

South Florida Running Forum Event Calendar

January	February	March	April	May	June
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JANUARY 2012

1	KWS Village of Islamorada New Year's 5K	8:00 AM	305-853-1685
6	Miami to Key West, Ragnar Relay Florida Keys, 12-person, 200(ish) mile, overnight		www.ragnarrelay.com/race/floridakeys
7	REF Run For Animals , Okeechelie Park, West Palm Beach	7:30 AM	561-361-1950
7	1 st Annual "Moving Towards A Cure" 5K & 1M Run/Walk, Lakes Park,	10:00 AM	www.BrainTumorEvents.org/FortMyers
7	6 th Annual FLIPANY Fun Run- Let's Move Broward 5K & 10K, Hollywood Broadwalk	7:15 AM	lkunins@flipany.org
7	South Florida Undy 5000 & Resolution Run 5K & 1-Mile, Meyer Amphitheater, WPB	9:00 AM	eehrlch@ecalliance.org
14	ACT Honda Classic 5K Run/Walk, PGA National Resort, Palm Beach Gardens	7:30 AM	www.thehondaclassic.com/pages/5k
14	SST 13 th Annual Miramar-Pines Rotary 5K/10K, Sunset Lakes Community Center	7:30 AM	954-461-5515
14	GFL Saint Anthony's 5K , Birch State Park, Fort Lauderdale	7:00 AM	954-970-7752
14	SST Komen Race For The Cure Bahamas, Atlantis, Paradise Island, Bahamas		954-384-7521
14	KWS Lower Keys DAS No Name 5K Run/Walk , Big Pine Key	8:00 AM	305-745-3027
14	Susan G Komen Race for the Cure 5K, 10K & 1-Mile, Polk County	7:30 AM	www.kopmensuncoast.org
14	4 th Annual Run for Education 5K Run/Walk, Okeechelie Park, West Palm Beach	8:00 AM	561-358-6549
14/15	Marathon Bahamas, Full, Half, 4-Person Relay, & 5K, Nassau, Bahamas	6:00 AM	www.marathonbahamas.com
15	NAP Naples Daily News Half Marathon, Naples	7:00 AM	239-262-5653
15	SST JFS Take A Walk In Our Shoes 5K R/W & 1-Mile Fun Walk, Markham Park	7:30 AM	takeawalkinourshoes.com
15	2 nd Annual Palm Coast Half Marathon, Palm Coast		www.RunPalmCoastHalf.com
16	SST Dr Martin Luther King Jr 5K Run/Walk, MLK Metrorail Station, Miami	8:00 AM	954-384-7521
16	Girls on the Run Palm Beach Training Program 5K	4:30 PM	www.girlsontherunPBC.org
21	REF 5th Ann Boca Christian Torch Run 5K Run/Walk, Boca Raton Christian School	7:30 AM	561-361-1950
21	ULT Everglades Ultras, 50-Miles, 50K, 25K, Fakahatchee Strand Preserve State Park	6:00 AM	evergladesultras.com
21	Derek Schneiderman 5K Run/Walk, Christopher/Dana Reeve Fnd, Tradewinds Park	7:30 AM	954-818-6282
22	SFR 1 st Annual Norma Witkowski 5K, Run/Racewalk & Healthwalk, Tradewinds Park	7:00 AM	954-970-9634
22	Ocala Marathon, Half & 5K, Ocala		www.OcalaMarathon.com
22	6 th Annual Town of Bay Harbor Islands 5K, Town Hall, Bay Harbor Islands	8:00 AM	305-866-6241
22	An Angel Among Us 5K (A Norma Witkowski Memorial Event) Tradewinds Park	7:15 AM	www.active.com
28	USR Tropical 5K, Miami	7:30 AM	www.tropical5k.com
28	21 st Annual Susan G Komen South Florida Race for the Cure, Flagler Drive Waterfront	8:30 AM	race@komensouthflorida.org
29	USR ING Miami Marathon & Half Marathon, Miami	6:15 AM	www.ingmiamimarathon.com

