to Atlantis
Resort Bahamas 4 night / 5 days Airfare included
Finisher Medals & Awards

**All Proceeds Benefit the
Kaitlin A. Kazanjian Memorial Scholarship Fund**

**January 19, 2025 6:30 AM
Abacoa Center
Jupiter, FL**

More Info & Registration:
www.PBCPBA.org

Timing provided by AccuChip



8th Annual Krista-Marie Touch of Love Charity 5K

**Run/Walk
4 LOVE!**



**All Ages!
Medals!
Timed!**



5K

**C.B. Smith Park
900 N. Flamingo Road
Pembroke Pines, FL**

Pets welcomed!



**Wonderful
Community Event!**

April 6, 2025

RACE STARTS AT 7:00 A.M.

**An Educational Fundraiser
for
Autism Classrooms**



Register at Runsignup.com



Join us for an early sunrise morning at our beautiful C.B. Smith Park. Run/Walk4LOVE our 5K through a trail embraced by beautiful trees. In memory of Krista-Marie may we always remember her unconditional love towards the people whose hearts she touched. This event is organized by a non-profit 501(c)(3) with a mission to raise educational and therapy funds for children diagnosed with Autism and related disorders. Thank you for your support.