

South Florida Running Forum Event Calendar

February

2	10 th Annual Walk For Wishes Broward County, Markham Park, Sunrise	8:30 AM	walkforwishesfla.net
2	Young Singers Mary Murray Scholarship 5K, Okeechelie Park, West Palm Beach	7:30 AM	yspb.org/5k
2	Diamond Dash 5K +, Carsons Tavern, Stuart	4:00 PM	lisa@teanholland.info
2	Chariots of Fur 5K Run/Walk & 1-Mile Fun Run, Seawalk Pavillion, Jacksonville Beach	1:00 PM	jimshieldsmra@comcast.net
2	Hawks Run This Village 5K, Doctors Charter School, Miami Shores	9:00 AM	andrewk@doctorscharterschool.org
3	17 th Annual Coconut Creek Butterfly Run 5K, Tradewinds Park	7:00 AM	butterflyrun.com
3	Cooper City/Richardson 5K, Cooper City Sports Complex	8:00 AM	tinyurl.com/ya2uz5bf
9	7 th Annual Barrier Free 5K Run/Walk, Barrier Free Park, Boynton Beach	7:30 AM	tinyurl.com/ybljofl
9	Heart N Sole 5K/12K Run/Walk, Coral Springs Tennis Center	6:00 AM	parklandcares.org
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
10	14 th Annual Run Through Central Park 5K Run & Fitness Walk, Plantation	7:00 AM	rundepot@aol.com
16	9 th Annual LOOP For Literacy, Walk Run Bike, Bryant Park, Lake Worth	7:00 AM	literacyabc.org
16	15 th Annual Stepping Out to Cure Scleroderma 2-Mile Walk/Fun Run, Tradeswinds Park	9:00 AM	tinyurl.com/ydxybzuz
16	Inaugural TanAngels4Ever 5K Run/Walk, John Prince Park, Lake Worth	7:30 AM	tinyurl.com/y88fnpsg
16	11 th Annual Family Values 5K Run/Walk, Davie	9:00 AM	jadler@sheridanhouse.org
16	Quack Attack on Poverty 5K, Harbor Park at Lake Baldwin, Orlando	8:00 AM	jimshieldsmra@comcast.net
23	Outrun Hunger 5K, Hollywood Beach Broadwalk	8:00 AM	sbrown@feedingsouthflorida.org
23	Bean Automotive Group Live Like Bella Superhero 5K, Zoo Miami	8:00 AM	monica@livelikebella.org
23	Heart 2 Heart 5K Run/Walk & 1-Mile Fun Run, Douglas GA	8:00 AM	jimshieldsmra@comcast.net
23	32 nd Annual Real Florida 5K/10K, Wekiwa Springs State Park, Apopka	8:30 AM	jimshieldsmra@comcast.net
23	5 th Annual NHS Golden Eagle Run 5K, Lowdermilk Park, Naples	7:30 AM	fundraising@napleshighband.com
23	Walk Like MADD & MADD Dash Miami 5K, Tropical Park, Miami	7:30 AM	walklikemadd.org/miami
23-24	Publix Gasparilla Distance Classic, Tampa		tampabayrun.com
24	Florida Brain Cancer 5K, John Prince Park, Lake Worth	8:00 AM	deana.martin@abc2.org
24	Tour de Broward 5K, Miramar Regional Park, Miramar	8:00 AM	jmossadeghi@mhs.net
28	2 nd Annual Levis JCC Sprint & Sip 5K Run/Walk, South Regional Park, Boca Raton	7:00 PM	lauren@levisjcc.org

