

UPCOMING EVENTS



12th Annual
**Run Through
Central Park**
5K Run & Fitness Walk


**Sunday, February 12, 2017
7:00AM
Central Park, Plantation**

Long-Sleeve Technical
Shirt to the first 600
registered participants



Southeast Regional
Championship 5K

Register at Runner's Depot or online at active.com



3rd Annual
Father O'Reilly
5K RUN & FITNESS WALK

**Saturday, April 29th • 7:00AM
Vista View Park • Davie**

Flat, fast course! NO HILLS!

Please arrive early as this will be a
well-attended event

You will need to pay an entrance fee to the park
\$1.50 PER PERSON

Early Packet Pick-up will be held Friday, April 28th at the
Runner's Depot-Davie store from 10:00AM - 5:00PM.

Power in numbers, *continued*

as long as it doesn't become more than just healthy competition. Find others to help you and you'll see that you'll be doing the same thing for other runners down the road.

Keep on training and feel free to share any topics or athletes of interest by emailing me at spencerrunner@gmail.com or messaging me on Facebook.

Join us for a Group Run with your Friends!



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~~

~~**Only held during Daylight Savings Time!**~~

**Thursday Mornings – Vista View Park, Davie
Just North of Orange Drive on Boy Scout Road**

6:00 AM – Private GCR Hill Training

All paces, any distance. Enjoy an early morning workout on the hills before the park opens!

**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

Runners and walkers - All paces Welcome!