

FLORIDA RacePlace

Free
VOL 41 NO 2
Mar - Apr 2024

PUBLICATION OF EVENT SCHEDULES & APPLICATION FOR THE RUNNER & ENDURANCE ATHLETE

Online

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**Top Gun Triathlon
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August 3, 2024



Best Summer Triathlon In Bay Area



**Escape From
Ft Desoto Triathlon
Page 11**

**Elite Running Events
2024
Page 35**

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RUNNING TAMPA BAY

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
FRIDAY MARCH 17 8:00 AM	COPPERHEAD 5K	PAGE 17 copperhead5k.org/reaister	PALM HARBOR FL.	
SUNDAY MARCH 10 TBA	TAMPA WARRIORS ST. PATS RUN 5K	ROB FRIEDMAN run@tampawarriors.com	DOWNMTOWN TAMPA FL.	
SATURDAY MARCH 16 TBA	BT5K 5K RUN	773-577-8750	AL LOPEZ PARK TAMPA FL.	
SATURDAY MARCH 16 TBA	ST. PATRICK'S DAY 5K	TEXT 727-226-7223	DOWNTOWN DUNEDIN FL.	
SATURDAY MARCH 16 8:00 AM	RACE FOR NCLUSION 5K	AMYSELVEY@SOFL.ORG	CHASCO FIESTA NEW PORT RICHEY FL.	
SATURDAY MARCH 23 TBA	DRISCOLL'S STRAWBERRY CLASSIC 5K/10K/15K	PAGE 23 WWW.RUNSIGNUP.COM	TEMPLE TERRACE ELEM SCHOOL TEMPLE TERRACE FL.	
SATURDAY MARCH 23 TBA	MAC DILL PAW'S 4 HEROES 5K	WWW.RUNSIGNUP.COM	GADSDEN PARK TAMPA FL.	
SATURDAY MARCH 23 TBA	PPF RACE AGAINST MELANNOMA	WWW.RUNSIGNUP.COM	WALSINGHAM PARK SEMINOLE FL.	
SATURDAY MARCH 23 TBA	WALK RUN ROLL	813-269-0955	RAYMOND JAMES STADIUM TAMPA FL.	
SATURDAY MARCH 23 8:00 AM	SEMINOLE STAMPEDE 5K	WWW.RUNSIGNUP.COM	SEMINOLE FL.	
SATURDAY MARCH 23 8:00 AM	SICKLES SPRING 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY MARCH 23 8:30 AM	STOMP OUT THE DEMAND FOR HUMAN TRAFFICKING 5K AND 1 MILE	PAGE 37 Info@stoothemovement.org	AL LOPEZ PARK TAMPA FL.	
SATURDAY MARCH 23 9:30 AM	FREEDOM RUN 5K AND 1 MILE	PAGE 27 TAMPA BAY BAPTIST CONFERENCE CENTE	TAMPA FL.	
SUNDAY MARCH 24 TBA	HEROES 5K / 10K	ST. PETE POLICE DEPT.	ST. PETE FL.	
SUNDAY MARCH 24 TBA	LOOKING FOR A CURE 5K	WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	
SATURDAY APRIL 6 TBA	CROOM TRAIL RUNS 50M.50K.16 MILE	PAGE 53 TAMPA RACES 813-232-5200	WITHLACOOCHEE STATE PARK BROKSVILLE FL.	
SATURDAY APRIL 6 TBA	HIGHLAND GAMES 5K	WWW.ACTIVE.COM	JOHN CHESTNUT PARK DUNEDIN FL.	
SATURDAY APRIL 6 TBA	RACE FOR EDUCATION 5K	INFORMATION TO COME	TAMPA FL.	
SATURDAY APRIL 6 TBA	RUN AT THE RANCH 5K RUN	WWW.RUNSIGNUP.COM	WESLEY CHAPEL FL.	
SATURDAY APRIL 6 8:00 AM	LETTAS FIGHT 5K	WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	
SUNDAY APRIL 7 8:00 AM	RUNNING WITH RAYS 5K	Ravs5K@ravsbaseball.com	TROPICANA FIELD ST. PETE FL.	
MONDAY APRIL 8 TBA	TPA'S 5K ON THE RUNWAY	WWW.RUNSIGNUP.COM	AIRPORT TAMPA FL.	
SATURDAY APRIL 13 TBA	2024 TAMPA FIREFIGHTERS 5K	PAGE 41 WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY APRIL 13 TBA	5K BY THE BAY	WWW.RUNSIGNUP.COM	SAFETY HARBOR FL.	
SATURDAY APRIL 13 TBA	SALTY SANDS 5K/10K	WWW.RUNSIGNUP.COM	ST. PETE FL.	
SUNDAY APRIL 14 TBA	COCOA BEACH TRIATHLON AND DUATHLON	MITCH VARNES mitchvarnes@gmail.com	COCOA BEACH FL.	DUATHLON SPRINT TRIATHLON
SUNDAY APRIL 14 TBA	DARE TO GO BARE 5K AND 2K	PAGE 32 813-949-1810	LAKE COMO RESORT LUTZ FL.	



