

Event Calendar

August 2009	September 2009	October 2009	November 2009	December 2009	January 2010
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JULY

4	KWS	Crime Stoppers 5K Run/Walk , Key West	7:30 AM	305-296-7182
4	SST	Weston Hometown 4 th of July 5K Run, Town Center, Weston	7:00 AM	954-384-7521
4	MR	19 th Annual July 4 th Triathlon/Duathlon, Tradewinds Park, Coconut Creek	7:00 AM	954-433-3475
4	PRR	BC&BS of Florida July 4 th 5K, Tamiami Park	7:00 AM	305-278-8668
10		Picnic Island Adventure Run, www.TampaRaces.com	6:45 PM	
14	SFS	South Florida Striders Club Track Meet , Fort Lauderdale High School	6:00 PM	954-442-0129
17	SFH	Summer Race Series Downtown Dash 5K , County Administration Bldg, Stuart	7:00 PM	772-221-1417
18	RPB	5 th Annual Dreher Park Dash 5K & Kid's K, Dreher Park, West Palm Beach	7:00 PM	561-596-0445
19	MR	Mack Cycle Key Biscayne Triathlon/Duathlon Trilogy #2, Crandon Park, Key Biscayne	7:30 AM	954-433-3475
19		Oleta Off-Road Challenge Duathlon, Oleta River State Park, N Miami Beach	7:30 AM	786-385-4204
25	ESM	Publix Family Fitness Weekend, Fort Lauderdale, www.familyfitnessweekend.com		561-241-3801
25	KWS	Hemingway 5K Sunset Run , Key West	7:30 PM	305-296-7182

AUGUST

1	KWS	Coast Guard Day 5K Run/Walk , Key West	8:00 AM	305-745-3027
1	ESM	Publix Family Fitness Weekend, Key Largo, www.familyfitnessweekend.com		561-241-3801
1		Inaugural North Palm Beach Kid's Triathlon, NPB Country Club Pool (951 US1)	7:00 AM	561-841-3386
2		18 th Annual Huntington's Disease Triathlons, Sprint & Olympic, Crandon Park, Key Biscayne	6:40 AM	305-274-7411
9	GCR	Prediction Run 5K , Markham Park, Sunrise	7:00 AM	954-474-4074
15	GFL	ING Miami Marathon Kick Off 5K , Hugh Taylor Birch Park, Ft Lauderdale	7:00 AM	954-970-7752
16	MR	Mack Cycle Key Biscayne Triathlon/Duathlon Trilogy #3, Crandon Park, Key Biscayne	7:30 AM	954-433-3475
21	SFH	Summer Race Series Beach to Beach 5K , Jensen Beach, Stuart	7:00 PM	772-221-1417
22	KWS	Conch Pride 5K Run/Walk , Key West	8:00 AM	305-304-1019
22	ESM	Publix Family Fitness Weekend, Fort DeSoto Park, www.familyfitnessweekend.com		561-241-3801
23	GCR	The Jeffrey Tait Back to School 5K , North Beach Park, Hollywood	7:30 AM	786-873-6512
30	MR	Tradewinds Triathlon/Duathlon, Tradewinds Park, Coconut Creek	7:00 AM	954-433-3475

SEPTEMBER

5	KWS	Conch Cross Country Classic 5K , Key West	7:30 AM	305-304-1019
7	BRC	Canes Classic 5K & 1-Mile , Bradenton, www.CanessClassic.com	8:00 AM	941-727-2985
12		2 nd Annual Jeff Annas Memorial Firefighter's 5K, Okeechelie Park, West Palm Beach	8:00 AM	561-512-5134
12	ESM	Publix Family Fitness Weekend, Miami, www.familyfitnessweekend.com		561-241-3801
13	GCR	Firefighter's 5K Run/Walk , Hollywood Beach Boardwalk	7:00 AM	954-474-4074
19	GFL	Fall Fling 5K , Tradewinds Park, Coconut Creek	7:00 AM	954-970-7752
20	MR	Mack Cycle Key Biscayne Triathlon/Duathlon Trilogy Bonus, Crandon Park, Key Biscayne	7:30 AM	954-433-3475
26	SFS	6 th Annual Sickle Cell Sprint 5K Run/Walk , Brian Piccolo Park, Cooper City	7:15 AM	954-985-5800
27	PRR	Publix Escape to Miami Triathlon	7:30 AM	305-278-8668
27	NP	Naples On The Run 20K, Naples	7:00 AM	239-434-9786

