

South Florida *RUNNING* Forum

Serving the Community for 30-years!

January 2025

Volume XXIIIIV, Number 1 Issue 355



January 19, 2025
Kaitlin's Angel 5K Run



January 20, 2025
Dr Martin Luther King Jr
5K Run/Walk



January 26, 2025
Steps for Life 5K Run & Walk
Boca Raton



February 2, 2025
City of Coconut Creek
5K Butterfly Run



February 8, 2025
LOOP For Literacy 5K Run/Walk
Bryant Park, Lake Worth Beach



February 22, 2025
Sombrero Beach Run
5K/10K/15K Challenge



March 8, 2025
Mary Murray Scholarship 5K
Okeethee Park, West Palm Beach



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

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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





Dr. Martin Luther King Jr. 5K Run/Walk

Mon January 20, 2025

Miami, FL 33147 US [Directions](#)



Events

5K Adults \$30 8:00AM EST Registration ends January 20, 2025 at 7:55am EST Sign Up	5K STUDENTS (18 & UNDER) \$25 8:00AM EST Registration ends January 20, 2025 at 7:55am EST Sign Up
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Place

6205 NW 27th Ave
Miami, FL US 33147

Description

Dr. Martin Luther King Jr. 5K Run/Walk EVENT DETAILS AND SCHEDULE:

DATE: Monday, January 20, 2025

LOCATION: MLK Metrorail Station 6205 NW 27th Avenue, Miami, FL 33142

Registration: 6:30AM

Warmup: 7:30AM

Shotgun Start: 8:00AM

Awards/Presentations: 10:30AM

The longest running MLK Day Race in Miami-Dade County hosted by the Progressive Officers Club, Inc. This historic race takes place in the streets of Miami in celebration of Dr. King's legacy. This exciting event brings together a diverse community, promoting equality and social justice. Whether you're a seasoned runner or just starting out, this race is for everyone! Join us on MLK Day for a memorable and empowering race experience in the heart of Miami.

Proceeds from this year's race will benefit Women of H.O.P.E. (Health Occupations Promoting Education)! This great organization is dedicated to provide assistance to individuals battling auto immune diseases in addition to providing hair prostheses (wigs).

Bring your entire family, as we have various prizes and giveaways! Race T-Shirts will be provided to all participants, and medals will be awarded to the top 3 finishers in each age group.

Thank You all for your support and participation!





5k RUN & WALK

JANUARY 26, 2025



RACE TO CURE BLOOD CANCER

SAVE 5% WITH
COUPON CODE **SFRF25**

REGISTER

FLORIDA ATLANTIC UNIVERSITY, BOCA RATON

ADULTS

\$30

\$35 ON RACE DAY

STUDENTS

\$20

\$35 ON RACE DAY

CHILDREN

FREE

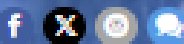
SUPERHERO SPRINT

giftoflife.org/stepsforlife

The City Of Coconut Creek 5K Butterfly Run

Sun February 2, 2025

Coconut Creek, FL 33073 US [Directions](#)



Events

5K Butterfly Run (Adult, 18 and over)

\$30

7:00AM EST

210 spots left. Registration ends January 31, 2025 at 11:59pm EST

Sign Up

5K Butterfly Run (Youth, 17 and under)

\$15

7:00AM EST

210 spots left. Registration ends January 31, 2025 at 11:59pm EST

Sign Up

Information for Registrants

5K Butterfly Run registrants can collect race packets at the Coconut Creek Recreation Complex, Creek Fit North, 4455 Sol Press Boulevard, on the following days:

- Friday, January 31st, from 12:00 pm to 7:00 pm
- Saturday, February 1st, from 8:00 am to 3:00 pm

Or at Tradewinds Park on race day:

- Sunday, February 2nd, from 5:30 am to 6:30 am

Unfortunately, there will be NO race day registration. Walkers and strollers will be allowed toward the end of the race pack. You are timed from crossing the start line to the finish line. No pets on the race course. Butterfly attire is encouraged!

Please arrive early to the race and carpool if possible. Friends and supporters are welcome. However, no one will be allowed to enter the park after 6:50 am.

Race location: Tradewinds Park, Grandiosa Pavilion, 3600 W Sample Rd, Coconut Creek, FL 33066

For more information, please call Creek Fit at 954-956-6650

Place

Tradewinds Park, 3600 W Sample Rd
Coconut Creek, FL US 33073

Race Contact Info

If you have any questions about this race, click the button below.

Questions?

Description

City of Coconut Creek Parks and Recreation Department is hosting its 5K Butterfly Run

- The race is open to all ages.
- Awards will be presented to the following: top 3 male and female overall, 1st male and female Coconut Creek resident
- Must complete the race in-person on Sunday, February 2nd.
- Registration begins on September 30th.

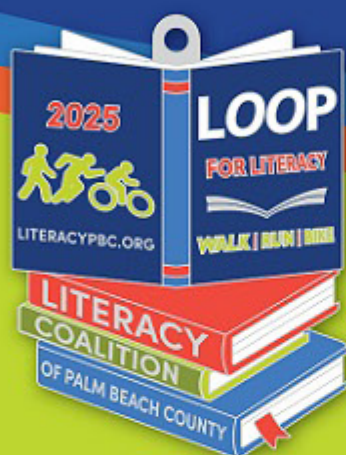
Directions



15th ANNUAL

LOOP FOR LITERACY

WALK | RUN | BIKE



Finisher Medal

**EARLY
BIRD
PRICING**
REGISTER BY
JANUARY 8

5K RUN/WALK



REGISTER

24 MILE ROADSIDE BIKE RIDE

**1 KIDS
MILE FUN RUN**

**100 KIDS
YARD DASH**

SATURDAY, FEBRUARY 8, 2025

BRYANT PARK, LAKE WORTH BEACH

Certified Course | AccuChip Timing | Finisher Medals | Race Tech Shirt | Awards | Refreshments



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**COZEN
O'CONNOR**



IN-KIND SUPPORTERS



REGISTER ONLINE: **LiteracyPBC.org**

PROCEEDS BENEFIT THE LITERACY COALITION OF PALM BEACH COUNTY





COME FOR
THE **RUN.**
STAY FOR
THE **SUN.**



SombreroBeachRun.org

February 22, 2025
The Florida Keys
Marathon



Walk or Run
It's a morning of fun!

MARCH 8, 2025

**Okeeheelee Park
West Palm Beach**

- **Runners are timed by MCM Timing**
 - Free t-shirt and event medal to participants (while supplies last)
 - Runners awarded place medals by age category
 - Live entertainment
 - Family fun - **All ages welcome to participate**
 - *And as every year... back by popular demand...*
- FREE PANCAKE BREAKFAST AFTER RACE**



**Benefits scholarships
to Young Singers of
the Palm Beaches
through the
Mary Murray
Scholarship Fund**



\$35 per person
\$120 Family of 4

*Make a team and
invite your friends!*



YSPB.ORG/5K

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**THE
BLANKSTEIN FAMILY**



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Super Latino



Cultural Council
FOR PALM BEACH COUNTY
**DISCOVER
THE PALM BEACHES
FLORIDA**
Powered by the Tourist Development Council



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.