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RUNNING TAMPA BAY

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SUNDAY APRIL 21 TBA	LAKE TARPON 5K	WWW.RUNSIGNUP.COM	JOHN CHESTNUT PARK CLEARWATER FL.	
SATURDAY APRIL 27 TBA	JUDD JOG 5K	https://iuddioa.org/	WINTER PARK FL.	
SATURDAY MAY 4 TBA	FLORIDA SHAMROCK DISTANCE CLAS 13.1/10K/5K	PAGE XX WWW.RUNSIGNUP.COM	FORT DESOTO PARK ST. PETE FL.	
SATURDAY MAY 4 TBA	FREEDOM RUN AGAINST PROVERTY 5K	WWW.RUNSIGNUP.COM	WESLEY CHAPEL FL.	
SATURDAY MAY 4 TBA	HOG HUSTLE 5K	PAGE 46 727-812-4530 WWW.ACTIVE.COM	HALE ACTIVITY CENTER DUNEDIN FL.	
SATURDAY MAY 4 TBA	MEB FOUNDATION 10K/5K	WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	
SUNDAY MAY 5 8:30 AM	CALIENTE BARE TO GO BARE 5K RUN	PAGE 52 WWW.NUDE5K.COM	LAND O' LAKES FL.	
SATURDAY MAY 25 TBA	SPRING LAKE MEMORIAL RUN 5K / 10K	PAGE 18 WWW.RUNSIGNUP.COM	BROOKSVILLE FL.	
SATURDAY MAY 25 8:00 AM	HONOR OUR FALLEN 5K	PAGE 5 WWW.RUNSIGNUP.COM	OLDSMAR FL.	

RUNNING SW FLORIDA

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SUNDAY MARCH 17 TBA	MARCO ISLAND 1/2 MARATHON 13.1 AND 5K	WWW.RUNSIGNUP.COM	MARCO ISLAND FL.	
FRIDAY MARCH 22 TBA	ROBINSON PRESERVE TWILIGHT 5K/10K	RACE ROSTER	BRADENTON FL.	
SATURDAY MARCH 23 TBA	10K RUN FOR MUSIC	WWW.RUNSIGNUP.COM	NAPLES FL.	
SUNDAY MARCH 24 TBA	CADDY'S BRADENTON 13..1	WWW.RUNSIGNUP.COM	BRADENTON FL.	
SATURDAY MARCH 30 TBA	COLOR HOP 5K	WWW.RUNSIGNUP.COM	PUNTA GORDA FL.	
SATURDAY APRIL 6 TBA	FOOLS 5K RUN	WWW.RUNSIGNUP.COM	VENICE FL.	
SATURDAY APRIL 6 TBA	PIRATE RUNS 13.1/15K	WWW.RUNSIGNUP.COM	SHAMROCK PARK VENICE FL.	
SATURDAY APRIL 6 TBA	RUN FOR THE TURTLES 5K	WWW.RUNSIGNUP.COM	SARASOTA FL.	
SATURDAY APRIL 6 6:30 AM	PARADISE NAPLES 1/2 MARATHON	PAGE 43 PARADISEHALF.COM	NORTH COLLIER REGIONAL PK NAPLES FL.	
SATURDAY APRIL 13 TBA	FCA 5K	WWW.RUNSIGNUP.COM	VENICE FL.	
SUNDAY APRIL 14 TBA	KRAKEN RUN 5K AND 10K	WWW.RUNSIGNUP.COM	SARASOTA FL.	
SATURDAY APRIL 20 TBA	ENGLEWOOD BEACH TURTLE TROT 5K	WWW.RUNSIGNUP.COM	ENGLEWOOD FL.	
SATURDAY APRIL 20 8:00 AM	VIKING HALF MARATHON 13.1/15K/10K/5K	WWW.RUNSIGNUP.COM	NAPLES FL.	
SATURDAY APRIL 27 TBA	BISHOP VEROT 5K	WWW.RUNSIGNUP.COM	FORT MYERS FL.	
SATURDAY MAY 4 TBA	SUP AND RUN 5K	WWW.RUNSIGNUP.COM	SARASOTA FL.	
SATURDAY MAY 18 TBA	AMIKIDS MANATEE SPRING SPRINT 5K	WWW.RUNSIGNUP.COM	BRADENTON FL.	
SATURDAY MAY 18 8:00 AM	ISNP MUSIC COMMUNITY 5K	WWW.RUNSIGNUP.COM	NORTH PORT FL.	