FEBRUARY

4	Uganda 5K, Kid's Races and Festival, American Heritage School, Boca Raton	7:00 AM	561-485-7272
4	Florida Today 5K & 8K, Melbourne	7:30 AM	www.themelbournemarathon.com
4	2 nd Annual Sari Center 5K Run/Walk, John Prince Park	7:30 AM	561-578-5900
4	Winters Family Beach Fest 5K, 15K & 1-Mile, Clearwater	7:30 AM	www.seewinter.com
4	15 th Annual Pensacola Double Bridge Run, 15K Run & 5K Run/Walk	7:00 AM	www.doublebridgerun.com
4	ACT 3 rd Annual Walk for Wishes 5K Walk/Run, Markham Park, Weston	7:30 AM	www.walkforwishes.net
4	Pediatric Heart Foundation Walk/Run 4 Hearts, Mizner Park Amphitheater, Boca Raton	7:00 AM	561-236-6636
4/5	State Farm Melbourne & Beaches Music Marathon & Half Marathon, Melbourne	7:00 AM	www.themelbournemarathon.com
5	SST 10 th Annual 5K Butterfly Run, Sabal Pines Park, Coconut Creek	7:30 AM	www.butterflyrun.com
11	SST RunWild 5K Run & Family Fun Run/Walk, Zoo Miami	8:00 AM	www.chapmanpartnership.org/events
11	ACT 9 th Annual For The Love Of Children 5K Run/Walk & Kids 1-Mile, Carlin Park	7:30 AM	www.chs5k.org
11	11 th Ann Live Ultimate Ocean Drive 5K, Ocean Dr & South Pointe Dr, Miami Beach	8:30 AM	www.LiveUltimateRun.com
12	GCR Run Through Central Park , Plantation		954-384-7521
12	REF Miles For Meso , 5-Miler & 1-Mile, Spanish River Park	7:30 AM	561-361-1950
12	5 th Annual I Care I Cure...I Run 5K & Family Fun Day, BankAtlantic Center, Sunrise	7:30 AM	susant@icareicure.org
12	"Gift of Life Bone Marrow Fd'n," 2 nd Ann Walk for Life 5K, Palm Beach Plaza FAU	8:00 AM	mfreund@giftoflife.org
12	Charlotte Harbor Half Marathon, Port Charlotte, FL		www.CharlotteHarborHalf.com
18	GFL AIA Marathon Healthy Choice 5K , Hugh Taylor Birch State Park	7:00 AM	954-461-5515
18	KWS Pirates Wellness, Blimp Road 4-Miler , Cudjoe Key	8:00 AM	305-745-3027
18	REF Together We See Eye Run 5K , YMCA Boca Raton	5:15 PM	561-361-1950
18	Florida Army National Guard, 254 th Trans Battalion 5K Run/Walk, W Palm Bch Armory	7:30 AM	772-582-3577
18	Walk For Wishes 5K Walk/Run, Tropical Park, Miami	7:30 AM	www.walkforwishes.net
18	SST 13 th Annual Run of the Meadows, Lakes of the Meadows Health & Racquet Club, Miami	8:00 AM	www.splitsecondtiming.com
19	ESM Publix Fort Lauderdale AIA Marathon & Half Marathon		www.AIAMarathon.com
25	GFL 5K For A Better Day , Broward General Hospital	7:00 AM	954-461-5515
25	Suncoast Classic Run for Kids 5K, 10K & 1-Mile, St. Petersburg	7:30 AM	admin@psfonline.com
25	9 th Ann Race For Faith 5K & 10K Run & 5K Walk, John Prince Park, L Worth	7:30 AM	www.raceforfaith.com
25	6 th Annual Family 5K Run & 1-Mile Walk, JC Bermudez Park	7:00 AM	5kfamilyrun@gmail.com
25	2 nd Annual Loop the Lake for Literacy, 15, 31, 45 & 115 Mile Rides, Lake Okeechobee		www.loophelakeliteracy.org
25	2 nd Annual Riverbend 5K Green Run, Riverbend Park, Jupiter	7:45 AM	www.active.com
26	2 nd Annual Emb(race) 10K & 5K, & Family 1-Mile, FAU Boca Raton	7:30 AM	www.standamongfriends.org
26	GCR 2nd Annual Vista View 360 , Vista View Park, Davie		954-384-7521
26	ACT 3 rd Annual Tour De Broward 100K/50K Ride, 5K Run, 3K Walk, Miramar Regional Park	7:00 AM	954-265-0994
26	TFW Carnival Miami 5K/10K Run, Key Biscayne, SST	7:30 AM	teamfootworks.org

