

**Mark your calendars for these
Special Upcoming Events!**



The Runner's Depot
FIRE HERO 5K RUN
To Benefit the National Fallen Firefighters Foundation

**Sunday, September 6th
7:00AM**
Hollywood Beach - Charnow Park

**All pre-registered participants
will receive a RACE BEACH TOWEL**

presented by
**Runner's
DEPOT**

To benefit the National Fallen
Firefighters Foundation



Register NOW at Active.com or at Runner's Depot

**Join us for a Group Run
with your Friends!**



**So many fun workouts to choose from
all across Broward county!**

**Sunday Morning – Hollywood Beach Broadwalk
with the Hollywood Run Club, A-1-A & Garfield
Street at Charnow Park. 7:00AM start. All paces,
Runners & Walkers.**

Sunday Morning – Vista View Park, Davie
On Boy Scout Road (142nd Ave.) just North of Orange
Drive. 7:00AM start. All paces. Up to 13 miles or as
many as you'd like. Run the 1.25 mile trail loop with
hills. A great workout! Park by Shelter #1.

**Tuesday Evening – Hollywood Beach Broadwalk
with the Hollywood Run Club, A-1-A & Garfield
Street at Charnow Park. 7:00PM start. All paces,
Runners & Walkers.**

Wednesday Evenings – Robbins Park, Davie
Just North of Orange Drive on Hiatus Road
6:00 PM – Meet by the bathrooms
All paces, 4, 5, or 6 miles. Stay after for the stretch

Thursday Evenings - 17th Street Causeway
Runner's Depot Run Club – Ft Lauderdale
6:30 PM - Starts at Runner's Depot - Ft. Lauderdale
1489 SE 17 St. Causeway, Southport Center
All paces, 4-6 miles. Refreshments & raffles!

Thursday Evenings – Coral Springs-Parkland
Runner's Depot Run Club – Coral Springs
Starts at Runner's Depot-Coral Springs
5679 Coral Ridge Drive (954) 575-2090
All paces, 3-5 miles. Refreshments & raffles!

Thursday Evenings - Weston
Runner's Depot Run Club – Weston
6:30 PM - Starts at Runner's Depot – Weston
1378 Weston Road, Country Isles Plaza
All paces, 4 miles. Refreshments & raffles!

Saturday Mornings – Weston Town Center
6:00 AM. 5-10 Miles, All Paces, 2 Water Stops

Saturday Mornings – Holiday Park, Ft Lauderdale
6:30 AM. 6-10 Miles, All Paces. Park by the gym on
the south side of the park

Runners and walkers - All paces Welcome!

FLANIGAN'S

Rockin'



RIB RUN

10K Run

presented by:

**Runner's
DEPOT**

**Sunday
November 8, 2015
7:00AM
Tree Tops Park, Davie**

**FREE Beer, Wine & Award-Winning
Baby Back Ribs!**

Finisher Medals • Trophies • Prize Money