

South Florida Running Forum Event Calendar

July

4	2 nd Annual Run 4 Freedom, John Prince Park, Lake Worth (<i>new location</i>)	7:15 AM	tinyurl.com/yboa6nur
14	GFL Fun Fit Challenge 5K, Tradewinds Park, Coconut Creek	7:00 AM	gflrrc.org
19	8 th Annual Levis JCC Run, Sweat & Beers 5K, Boca Raton	7:00 PM	laurenk@levisjcc.org
21	25 th Anniversary Hemingway 5K Sunset Run & Paddleboard Race		keywesthalfmarathon.com/hemingway-event-details
28	1 st Annual Kettle Krush 5K, Markham Park, Sunrise	7:00 AM	gregory.jackson@uss.salvationarmy.org

August

4	5 th Annual Cobra 5K, Christa McAuliffe Middle School, Boyton Beach	7:00 AM	westboytonroadrunners@gmail.com
8	Run And Bring Your Dog 5K, Snyder Park, Fort Lauderdale	7:00 AM	active@runwurdog5k.com
18	KWS Conch Cross Country Classic 5K (members only!)	7:30 PM	southernmostrunners.com
25	Pompano Beach Fitness Race, Part 2	8:00 AM	milberti@myacc.net

September

1	Save The Jaguar 5K, Palm Beach Zoo	7:30 AM	palmbeachzoo.com/save-the-jaguar-5k-2018
1	Heroes Salute 5K Walk/Run, Duck Key	8:00 AM	beth@themeruns.com
8	Race for the Red and Blue - First Responders 5K, Wellington Amphitheater	7:30 AM	wellington5k.com
9	Runner's Depot Fire Hero 5K Run/Walk, Charnow Park, Hollywood Beach Broadwalk	7:00 AM	active.com
16	Your Next Step is the Cure Hollywood 5K, Charnow Park, Hollywood Beach Bwk	7:15 AM	walk@lungcancerfoundation.org
22	TCR Cherish Life 10K , Peace Presbyterian Church, Stuart	7:00 AM	runsignup.com
22	Grace Race 4 Kids 5K Run/Walk & 1-Mile Run/Walk, Grace Church, Boca Raton	8:00 AM	graceboca.org/grace-race-4kids
23	Outrun Childhood Cancer 5K Run/Walk & 1-Mile, Tradewinds Park, Coconut Creek	7:00 AM	tinyurl.com/ycosl52
29	Panther Prowl 5K & 1-Mile Fun Walk, William T Dwyer Sr HS, Palm Beach Gardens	7:30 AM	runsignup.com
29	Red Shirt Run 5K Run/Walk, Key West	8:00 AM	beth@themeruns.com

October

6	SoMo Marathon, Half Marathon & 5K, Key West	5:30 AM	somomarathon.com
13	7 th Annual Pursuit of Honor, Courage & Commitment 5K Run/Walk, Charnow Park	7:30 AM	tinyurl.com/ybpuh4vy
13	Schott Communities 5K Run, Walk & Roll, Southwest Ranches	8:00 AM	schottcommunities.org
14	4 th Annual Cocoa Beach Half Marathon, Hanger's Beach, Patrick AFB	7:00 AM	cocoabeachhalfmarathon.com
20	USO Armed Forces Half Marathon & Freedom Run, Metropolitan Park, Jacksonville	7:00 AM	jaxsohalfmarathon.com
20	7 th Annual Every Boob Counts 5K Run/Walk, John Prince Park, Lake Worth	7:30 AM	theebcfoundation.com
21	Running For The Bay, Marathon, Half, 10K, 5K & Ultra 50K, Apalachicola Bay	7:15 AM	runningforthebay.com
21	Step Up 4 Down Syndrome Walk & 5K Run, Markham Park, Sunrise	8:30 AM	bgcdowndownsyndrome.org
22	Heroes and Villains 5K Run/Walk, Key West	6:00 PM	beth@themeruns.com
28	GFL Halloween Spooktacular 5K, TY Park, Hollywood	8:00 AM	gflrrc.org
28	TCR Treasure Coast Halloween Half Marathon , Stuart Memorial Park	6:30 AM	tchalloweenhalf.com

November

11	Cape Canaveral Lighthouse Foundation Half Marathon (Veterans Day)	6:45 AM	runthecape.com
22	PBR Run 4 The Pies 4-Miler & Pumpkin 1-Miler , Constitution Park, Tequesta	8:00 AM	accuchiptiming.com
22	38 th Annual Tamarac Turkey Trot 5K, Tamarac City Hall	7:30 AM	splitsecondtiming.com
22	Hawks Cay Turkey Trot 5K Run/Walk	9:00 AM	beth@themeruns.com
30	Bill Bone 5K, Flagler Drive, West Palm Beach	6:30 PM	palmbeachesmarathon.com

December

2	Palm Beaches Marathon, Half & Relay, Flagler Drive, West Palm Beach	6:15 AM	palmbeachesmarathon.com
2	17 th Annual Reggae Marathon, Half Marathon & 10K, Negril, Jamaica	5:15 AM	reggaemarathon.com
8	PBR 21st Annual Classics By The Sea 5K/10K & Kid's 1-Miler , Carlin Park, Jupiter	7:30 AM	accuchiptiming.com
15	Ameris Bank Jacksonville Marathon, Half & 5K, The Bolles School	7:00 AM	ameribank.com/jacksonville-marathon
22	Santas Run For Our Kids 10K, 5K & Kid's Run, Central Park, Winter Haven	7:00 AM	whoptimist5k10k.com
22	GFL Jingle Bell Jog 5K, Sunset Park, Plantation	8:00 AM	gflrrc.org

January 2019

12	AVDA's 19 th Annual Race for Hope, John Prince Park, Lake Worth	7:30 AM	avdaonline.org
20	Marathon Bahamas, 26.2, 13.1 & 4-Person Relay, Nassau, Bahamas	6:00 AM	pamelamrichardson@gmail.com
20	31 st Annual Naples Daily News Half Marathon, Cambier Park	7:00 AM	napleshalfmarathon.net
20	3 rd Annual Lions Fort Pierce Half Marathon & 5K, Downtown Fort Pierce	6:30 AM	runfortpierce.com

February

9-10	The Florida Marathon & Half Marathon Weekend, Melbourne	7:00 AM	thefloridamarathon.com
9-10	Daytona Beach 1/2-Marathon & 5K, Race from the Speedway to the Beach and back!	7:30 AM	daytonabeachhalf.com

Participating South Florida Running Clubs

GFL Gtr Ft Lauderdale Road Runners
GFLRRC.org

KWS Key West Southernmost Runners
SouthernmostRunners.com

TCR Treasure Coast Running
TCRunning.org

PBR Palm Beach Roadrunners
PalmBeachRoadrunners.com

SF RUNNING FORUM

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James F. Niemir – Publisher/Editor
5709 NW 83rd Terrace • Gainesville FL 32653.3814
352.672.6601 • SFRunningForum@bellsouth.net
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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.SFRunningForum.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.