MARCH

3	SST 2 nd Annual March for Hunger, Hollywood Bandshell, Broadwalk	7:00 AM	954-518-1863
3	ACT Village of North Palm Beach Support Our Troops 5K/10K	7:00 AM	561-904-2136
3	KWS Sombbrero Beach 15K Challenge! 10K Run, 5K Walk/Run , Marathon	8:00 AM	305-743-4582
3	"Run for the HEALTH of It" 5K, John Prince Park, Lake Worth	7:30 AM	561-596-0445
3	7 th Annual Bull Run/Walk 5K, United Way of Martin County, Stuart	7:30 AM	772-223-6761
3/4	Publix Gasparilla Distance Classic Weekend, 15K, 5K, 5+3K, Half Marathon, Tampa		www.tampabayrun.com
4	USR 13.1 Miami Beach & Karhu 5K, Miami Beach	6:13 AM	www.131miamiach.com
4	SST 2 nd Annual Family Fitness 5K, Run/Walk, Parkland YMCA Family Center	7:30 AM	954-384-9622
4	10 th Ann Seaside School Half Marathon & 5K Run, South Walton, Seaside		SeasideSchoolHalfMarathon.com
4	ACT Buddy Run 5K, Broward Gold Coast Down Syndrome, Markham Park	7:30 AM	www.accuchiptiming.com
4	5K Run Before The Walk for Autism Speaks, Centennial Square/City Common WPB	8:00 AM	561-394-9190
10	GFL Saint Patrick's 4-Miler , Tradewinds Park, Coconut Creek	7:00 AM	954-461-5515
10	ACT 11 th Annual Race For The Arts 5K Run & Fun Walk, Dreher Park, West Palm Beach	7:15 AM	954-461-6631
10	KWS 5th Annual Menendez Miler 5K , Key West	8:00 AM	305-745-3027

10	Savage Race Central Florida, Clermont, 4.2 Miles	9:00 AM	www.savagerace.com
10	Molly's House Angel Run 5K, 10K, 2K Walk, Flagler Park, Stuart	7:00 AM	www.mollyshouse.org
11	USR First Watch Sarasota Half Marathon & Relay, Sarasota	7:00 AM	sarasotahalfmarathon.com
11	SST Jim Richardson Cooper City 5K Run/Walk, Cooper City Sports Complex		954-384-7521
11	Swamp House Half Marathon & 5K, DeBary, Volusia County	7:00 AM	swamphousehalfmarathon.com
11	2 nd Annual Dade City Half Marathon, Dade City, FL		www.RunDadeCityHalf.com
11	SST 11 th Annual Live Ultimate Ocean Drive 5K Run/Walk, Nikki Beach, Miami Beach	8:30 AM	954-384-7521
17	SST March for Cancer 5K Run/Walk, Hugh Tayler Birch State Park, Fort Lauderdale		954-384-7521
17	PBR 36th Annual Shamrock 10-Miler & 5K L'il Lebprechun , John Prince Park, WPB	7:30 AM	www.PalmBeachRoadRunners.com
18	Broward Blue Run 5K, Markham Park	7:00 AM	info@honorguardinc.com
18	ACT Shula's Run for Ovarian Cancer, Tradewinds Park, Coconut Creek	7:00 AM	AccuChipTiming.com
18	Spring Training Classic 5K/10K, Roger Dean Stadium, Abacoa, Jupiter	7:30 AM	www.springtrainingclassic.com
24	ULT 4 th Ann PALM100, 50K & 100K races and 100M 6-runner team relay, Ft Lauderdale Bch	6:00 AM	www.palm100.com
24	SST 12 th Annual Junior League Riverwalk Run 5-Miler & 5K Run/Walk	7:00 AM	www.riverwalkrun.com
24	Dances With Dirt Green Swamp, Ultra/Marathon/Half/10K & Relay, Dade City	5:30 AM	www.danceswithdirt.com
25	ACT 4 th Annual Kendra's Kisses Memorial 5K, Markham Park, Sunrise	7:30 AM	www.kendraskisses.org
25	REF Florida Brain Cancer 5K , John Prince Park, Lake Worth	7:30 AM	561-361-1950
25	Run to Stop MS 5K, Merrick Park, Coral Gables	7:30 AM	www.RuntoStopMSFlorida.org
29	Levis JCC Run Like A Fool 5K Run/Walk, South County Regional Park, Boca Raton	6:30 PM	561-852-3117
30/31	Sunset 2 Subrise Overnight Relay, 180-Miles, Ft Myers to Jensen Beach		www.sunset2sunriserelay.com
31	GFL Women's Wellness 5K , Coral Springs Medical Center	7:00 AM	954-461-5515
31	SST The Food Allergy 5K, Hollywood Beach	7:00 AM	954-319-2679

