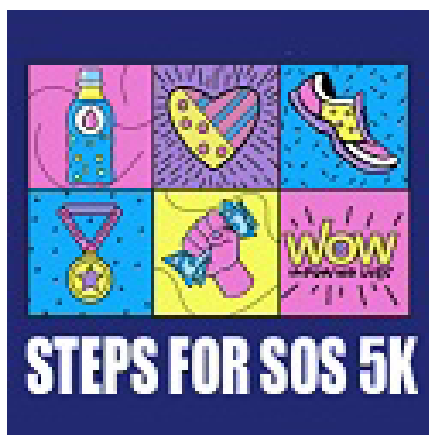


South Florida ***RUNNING*** Forum

Serving the Community for 30-years!

March 2026

Volume XXIX, Number 3 Issue 369



April 11, 2026
Steps for SOS 5K Run/Walk
Tradewinds Park, Coconut Creek



April 11, 2026
Zachary M Martin Memorial Run/Walk
Blanchard Park, Orlando



April 12, 2026
Krista-Marie Touch of Love Charity 5K
CB Smith Park, Pembroke Pines



October 10, 2026
Pursuit of Honor, Courage & Commitment 5K
Charnow Park, Hollywood Beach

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

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www.SFRunningForum.com

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Lace Up. Get Out. Do Good.

Steps for SOS 5K Run/Walk



Saturday April 11th, 2026

7:30 am to 10:30 am

Tradewinds Park, Coconut Creek

*Kids activities, food, exercise, entertainment,
timed course, runner medals, fun...and much more!*

Bring your team spirit and others who want to be a part of this exciting event.
The path to improving the lives of children in foster care starts here!

Register at www.stepsforsos.org

PRESENTED BY



**FREE
Military-Style
Dog Tag
Award at
Finish Line**



WHAT: 4th Annual 5K Run/Walk

WHERE: Blanchard Park 2451 N Dean Rd Orlando, FL

WHEN: April 11, 2026 at 8:30 am

- **Proceeds for this event benefit post military veterans with PTSD and their families in need.**
- **These proceeds are donated in the name of our late son, PFC Zachary M Martin, USMC, a Full Sail University Audio Engineering major.**
- **For more information about the run/walk, to register, or to donate directly go to:**
Zacharymartinmemorial.com or scan the QR code
- **There is a \$5 discount for first responders and military, just use promo code RUNWALK.**

For questions please contact:

Paul Martin 321-479-6129



The 9th Annual Krista-Marie Touch of Love Charity



5K

Run/Walk 4 LOVE

Wonderful
Community Event

Sunday, April 12th 2026
Race Starts at 7:00 A.M.



Register at RunSignUp.com or Scan Code

C.B. Smith Park
900 N. Flamingo Road
Pembroke Pines



Fun for ALL
Ages
Medals
Custom Contest
Kid LOVE Dash
Music
Fun Vendors

A nonprofit 501 (c)(3) educational fundraiser for Autism

Join us for an early sunrise morning at our beautiful C.B. Smith Park in Pembroke Pines as we Run or Walk for LOVE.

Race starts promptly at 7:00 A.M. so arrive early to park, stretch and grab some food and refreshments offered by our finest community sponsors.

FREE Event Shirts for the first 500 at Early Packet Pickup
Beautiful Race Medals for the first 500 crossing the FINISH LINE!
Best Male and Female Plaques
Age Medals

KID LOVE DASH-For children ages 2-10, we offer an exciting opportunity to participate in the Kids Dash. All registered children will receive an inspired finisher medal!

Kids Dash-starts at 8:00 A.M. after 5K Race

Distances and ages are:

Ages 3 & Under 25m

Ages 4-5 100m

Ages 6-7 200m

Ages 8-10 400m (1/4 mile)

Costume Contest!

Pet Friendly!

Sponsorship, Vendor and Volunteer Opportunity!

Food, Refreshments and Music!

Fun for all ages and abilities!

Our 5K Run/Walk4LOVE goes through an amazing trail embraced by tall beautiful trees. As you reach the FINISH LINE you will be congratulated with a smile, a bottle of water and a heartwarming medal (medals limited to the first 500 to go through finish line).

Parking- \$3 per vehicle at park entrance

Early Packet Pickup

Be prepared, avoid the lines and get your FREE event (limited to the first 500) shirt and bib.

Saturday, April 11th at Runner's Depot from 10:00-2:00 P.M.

1378 Weston Road, Weston, FL. 33326

(754) 265-7026



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 10th, 2026
Hollywood Beach



SEA CADETS



Register at:
honor5K.org
Managed by:
Precision Running Events



Proud Supporter of
**WOUNDED WARRIOR
PROJECT®**