OCTOBER

4	RPB	Girls Wanna Run 5K (women only event) Dreher Park, West Palm Beach	8:00 AM	561-596-0445
4	SST	13 th Annual Dunn's Run, (new course) Deerfield Beach	7:30 AM	954-384-7521
4	PRR	Race for the Kids 5K & 10K, Crandon Park, Key Biscayne	7:30 AM	305-278-8668
10	ESM	Publix Family Fitness Weekend, Cypress Gardens, www.familyfitnessweekend.com		561-241-3801
11	SFS	4 th Annual Shark Shuffle 5K Run/Walk , Nova Southeastern University	7:30 AM	954-442-0129
18	MR	Moes Southwest Grill Race the Troops Triathlon/Duathlon, Tradewinds Park, Coconut Creek	7:00 AM	954-433-3475
18	SST	5K Run/Walk for a Sarcoma Cure, Central Park, Plantation	7:30 AM	954-384-7521
18	GFL	A1A 15K/30K Marathon Training Run/Walk , Deerfield Beach	6:00 AM	954-970-7752
24	SST	Schott Communities Annual 5K Run/Walk/Roll, Walkathon, Markham Park, Sunrise	7:30 AM	954-434-3306
24	BRC	BRC XC Invitational 5K , Bradenton, www.BradentonRunnersClub.com	8:00 AM	941-727-2985
29	KWS	Schooner Wharf Fantasy Mile Run , Key West	6:30 PM	305-296-7182
31	GFL	Spooktacular 5K , TY Park, Hollywood	7:00 AM	954-970-7752
31	ACT	11 th Annual 5K SAFEWALK-Run, Women In Distress, Markham Park, Sunrise	7:30 AM	954-760-9800

NOVEMBER

1	BRR	9 th Annual PAL Half Marathon & 5K Run , Spanish River Park, Boca Raton	6:30 AM	561-361-1950
1		Daytona Beach Half Marathon, Speedway...Beach...And Back	7:00 AM	407-648-4900 x16
7	SFS	Morgan Stanley-Smith Barney Breakthrough 5K , Tradewinds Park, Coconut Creek	7:00 AM	954-776-2171
7	KWS	Zonta ABC 5K Run/Walk , Key West	8:00 AM	305-294-6840
8	MR	2009 Miami Man 1/2 Iron Tri/Dua & International Tri, Larry/Penny Thompson Pk/Metrozoo	7:00 AM	954-433-3475
14		1 st Annual Jewish Creek Bridge Run, 5K & Half-Marathon, Key Largo	6:30 AM	305-522-4072
15	PRR	13.1 Marathon, Fort Lauderdale, Broward Convention Center www.13.1marathon.com	6:13 AM	305-278-8668
20/21		Ragnar Relay Florida, Clearwater to Daytona Beach www.ragnarrelayflorida.com		
21	KWS	Mariners Hospital 5K Run/Walk , Islamorada	8:00 AM	305-745-3027
21	BRC	Harvest Hustle 5K , Bradenton, www.harvesthustle5k.com	8:00 AM	941-266-2973
21		3 rd Annual Race/Walk for the Animals 5K, Okeechelie Park, W Palm Beach	8:00 AM	561-688-3970
22		X-Country Marathon, 30K, Half Marathon 5K, TampaRaces.com		
26	BRC	Turkey Trot 5-Miler , Bradenton, FREE entry, Bring a dish to share	8:00 AM	941-795-1298
28	KWS	Hog's Breath 5K Hog Trot Run/Walk , Key West	8:00 AM	305-296-0268
29		Space Coast Marathon & Half Marathon, Cocoa Village, Brevard County	6:00 AM	321-751-8890