March

2	GFL St Patrick's 10K, Tradewinds Park , Coconut Creek	7:00 AM	gflrcc.org
2	13 th Annual Sombbrero Beach Run, 15K Challenge, 10K Run, 5K Run/Walk	8:00 AM	sombbrerobeachrun.com
2	Meet Me At The Race - Sunset Stride 5K, Wellington National Golf Club	4:00 PM	tinyurl.com/yvg5oye4
2	The Alexandra's Angels MS Challenge 5K, Birch State Park, Fort Lauderdale	7:30 AM	info@alexandrasangels.org
3	TCR Marathon of the Treasure Coast, Half, 10K, 5K , Memorial Park, Stuart	6:30 AM	treasurecoastmarathon.com
3	Spring Meadows 5K/Mile, Sanford	8:00 AM	jimshieldsmra@comcast.net
3	12 th Annual I Care I Cure...I Run 5K Run/Walk, Nova Southeastern University, Davie	8:00 AM	icareicure.org
3	Lustgarten - Pancreatic Cancer Research 5K, FAU Boca Campus, Boca Raton	8:00 AM	awalsh@lustgarten.org
9	8 th Annual Everglades Ultras, 50-Mile, 50K, 25K, Fahahatchee Strand Preserve	6:00 AM	evergladesultras.com
9	Shamrock Shimmy 5K Run/Walk, Wildwood City Hall	8:00 AM	jimshieldsmra@comcast.net
9	Fight For Air Climb - Miami, One Biscayne Tower	8:30 AM	kayle.rourke@lung.org
9	Community Spirit Race 5K & 1-Mile, FAU Stadium, Boca Raton	7:30 AM	spiritrace.org
10	7 th Annual Hearts at Work 5K Run/Walk, Markham Park, Sunrise	7:00 AM	stuc111ker@aol.com
10	10 th Annual SunSmart 5K, Bill Baggs Cape Florida State Park	7:30 AM	umsunsmart@gmail.com
10	Strive 5 for the Hive 5K Run & 3K Walk, The Gardens Mall, Palm Beach Gardens	8:00 AM	kiwanis.allamanda@yahoo.com
16	PBR 43rd Annual Shamrock 10-Miler & 5K , John Prince Park, Lake Worth	7:15 AM	shamrock.palmbeachroadrunners.com
16	Equal Access Clinic 5K, Southwest Recreation Center, Gainesville	8:00 AM	jimshieldsmra@comcast.net
23	Race For Women's Wellness Half Marathon & 5K, Coral Springs Tennis Center	6:00 AM	tinyurl.com/y7p4pbed
23	Gator Clot Trot 5K Run/Walk, Depot Park, Gainesville	8:00 AM	jimshieldsmra@comcast.net
30	4 th Annual Run With The Cops 5K, Dreher Park, West Palm Beach	7:00 AM	runwiththecops5k.pbrace.com
30	Fools Day 5K Run/Walk, South Causeway Park, Fort Pierce	8:00 AM	geoff@upcenters.org

April

6	8 th Annual Walk For Wishes Miami-Dade, Zoo Miami	8:00 AM	walkforwishesfla.net
6	Shake, Rattle & Run 5K, John Prince Park, Lake Worth	7:30 AM	shakerattlerun.com
6	Thin Mint Sprint, Tradewinds Park, Coconut Creek	7:00 AM	dcrouch@gssef.org
7	5 th Annual Krista-Marie Touch of Love Charity 5K, CB Smith Park, Pembroke Pines	7:30 AM	tinyurl.com/y8y7c6px
7	5 th Annual Schiffy 5K, Ives Estate Park, Miami	7:30 AM	adam@flagtitle.com
7	Family Central 5K Run/Walk, Broward College Central Campus, Davie	8:00 AM	familycentral.org/5k2019
20	12 th Annual Rooney's 5K Run/Walk, Palm Beach Kennel Club	7:30 AM	tinyurl.com/ydfbtz38
20	9 th Annual Run for the Angels 5K, Orlando Executive Airport	8:00 AM	lisa@teanholland.info
28	7 th Annual run From The Rays 5K & 1-Mile Run/Walk, Spanish River Athletic Complex	7:00 AM	tinyurl.com/y93wldre
28	9 th Annual Walk Like MADD & MADD Dash 5K - Fort Lauderdale, Huizenga Plaza	7:30 AM	tinyurl.com/ybxdar9r

May

3	9 th Annual SunFest TGI 5K, Downtown Waterfront, West Palm Beach	5:30 PM	sunfest.com/tgi5k
4	The Big Cat 5K Race, Palm Beach Zoo	7:30 AM	tinyurl.com/ya8w7qmo
11	9 th Annual Women For Women 5K/10K, Bryant Park, Lake Worth	7:00 AM	womenforwomenrun.com
18	12 th Annual KEYS100, 100Mi/50Mi Indiv & 6-Runner 100Mi Team Relay, Key Largo to Key West		keys100.com
18	The Flagler Mile, E.R. Bradley's Saloon, West Palm Beach	7:30 PM	esptiming.com

June

15	8 th Annual Run 4 The Sea & 1-Mile Kids Fun Run, Loggerhead Marinelife Center, Juno Beach	7:00 AM	marinelife.org/run
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