

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 JANUARY 16 7:30 AM	MIRAMAR-PINES ROTARY 5K AND 10K	954-384-7521	MIRAMAR FL.	
SUNDAY JANUARY 31 TBA	MIAMI MARATHON 26.2 AND 13.1 MILES	305-278-8668	MIAMI FL.	
SUNDAY JANUARY 31 7:00 AM	KEY WEST HALF-MARATHON 13.1 MILES	305-296-7182	KEY WEST FL.	
SUNDAY FEBRUARY 14 7:00 AM	RUN THROUGH CENTRAL PARK 5K	954-384-7521	PLANATION FL.	
SUNDAY FEBRUARY 21 6:00 AM	A1A MARATHON 26.2 AND 13.1 MILES	561-241-3801	FT. LAUDERDALE FL.	
SATURDAY FEBRUARY 27 7:30 AM	GFL 5K FOR A BETTER DAY 5K	954-970-7752	FORT LAUDERDALE FL.	
SATURDAY MARCH 6 7:30 AM	KWS MARATHON SOMBRERO BEACH 26.2, 15K, 10K, 5K	305-289-9868		
SATURDAY APRIL 17 TBA	2009 FIGHT FOR AIR CLIMB	1-800-LUNG-USA	MIAMI FL.	