DECEMBER

5	GFL	25 th Annual Jingle Bell Jog 5K , Sawgrass Technology Park, Sunrise	7:30 AM	954-970-7752
5		Reggae Marathon, Half Marathon & 10K, Negril, Jamaica	5:15 AM	876-922-8677
6		6 th Annual Marathon of the Palm Beaches, Half, Relay, 5K, West Palm Beach	6:00 AM	561-833-3711
19		The Florida Marathon, Half & 5K, Lake County (near Orlando)	7:30 AM	www.usantc.com
26	GFL	30 th Annual Resolution 5K , Hugh Taylor Birch State Park, Fort Lauderdale	7:00 AM	954-970-7752
26	KWS	New Years 5K Run/Walk , Key West	8:00 AM	305-745-3027
27	BRC	Manatee River Run 5-Miler , www.ManateeRiverRun.com	8:30 AM	941-750-8572

JANUARY 2010

10	SFS	2 nd Annual Lighthouse Eye Opener 5K Run/Walk , Markham Park	7:30 AM	954-463-4217
17	NP	Naples Daily News Half Marathon, Naples	7:00 AM	239-262-5653
30	PRR	BC&BS of Florida Tropical 5K, Watson Island, Miami, Miami Beach	7:30 AM	305-278-8668
31	PRR	ING Miami Marathon & Half Marathon, American Airlines Arena, Miami	6:15 AM	305-278-8668
31	KWS	Key West Half-Marathon , Key West	7:00 AM	305-296-7182

FEBRUARY

6		7 th Annual Race For Faith 5K Run & Walk, Okeechelie Park, W Palm Beach	8:00 AM	561-329-2283
6		Melbourne & Beaches 5K, 8K & Kid's Run, Downtown Melbourne	7:00 AM	www.themelbournerunners.com
6	SST	7 th Annual Maroon Rotary 5K Run/Walk & Mardi Gras Bash, Ft Lauderdale	7:30 AM	954-384-7521
7		Melbourne & Beaches Music Marathon, Half Marathon, Downtown Melbourne	6:45 AM	www.themelbournerunners.com
7	SST	8 th Annual 5K Butterfly Run, Sabal Pines Park, Coconut Creek	7:30 AM	954-545-6620
27	GFL	5K For A Better Day , Broward General Hospital, Fort Lauderdale (3FTR Series)	7:30 AM	954-970-7752

MARCH

13	GFL	St Paddy's Day 4-Miler , Tradewinds Park (3FTR Series)	7:00 AM	954-970-7752
20	GFL	10 th Ann Junior League Riverwalk 5-Miler & 5K Run/Walk (3FTR Series)	7:00 AM	954-970-7752

APRIL

3	SFR	8 th Annual Run Like A Bunny 5K Run/Racewalk, Atlantic Blvd & Ocean, Pompano Beach	7:30 AM	954-970-9634
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MAY

8	GFL	Royal Run for the Roses 5K/Men's 5K , Fitness Walk, Youth/Kid's, Markham Pk	7:00 AM	954-970-7752
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South Florida Running Clubs & Organizations