APRIL

1	REF 3rd Ann Gumbo Limbo Green Turtle Gallop 10K Run, 1-M Walk, Spanish River Park	7:15 AM	561-361-1950
1	The Rugged Runner Challenge 5K, Dreher Park, West Palm Beach	7:00 AM	561-313-9179
1	SST 3 rd Ann Pill Box Pharmacies 5K Run/Walk, Shoppes at Pembroke Gardens	7:30 AM	954-447-1701
7	ACT 10 th Annual Run Like A Bunny 5K, Atlantic Blvd/beach, Pompano Beach	7:30 AM	954-461-6631
7	ACT Women for Women Ocean 5K/10K, City of Lake Worth	7:00 AM	561-346-3055
7	3 rd Annual Golden Key 5K Gets Sunsmart, Crandon Park South	8:00 AM	www.goldenkey5k.com
7	The Butterfly Run 5K, Dreher Park South, West Palm Beach	8:00 AM	www.childrenshalinginstitute.org
14	KWS Earth Day 5K Run/Walk , Key West	8:00 AM	305-293-1881
14	5 th Annual Rooney's 5K, Kids Mile, Abacoa Town Center, Jupiter	7:30 AM	954-461-6631
14	Fight For Air Climb Miami, Southeast Financial Center	8:30 AM	www.fightforairclimbmiami.org
15	FAU 21 st Annual Wellness Triathlon, 1/4S, 10B, 3.1R, Spanish River Park	7:00 AM	561-297-3615
21	8 th Annual Pat's Run/Walk & Honor, Sun Devil Stadium, Tempe, Arizona	7:00 AM	info@patillmanfoundation.org
21	FICPA 1040K, 5K/10K, Bill Baggs State Park, Key Biscayne	7:45 AM	305-278-8668
21	Mud Cursade 5K Tampa, Dade City Motocross, Pasco County Fairgrounds	9:00 AM	info@mudcursade.com
21	Black Gold Jubilee 5K, Torry Island, Belle Glade	7:30 AM	561-996-2745
22	ACT 9 th Ann Florida Brain Tumor Association, Sprint for the Cure 5K Run, Markham Park	7:30 AM	AccuChipTiming.com
22	24 th Annual AIDS Walk Miami 5K, Miami Beach Convention Center	9:00 AM	www.aidswalkmiami.org
28	KWS Mary Immaculate Star of the Sea, Mariner's March 5K Run/Walk & Children's 1/2-Mile	8:00 AM	305-304-7444
28	ACT BVRC Run To Remember, Hollywood Boardwalk	7:00 AM	AccuChipTiming.com
28	SFS 1st Annual Taking Strides for a Cure 5K Run/Walk, Tradewinds Park, Coconut Creek	7:00 AM	954-442-0129
28	SST City of Doral 5K, Morgan Levy Park, 5300 NW 102nd Avenue	8:00 AM	www.cityofdoral.com