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TOP GUN



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Best Summer Triathlon In Bay Area



The Du-Triathlon 2024 Season

Register At www.thunderboltmultisport.com



Chilly Willy Duathlon 2024 Sunday 02/04/24

Join us at Fort De Soto Tampa Bay's oldest & largest duathlon - **Long Sleeve Shirt to all who register early**
Distances: Run 3 Miles, Bike 10 Miles, Run 3 Miles
Website Site:runsignup.com



Escape From Fort De Soto 2024 Saturday 04/06/24 At 7:30am

Escape From Fort De Soto Central Fl. oldest sprint triathlon In Bay area.
The Only triathlon to run the Fort
Distances: Swim 1/2 Mi., Bike 10 Mi., Run 3 Miles - Plus Duathlon & Aqua
Website Site:runsignup.com



Top Gun Du-Triathlon 2024 Saturday 08/05/24 At 7:00am

The one and only Fort De Soto Du-Triathlon at Fort Desoto Park.
A Great First Triathlon!
Distances: Swim 1/4 Mi., Bike 10 Mi., Run 3 Miles - Plus Duathlon & Aqua
Website Site:runsignup.com



Last Chance Triathlon 2024 Saturday 11/17/23 At 7:00am

End the year with a Special Event
Enjoy the seasons end with us at Fort De Soto Park. St. Pete.

Distances: Swim 1/4 Miles, Bike 10 Miles, Run 3 Miles
Plus Duathlon & Aqua
Website Site:runsignup.com





IMPORTANT INFORMATION

Where? Laishley Park: Punta Gorda, Florida

When? National Anthem and Pre-Race Instructions start at 5:50am.

Both races start at 6:00am.

Time Limit: 3.5 hours

Water Stops: There will be water and gatorade about every 2 miles or less.

WHAT TO EXPECT

Sign up for the Punta Gorda Half Marathon & 5k run in Punta Gorda, Florida at Laishley Park and experience one of the most picturesque and challenging runs in the state. The course takes you through the beautiful Laishley Park, a serene waterfront park that offers miles of picturesque views along the Harborwalk and scenic views of the Peace River and Charlotte Harbor. Whether you're a seasoned runner or just starting out, this event has something to offer for everyone with both Half marathon and 5k options.

But the fun doesn't stop at the finish line! Punta Gorda is a charming and historic city known for its natural beauty, rich history and a laid-back atmosphere. After the race, treat yourself to a well-deserved meal at one of the many seafood restaurants, and explore the city's art scene by visiting one of the many galleries or the Visual Arts Center. Take a stroll on the nearby beach, and enjoy the tranquil Gulf waters or head over to the Punta Gorda historic district to experience the city's charming architecture, quaint shops and lovely gardens.

Punta Gorda also offers a variety of outdoor activities such as visiting the Punta Gorda Fishery or take a kayak and explore the nearby waterways, paddleboarding, or fishing. Sign up for the Punta Gorda Half Marathon & 5k run and you'll experience the best of both worlds: a challenging and rewarding run, and an unforgettable adventure in one of the most beautiful places in Florida.



