

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 MARCH 15 7:00 AM	MIRAMAR 10K AND 5K	954-384-7521	MIRAMAR FL.	
SUNDAY MARCH 16 7:30 AM	SHAMROCK 10 MILER	561-838-9060	JOHN PRINCE PARK FORT LAUERDALE FL.	
SATURDAY MARCH 29 7:30 AM	FLORIDA PANTHER 5K	954-384-7521	SUNRISE FL.	
SUNDAY MARCH 30 7:30 AM	BLUE CROSS BLUE SHIELD CELEBRITY 5K	305-278-8668	WATSON ISLAND MIAMI BEACH FL.	
SATURDAY APRIL 5 8:00 AM	TURTLE KRAAL 5K	305-296-7180	KEY WEST FL.	
SATURDAY APRIL 12 8:00 AM	EARTH DAY 5K	305-293-1881	KEY WEST FL.	
TUESDAY APRIL 15 7:00 PM	FICPA 1040 5K AND 10K	305-278-8668	COCONUT GROVE FL.	
SATURDAY APRIL 19 7:00 AM	7 MILE BRIDGE RUN	CALL FOR MORE INFO 305-743-8513	MARATHON FL.	