MAY

4	ACT 2 nd Annual SunFest TGIFiveK, West Palm Beach	5:15 PM	561-837-8077
5	SST ALS Lou Gehrig's Disease 5K/10K, Dinner Key Auditorium, Coconut Grove		954-384-7521
5	NBR Westglades Make A Wish 5K Run/Walk	7:00 AM	www.nwbrr.com
5	5 th Annual BiG Cardio 5K Run/Walk, Central Broward Regional Park	7:00 AM	954-556-4677
5	22 nd Annual Town of Jupiter Turtle Trot 5K Run, Jupiter Community Center	7:30 AM	www.jupiter.fl.us/parksrecreation
6	Merrell Down & Dirty Mud and Obstacle Series by Subaru, 5K & 10K Zoo Miami		www.downanddirtyudrun.com/mi.cfm
12	GFL Royal Run For The Roses 5K/Men's 5K, Fitness Walk, Youth/Kid's, TY Park	7:00 AM	954-461-5515
12	PNC Bank Miles for Moffitt, University of South Florida Sun Dome	7:15 AM	813-745-1346
19	SST 3 rd Annual Covenant House 5K Run/Walk, Parrot Lounge, Fort Lauderdale	7:00 AM	www.5KonA1A.com
19/20	ULT 5 th Ann KEYS100, 50M & 100M races and 100M 6-runner team relay, FL Keys	6:00 AM	www.keys100.com
26	KWS Southernmost Seminoles 5K Renegade Run , Key West	7:00 AM	305-360-2026

JUNE

3	REF Run for the Ribbons , Boca Raton Hospital	7:15 AM	561-361-1950
30	GFL Freedom 5K , Kids Fun Run, Quiet Waters Park, Deerfield Beach	7:00 AM	954-461-5515

JULY

21	RPB 8 th Annual Dreher Park Dash, West Palm Beach, www.runpalmbeach.com	7:00 PM	561-596-0445
28	ACT 4 th Annual North Palm Beach Kid's Triathlon, Village of North Palm Beach	7:00 AM	561-841-3386

South Florida Running Clubs & Organizations

BRR Boca Raton Road Runners BocaRatonRoadRunners.org	SFH Sailfish Striders sailfishstriders.com	ESM Exclusive Sports Marketing exclusivesports.com
GFL Gtr Ft Lauderdale Road Runners gflrrc.org	SFS South Florida Striders SouthFloridaStriders.com	ACT AccuChip Timing AccuChipTiming.com
GCR Gold Coast Runners runnersdepot.com/gcr	WRCWellington Runners Club wellingtonrunners.org	RPB Run Palm Beach runpalmbeach.com
KWS Key West Southernmost Runners Southernmostrunners.com	NAP Gulf Coast Runners gcrunner.org	WSOWildSide OnLine wildsideonline.net
NBR Northwest Broward RRC NWBRR.com	SFR South Florida Racewalkers racewalker@bellsouth.net	TFW TeamFootWorks teamfootworks.org
PBR Palm Beach Roadrunners palmbeachroadrunners.com	SST Split Second Timing splitsecondtiming.com	ULT Ultra Sports LLC ultrasportsllc.com
REF Runner's Edge Foundation runnersedgeboca.com	USR US Road Sports usroadsports.com	BRC Bradenton Runners Club BradentonRunnersClub.com

SF RUNNING FORUM

Is published monthly and produced through the joint efforts of the Bradenton Runners Club, Boca Raton Road Runners, Gold Coast Runners, Greater Fort Lauderdale Road Runners, Key West Southernmost Runners, Northwest Broward Road Runners, Palm Beach Roadrunners, Sailfish Striders, South Florida Striders and the Wellington Runners running Clubs. All newsletter articles should be submitted to your Club newspaper editor. Deadline is the 10th of the preceding month. All advertising requests should be directed to the publisher. Address change requests must be made with your Club.

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Printed at Southeast Offset - (305) 623-7788

Advertising: Ad 'reservation' is the 1st of the preceding month and 'copy' is due on the 10th of the month. Ad reservations are final on the 1st and no refunds will be given! Please visit www.SFRRunningForum.com for complete details.

Participating *SFRF Club* events appear in **Boldface**.
The '3-letter' designation after the date is the Club reference.

ATTENTION RACE DIRECTORS

To avoid conflicts with other events get your race listed, as soon as possible, on the *SFRF Event Calendar*. Send your request to the Editor.