

South Florida  
**RUNNING Forum**  
*Serving the Community for 25-years!*

June 2020

Volume XXV, Number 6 issue 300



South Florida  
**Running Forum**

*Serving the Running Community for 25-Years!*

**IN THE PAPER**

[www.SFRunningForum.com](http://www.SFRunningForum.com)

*Father's Day Virtual 5K*

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*Virtual Freedom 5K*

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**This Space Available Today  
FOR  
\$175/ea (3-month rate)!**

**Advertising:** Ad 'reservation' is the last week of the preceding month and 'copy' is due on the 1<sup>st</sup> of the month. Ad reservations are final and no refunds will be given! Please visit [www.SFRunningForum.com](http://www.SFRunningForum.com) and click on 'resources' for complete details.

**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.

**SOUTH FLORIDA RACEWALKERS**

The Walking club of South Florida

[www.southfloridaracewalkers.com](http://www.southfloridaracewalkers.com)

**Daniel Koch**

President & Coach USATF Master Official

[racewalker@bellsouth.net](mailto:racewalker@bellsouth.net)

3331 NW 22nd St

Coconut Creek, Fl 33066

954-970-9634

Cell: 954-242-9056



**SF RUNNING FORUM**

**LOOKING TO PROMOTE YOUR CLUB?**

PLEASE CONSIDER JOINING OUR

ONLINE EDITION

CONTACT:

JIM

FOR COMPLETE MEMBERSHIP INFORMATION!

352-672-6601

[JNIEMIR@BELLSOUTH.NET](mailto:JNIEMIR@BELLSOUTH.NET)

*South Florida*

***Running Forum***

FOR THE MOST UP-TO-DATE CALENDAR

Visit Our Website At:

[www.SFRunningForum.com](http://www.SFRunningForum.com)

**INAUGURAL  
Fathers Day  
Virtual 5K**

**Saturday  
June 20th, 2020**



**Funny  
Cartoon  
Mask**

Additional  
Race  
Information



**TIME**

5K Run/Walk..... 7:30 am

**PRE-REGISTRATION ON-LINE ONLY**

You can register online at [www.gflrrc.org](http://www.gflrrc.org)

This is a virtual event we will start together at 7:30 each from your own neighborhood.

We will live stream the start on Facebook and ask you to post photo's on the clubs facebook page of your run/walk.

<https://www.facebook.com/GFLRRC>

**PHOTO CONTEST**

The best top 5 race photo's will receive a free entry to a future club event ... you will need to post your photo's on the clubs Facebook page by June 21st to be considered for a free entry.

**ENTRY FEE: \$10.00**

The 1st 100 that are register on line by Monday, June 15th will receive a Funny Cotton Washable Cartoon Mask and a race number with the race logo.

**All entries received after Monday, May 18th, the entry fee is \$5.00** - as you will only receive in the mail your signature race number.



**FATHER'S DAY VIRTUAL 5K • On Line Registration Only** June 20th, 2020

LAST NAME  
  
 FIRST NAME  
 AGE (on race day)  MALE  FEMALE   
 STREET ADDRESS (indicate Apt. number &/or C/O)  
  
 CITY  STATE  ZIP CODE   
 DATE OF BIRTH  TELEPHONE  -  -

EMAIL: \_\_\_\_\_

**Release Form (Mandatory)** - In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrator, waive and release any and all rights and claims for losses and damages I may have against the Greater Fort Lauderdale Road Runners Club, race directors, their officers, directors, members and volunteers, any and all sponsors including other parties and their representative successors, and assigns for any and all injuries suffered by me in said event. I attest that I am physically fit and have sufficiently trained for the competition of this athletic event and competition which I am voluntarily entering at my own risk. My physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. USE OF HEADPHONES, OR ROLLING SKATES / INLINE SKATES, BABY JOGGERS ARE NOT PERMITTED ON THE COURSE. NO ONE MAY ENTER THIS EVENT WITHOUT SIGNING THIS OFFICIAL WAIVER.



SIGNATURE OF RUNNER / SIGNATURE OF PARENT OR LEGAL GUARDIAN IF UNDER AGE 18 \_\_\_\_\_ DATE \_\_\_\_\_

**Event**  
 5K Virtual Fun Run/Walk **\$10.00**

# 48th Annual Virtual Freedom 5K

**Saturday  
July 4th, 2020**



## Patriotic Visor

Additional  
Race Information



### TIME

5K Run/Walk..... 7:30 am

### PRE-REGISTRATION ON-LINE ONLY

You can register online at [www.gflrrc.org](http://www.gflrrc.org)

This is a virtual event we will start together at 7:30 each from your own neighborhood.

We will live stream the start on Facebook and ask you to post photo's on the clubs facebook page of your run/walk.

<https://www.facebook.com/GFLRRC>

### PHOTO CONTEST

The best top 5 race photo's will receive a free entry to a future club event. You will need to post your photo's on the clubs Facebook page by July 4th to be considered for a free entry.



### ENTRY FEE: \$10.00

The 1st 100 that are register on line by Sunday June 28th will receive a Patriotic Visor and a race number with the race logo.

**All entries received after Sunday, June 28th, the entry fee is \$5.00** - you will receive your signature race number in the mail or you can pick it up at the locations noted below.

### PACKET PICK UP

If you wish to pick up your Patriotic Visor and Signature Race Number on the days noted below, please check the box and we will not mail it:

- Sunday, June 28th** – Runner's Depot Davie  
12:00 Noon - 1:30pm
- Sunday, June 28th** – Running Wild 2:30pm - 4pm
- Thursday, July 2nd** – Clubs Thursday Night Run / Walk @ the Galeria Mall 6:30pm to 8:00pm on the southeast corner parking lot of the mall.

## FREEDOM VIRTUAL 5K • On Line Registration Only

July 4th, 2020

LAST NAME

FIRST NAME

AGE (on race day)    MALE    FEMALE  
        

STREET ADDRESS (indicate Apt. number &/or C/O)

CITY    STATE    ZIP CODE

DATE OF BIRTH    TELEPHONE  
    -

EMAIL: \_\_\_\_\_

**Release Form (Mandatory)** - In consideration of accepting this entry, I, the undersigned, intending to be legally bound hereby, for myself, my heirs, executors and administrator, waive and release any and all rights and claims for losses and damages I may have against the Greater Fort Lauderdale Road Runners Club, race directors, their officers, directors, members and volunteers, any and all sponsors including other parties and their representative successors, and assigns for any and all injuries suffered by me in said event. I attest that I am physically fit and have sufficiently trained for the competition of this athletic event and competition which I am voluntarily entering at my own risk. My physical condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to any and all foregoing to use photographs, videotapes, motion pictures, recordings or any other record of this event for any purpose whatsoever. USE OF HEADPHONES, OR ROLLING SKATES / INLINE SKATES, BABY JOGGERS ARE NOT PERMITTED ON THE COURSE. NO ONE MAY ENTER THIS EVENT WITHOUT SIGNING THIS OFFICIAL WAIVER.



SIGNATURE OF RUNNER / SIGNATURE OF PARENT OR LEGAL GUARDIAN IF UNDER AGE 18    DATE

### Event

5K Virtual Fun Run/Walk **\$10.00**