April 6, 2024



FROM FORT DE SOTO

Duathlon / Aquabike

20  24



SWIM .5 MILES • BIKE 10 MILES • RUN 3.1 MILES

Start The Triathlon Season with a Bang



RUNNING ORLANDO

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY MARCH 23 TBA	CAPE CRUSADER 5K	WWW.RUNSIGNUP.COM	DAYTONA BEACH FL.	
SATURDAY MARCH 23 TBA	MARCH FOR MEALS ST PATRICK'S 5K	WWW.RUNSIGNUP.COM	KISSIMMEE FL.	
SATURDAY MARCH 23 7:30 AM	WINTER PARK ROAD RACE 10K AND 2 MILER	EMMI 407-896-1160	WINTER PARK FL.	
SATURDAY APRIL 6 TBA	ARTS + HEARTH + 5K	WWW.RUNSIGNUP.COM	ORLANDO FL.	
SATURDAY APRIL 6 TBA	WOUNDED WARFIGHTER LONE SAILOR 5K /10K	JIM SHIELDS 904 318 8104	ORLANDO FL.	
SATURDAY APRIL 13 TBA	SPACE COAST 15K/ & 2 MILE	WWW.RUNSIGNUP.COM	COCOA FL.	
SATURDAY APRIL 20 TBA	THE FLORIDA RUN @ COLT CREEK STATE PARK 13.1 / 10K/5K	thefloridarun@gmail.com	LAKELAND FL.	
SUNDAY APRIL 21 TBA	CAPE CANAVERAL LIGHTHOUSE 5K / 10K		CAPE CANAVERAL FL.	
SUNDAY APRIL 21 TBA	JEEP BEACH WEEK 5K	WWW.RUNSIGNUP.COM	DAYTONA BEACH FL.	
SATURDAY APRIL 27 TBA	U RUN U PICK BLUEBERRY 5K	CFT SOMMER SPORTS 305-394-1320	CLERMONT FL.	
SATURDAY APRIL 27 7:30 AM	RUN FOR THE TREES JEANNET GENIUS MC KEON MEMORIAL RUN 5K	EMMI 407-896-1160	WINTER PARK FL.	
SATURDAY MAY 4 TBA	CINCO DE MAYO 5K /10K AND 1/2 MARATHON	WWW.RUNSIGNUP.COM	DEBARY FL.	
SUNDAY MAY 5 8:00 AM	PALM BLUFF TRAIL RACE 1/2 MARATHON AND ULTRA RACE	WWW.RUNSIGNUP.COM	OSTEEN FL.	
SATURDAY MAY 18 6:15 PM	RUN NONA 5K & NEMOURS KIDS RUN	EMMI 407-896-1160	ORLANDO FL.	
THURSDAY JULY 4 7:30 AM	ADVENTHEALTH JULY 4TH WATERMELON 5K	EMMI 407-896-1160	WINTER PARK FL.	

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Whether you are new to running or have been running your whole life its always important to make sure you love what you do. Even if you are running a few times week for fitness or you are training for your next race here are a few tips to keep your training interesting.

- Pick a goal - maybe it's to run a 5k or a marathon, either way it will help keep you focused everyday.
- Change the pace - going out for a morning jog everyday can get old fast, try mixing up the distance and pace of your run. Some days go a little shorter but faster, or find a hill to sprint up.
- Update your running playlist - If you run with music this may be a simple idea, but is a fast way to breathe new life into your daily running schedule.
- Find an great running book - not just a regular training guide but a book that will inspire you. A recommendation "From last to first" by Charlie Spedding.
- Run with a buddy - find a training partner, having someone to chat to while running makes the miles go by a lot faster. Not only can you help motivate one another, it's a lot harder to ditch your morning run when you know you will be letting down a friend.
- Bored of running the same route? Mix up your running routine by finding a trail (Flatwoods pictured below is a great option), jump on a soccer field, or run along bay shore to keep things interesting.





Clearwater Aquatic Masters Program

US Masters Swimming is a program designed for anyone aged 18+. Whether you want to swim competitively, participate in triathlons, or are simply seeking low-impact exercise, give this program a try! Our goal is to improve stroke technique, strengthen endurance and confidence, as well as build friendships.

The minimum requirements for this program include the ability to swim two lengths of a 25 yard pool and possession of a USMS membership within 2 days of the first practice. For more information about USMS membership or the US Masters Swimming program in general visit: www.usms.org.

