

South Florida ***RUNNING Forum***

Serving the Community for 30-years!

February 2025 Volume XXIIIIV, Number 2 Issue 356



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



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



**March 22, 2025
Zachary M Martin Memorial Run
Blanchard Park, Orlando**



**March 29, 2025
FLIPANY 5K Fun Run/Walk
Markham Park, Sunrise**



**April 5, 2025
Steps For SOS 5K Run/Walk
Tradewinds Park, Coconut Creek**



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



**October 11, 2025
Pursuit of Honor, Courage &
Commitment 5K
Charnow Park, Hollywood**

South Florida
Running Forum
Serving the Running Community for 27-Years!
IN THE PAPER
www.SFRunningForum.com

Sombrero Beach Run 5K/10K/15K Challenge
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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

**JOIN OUR SPONSORS ... OPPORTUNITIES AVAILABLE
EMAIL MELANEEB@YSPB.ORG**

**THE
BLANKSTEIN FAMILY**



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



FREE T-SHIRT and MEDAL with every registration



**RAFFLE PRIZE:
PLAYSTATION 5
Disc PS5 4K
Gaming System
\$550 value**

WHAT: 3rd Annual 5K Run/Walk

WHERE: Blanchard Park

2451 N. Dean Rd. Orlando, Florida

WHEN: Saturday, March 22, 2025

Proceeds for this event benefit local post military with PTSD and their families. A portion of these proceeds are donated to Stop Soldier Suicide in remembrance of our son PFC Zachary M. Martin, USMC.

For more information about the run or to donate directly go to:

ZacharyMartinMemorial.com

Scan the QR code to register to run or donate. There is a \$5 discount for students, military, and first responders. Use Promo Code: RUNWALK



Learn more about Zachary

ZacharyMartinMemorial.com

For more information about the run or any other fund raising events in your area contact:

Paul Martin at:

Paul@zacharymartinmemorial.com



Register to run or donate at Race Roster



Open to All Ages
& Skill Levels

2025

Walk. Run. Make an Impact!

FLIPANY 20th Anniversary
5K Fun Run

www.FLIPANY.org

Saturday
March 29, 2025

Markham Park
Sunrise, FL

Scan to Register



Join us in celebrating 20 years of making a
difference—one meal, one child, one family,
one mile at a time!

STEPS FOR SOS HOMECOMING

20



25

5K RUN/WALK
TRADEWINDS PARK, COCONUT CREEK



SOS CHILDREN'S
VILLAGES
FLORIDA

Healing, hope and home for every child, young adult, and family

SATURDAY • APRIL 5, 2025
7:00 AM TO 10:00 AM

JOIN THE FUN! REGISTER AT
STEPSFORSOS.ORG

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.



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

PURSUIT OF HONOR, COURAGE & COMMITMENT

5K RUN/WALK

benefiting the

Wounded Warrior Project
and Fort Lauderdale Sea Cadets

Saturday, October 11th, 2025
Hollywood Beach



SEA CADETS



Register at:
<http://honor5K.org>
Managed by:
Precision Running Events



Proud Supporter of
**WOUNDED WARRIOR
PROJECT®**