BRR Boca Raton Road Runners POB 810820 Boca Raton FL 33481-0820 561-361-1950 BocaRatonRoadRunners.org	PBR Palm Beach Roadrunners 729 Dakota Drive Jupiter FL 33458 palmbeachroadrunners.com	SST Split Second Timing 2211 Charleston Weston FL 33326 954-384-7521 splitsecondtiming.com
BRC Bradenton Runners Club POB 1606 Bradenton FL 34206-1606 941-782-7023 BradentonRunnersClub.com	SFH Sailfish Striders PO Box 1334 Stuart FL 34995-1334 772-334-3469 sailfishstriders.com	PRR PR Racing PO Box 56-1081 Miami FL 33256 305-278-8668 ingmiamimarathon.com
GFL Gtr Ft Lauderdale Road Runners POB 2512 Ft Lauderdale FL 33303-2512 954-970-7752 gflrrc.org	SFS South Florida Striders POB 822233 S Florida FL 33082-2233 954-442-0129 SouthFloridaStriders.com	ESM Exclusive Sports Marketing 751 Park of Comm Dr #110 Boca Raton FL 33487 561-241-3801 exclusivesports.com
GCR Gold Coast Runners 2233 S University Drive Davie FL 33324 954-474-4074 runnersdepot.com/gcr	WRC Wellington Runners Club 4400 PGA Blvd #800 Palm Beach Gardens FL 33410 561-624-3900 wellingtonrunners.org	ACT AccuChip Timing 2501 NW 107th Avenue Coral Springs FL 33065 954-461-6320 AccuChipTiming.com
kws Key West Southernmost Runners 23059 Redfish Lane Summerland Key FL 33042 305-745-3027 Southernmostrunners.com	NP Gulf Coast Runners POB 8636 Naples FL 34101 239-434-9786 gcrunner.org	RPB Run Palm Beach 135 Rutland Blvd. West Palm Beach FL 33405 561-596-0445
NBR Northwest Broward RRC 4609 N University Dr Coral Springs FL 33067 NWBRRC.com	SFR South Florida Racewalkers 3331 NW 22 St Coconut Creek FL 33066 954-970-9634 racewalker@bellsouth.net	MR Multirace.com rob@multirace.com 954-433-3475
		TFW TeamFootWorks footworksmiami.com

Advertising: Ad 'reservation' is the 1st of the preceeding 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.

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 preceeding 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

Generic Registration Form

NAME OF THE EVENT you are entering				RACE DISTANCE you are entering			
LAST NAME	FIRST NAME	AGE	M	F			
MAILING ADDRESS STREET (Include Apt. No. And/or C/O)							
CITY	STATE	ZIPCODE	CHAMPION CHIP NUMBER				
BIRTHDATE - mm/dd/yy	TELEPHONE	E-MAIL					
ADDITIONAL INFO				RACE NUMBER (Official Use)			

ENTRY FEE: _____

SHIRT SIZE: s m l xl

RELEASE FORM (Mandatory)

I know that running is a potentially hazardous activity. I should not enter or run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running this race activities including but not limited to falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and the conditions of the road, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your accepting my application, I for myself and anyone entitled to act on my behalf, waive and release the Club and all sponsors, their representatives and successors from all claims or liabilities of any kind arising out of negligence or carelessness on the part of the persons named in this waiver. I grant permission to all the foregoing to use and photograph, motion pictures, recordings or any other record of me competing in this event for any purpose whatsoever.
BIKES, STROLLERS, BABY JOGGERS, SKATES, ROLLERBLADES & HEADSETS ARE PROHIBITED ON THE COURSE DURING THE RACE.
NO ONE MAY ENTER THIS EVENT WITHOUT SIGNING THIS OFFICIAL WAIVER.

Signature of Entrant

Date

Signature of Parent or Legal Guardian if under age 18

Date

THIS ENTRY FORM IS VALID
ONLY FOR THE RACES LISTED BELOW

- Space Coast Marathon P 2
- Huntington's Disease Tri's P 8
- Dreher Park Dash P 15
- Fittest Person Contest P 16
- Weston Hometown July 4th P 16
- Jeff Annas Memorial Run P 16
- Crime Stoppers July 4th P 26
- Hemingway 5K Sunset Run P 26
- Coast Guard Day 5K P 26
- 131 Ft Lauderdale Marathon P 30
- ING Miami Marathon P 30
- Ragnar Relay Florida P 32