Summer 2023 Masters Practice Times:

Coached Workouts:

Monday	6:00am-7:00am & 7:00am-8:00am Long Center
Tuesday	8:45-9:45am Beach Practice 6:15pm-7:15pm, Bobby Hicks, Tampa 7:15pm-8:15pm Long Center
Wednesday	6:00am-7:00am & 7:00am-8:00am, Long Center 9:00am-10:00am, Technique/drills, Long Center
Thursday	9:00am-10:00am North Greenwood Pool 6:15pm-7:15pm, Bobby Hicks, Tampa 7:15pm-8:15pm Long Center
Friday	6:00am-7:00am & 7:00am-8:00am Long Center
Saturday	10:30am-11:30am Long Center

Monthly Fees:
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Daily Fees:
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For more information contact Coach Matt Hess
Email: matthessh2o@gmail.com



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“THE CUTTING EDGE OF ENDURANCE SPORTS IN FLORIDA”



JOIN US THIS YEAR FOR RUNNING & TRIATHLON EXCITEMENT



RUNNING NORTH

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SUNDAY MARCH 17 8:00 AM	ST PADDY'S DAY RUN 5K AND 10K	1ST PLACE SPORTS 904-731-3676	EVERGREEN CEMENTARY JACKSONVILLE FL.	
SATURDAY MARCH 23 TBA	CHICK-FIL-A CHICKEN BISCUIT 5K RUN	1ST PLACE SPORTS 904-731-3676	JACKSONVILLE FL.	
SATURDAY MARCH 23 TBA	FIGHT FOR AIR CLIMB	1ST PLACE SPORTS 904-731-3676	BANK OF AMERICA BUILDIND JACKSONVILLE FL.	
SATURDAY MARCH 23 TBA	TRAIL OF PAYNE 5K/10K	WWW.RUNSIGNUP.COM	GAINESVILLE FL.	
SUNDAY MARCH 24 TBA	RUN FOR YOUR LIFE 5K	WWW.RUNSIGNUP.COM	TALLAHASSEE FL	
SATURDAY MARCH 30 TBA	VILANO BRIDGE 5K AND 10K	1ST PLACE SPORTS 904-731-3676	ST AUGUSTINE FL.	
SATURDAY APRIL 6 TBA	CAPTAIN CHUCK CORNETT NAVY RUN 10K AND 5K	1ST PLACE SPORTS 904-731-3676	NAS JACKSONVILLE FL.	
SATURDAY APRIL 6 TBA	NAVY FEDERAL 5K	WWW.RUNSIGNUP.COM	PENSACOLA FL.	
SATURDAY APRIL 6 TBA	SILVER SPRINGS HALF MARATHON 13.1 MILES	CFT SOMMER SPORTS 305-394-1320	SILVER SPRINGS FL.	
SATURDAY APRIL 6 TBA	SPRINGTIME 10K 10K AND 5K	SPRINGTIME10K @GMAIL.COM	TALLAHASSEE FL	
SATURDAY APRIL 6 TBA	WINE AND CHOCOLATE RUN 10K AND 5K	1ST PLACE SPORTS 904-731-3676	JACKSONVILLE FL.	
SATURDAY APRIL 6 7:00 AM	GATOR STEPS FOR LUNG DISEASE 5	Olivia Baum offdev@shands.ufl.edu	GAINESVILLE FL.	
SUNDAY APRIL 7 TBA	GULF COAST HALF MARATHON 13.1 / 10 MILE / 5K	info@runpensacola.com	PENSACOLA FL.	
SUNDAY APRIL 7 TBA	RUN YOUR BUNS OFF MARATHON 26.2/13.1/10K/ 5K	WWW.RUNSIGNUP.COM	JHAWTHORNE FL.	
SATURDAY APRIL 20 TBA	PALACE SALOON 5K	WWW.RUNSIGNUP.COM	TALLAHASSEE FL	
SATURDAY APRIL 20 TBA	RUN TO THE SUN 5K	1ST PLACE SPORTS 904-731-3676	ORANGE PARK FL.	
SATURDAY MAY 25 TBA	GATE TO GATE MEMORIAL RUN	ATHLINKS.COM	EGLIN AFB FL.	

