

RUNNING SOUTH

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY WEEKLY 6:00 AM	MIAMI RUNNERS SATURDAY MORNING RUNS 6:00 A.M. SHARP	305-227-1500	PARROT JUNGLE MIAMI FL	
SATURDAY WEEKLY 6:30 AM	BOCA RATON SATURDAY MORNING FUN RUNS	407-487-0605	A1A AND PALMETTO RD. BOCA RATON FL	
SUNDAY WEEKLY 6:30 AM	FT. LAUDERDALE RUNNERS SUNDAY TRAINING RUNS	HOWARD ELAKMAN 305-782-2237	DEERFIELD BEACH FL	
SATURDAY JULY 10 9:30 AM	IMPACT 5K	954-288-5696	FORT LAUDERDALE FL.	
SATURDAY JULY 24 7:30 PM	HEMINGWAY'S DAY 5K RUN	305-240-0727	KEY WEST FL.	
SATURDAY AUGUST 7 8:00 AM	COAST GUARD DAYS 5K RUN	305-745-3027	KEY WEST FL.	
SATURDAY AUGUST 14 7:00 AM	ING MIAMI MARATHON KICK OFF 5K RUN	954-970-7752	HUGH TAYLOR PARK FORT LAUDERDALE FL.	
SATURDAY AUGUST 21 8:00 AM	CONCH PRIDE 5K	305-304-1019	KEY WEST FL.	
SUNDAY AUGUST 29 6:05 PM	RUNNER'S EDGE SUMMER'S END 5K RUN	561-361-1950	BOCA RATON FL.	
SATURDAY SEPTEMBER 4 7:00 AM	FALL FLING 5K	954-970-7752	COCONUT CREEK FL.	
SUNDAY SEPTEMBER 12 7:00 AM	FIREFIGHTER'S 5K RUN	954-474-4074	HOLLYWOOD BEACH BROADWAL HOLLYWOOD FL.	
SATURDAY SEPTEMBER 25 8:00 AM	ONE RACE ONE VILLAGE 5K RUN	954-638-2879	POMPANO BEACH FL.	
SATURDAY NOVEMBER 20 TBA	FIGHT FOR AIR CLIMB 20 FLOOR STAIRCLIMB	VERONICA CANTILLO 561-659-7644	WEST PALM BEACH FL.	
SATURDAY DECEMBER 11 TBA	FIGHT FOR AIR CLIMB 30 FLOOR STAIRCLIMB	JULIE SELVAGGI 954-524-4657	FORT LAUDERDALE FL.	