

# South Florida ***RUNNING Forum***

*Serving the Community for 30-years!*

**March 2025**

Volume XXIIIIV, Number 3 Issue 357



**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](http://www.SFRunningForum.com)

*Mary Murray Scholarship 5K*  
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*Krista-Marie Touch of Love Charity 5K*  
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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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*Super Latino*



**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](http://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](http://ZacharyMartinMemorial.com)

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

Paul Martin at:

[Paul@zacharymartinmemorial.com](mailto:Paul@zacharymartinmemorial.com)



Register to run or donate at Race Roster





Open to All Ages  
& Skill Levels



**Saturday**  
**March 29, 2025**

**Scan to Register**

**Markham Park**  
**Sunrise, FL**



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](https://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®**