RUNNING SOUTH

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SUNDAY MARCH 17 TBA	FORT LAUDERDALE SHAMROCK RUN 4 MILE RUN	WWW.RUNSIGNUP.COM	FORT LAUDERDALE FL	
SATURDAY MARCH 23 TBA	BLEEDING BLUE 5K	WWW.RUNSIGNUP.COM	MIAMI FL.	
SATURDAY MARCH 23 6:30 AM	SUNRISE HALF MARATHON	PAGE 34 SUNRISEHALF.COM	MARKHAM PARK SUNRISE FL.	
SUNDAY MARCH 24 TBA	RUN DORAL HALF MARATHON 1/2 MARATHON. 10K/5K	https://rundoral.com/	DORAL FL.	
SATURDAY APRIL 6 TBA	GLORY TUN 5K	WWW.RUNSIGNUP.COM	MIAMI FL.	
SUNDAY APRIL 7 TBA	I STAND WITH ISRAEL 5K	954-835-5929	HOLLYWOOD FL.	
SATURDAY APRIL 20 TBA	MARIO CART 5K	850-835-5929	DEERFIELD BEACH FL.	
SATURDAY APRIL 27 TBA	TOUR OF THE GABLES	WWW.RUNSIGNUP.COM	CORAL GABLES FL.	
SATURDAY MAY 4 TBA	CINCO DE DRINKO 5K	WWW.RUNSIGNUP.COM	DAVIE FL.	

Publix
COPPERHEAD
5K at the Valspar Championship
Hosted by Rondé Barber
SUNDAY, MARCH 17

FedEx

REGISTER NOW

Host Rondé Barber

Hello! We are quickly approaching the Publix Copperhead 5K on Sunday, March 17 at 8:00AM.

The 5K is an amazing chance to see the tournament's iconic Copperhead Course in beautiful fashion, providing a scenic race route, the same challenge PGA TOUR players will take on later in the week at the Valspar Championship.

Registration Includes –

- Chipped Timing Bib
- Official Race Shirt (available in Men's or Women's sizes)
- Custom Finisher's Medal
- Access to the Post-Race Party
- Entry into a drawing for (4) Valspar Championship tickets on Saturday, March 23 including post-golf Cole Swindell concert
- Opportunity to purchase discounted tickets to the Valspar Championship

I look forward to seeing everyone this upcoming March at "The Most Colorful PGA TOUR Tournament in the World!"



TRINU TAMPA

Thinking about your first triathlon? TriNu Tampa can help. Sign up to become a club member before February 1st and receive a free 12 week training plan from a USAT Certified Coach (as well as some TriNu Swag). The training plan is designed for new triathletes looking to compete in St. Anthony's Sprint Triathlon on April 28. Email info@trinutampa.com or visit our website to become a club member!

TriNu Tampa is an officially recognized USAT club based in Tampa. We gladly welcome members of all skill levels from seasoned triathletes to those looking to compete in their first event.

www.trinutampa.com

(Free training plan may require Training Peaks account. Offer does not include entry into St. Anthony's Triathlon.)



Achieve with us.

*Join us for this unique fundraiser
in Beautiful East Hernando
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2 Mile/5K/10K*



*Spring Lake Memorial Classic
FL's Toughest, Most Scenic Foot Race
Saturday, May 25, 2024*



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Garmin Forerunner 165 Music

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Wake up to your morning report to see health insights, overview of sleep, recovery and training outlook. Use Training Effect to see how your current workouts impact your body's ability to maintain and improve your current fitness level and check recovery time to know how long to take it easy between runs.

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Shokz OpenFit

OpenFit continues the Shokz open-ear concept to let users enjoy all-day comfort and hear their own soundtrack while staying open to the world around them. OpenFit offers an ultra-lightweight, open-ear construction to hear both your own audio and every sound around you with crystal clarity. DirectPitch™ technology produces a full audio experience to immerse yourself in your favorite songs, podcasts, and audiobooks. A flexible ear hook design combines stability and comfort. Moments are precious, and OpenFit gives you the freedom to hear every one of them.

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- Incredible Audio with Powerful Bass
- Maintain Situational Awareness
- Up to 28 Hours of Listening

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feetfirstrunning.com





Brooks Ghost Max

For runners and walkers alike who want maximized cushion, and a maximized protective ride with effortless, smooth heel-toe transitions and secure, stable landings. A certified PDAC A5500 Diabetic shoe. A high stack of DNA Loft v2 cushioning specifically in the forefoot, combined with a unique GlideRoll Rocker work together to decrease pressure underfoot for enhanced yet protective comfort from the arch of the foot all the way up to the knee. A broad base offers inherent stability for a secure feel that doesn't interfere with your stride. Raised sidewalls offer optimal bending stiffness for a comfortably secure fit. Unique linear last construction makes fit inclusive of foot shapes and orthotics. GlideRoll Rocker transition technology actively promotes smooth heel-toe transitions. **\$149.99**



Saucony Endorphin Speed 4

Smooth SPEEDROLL technology for effortless speed, smooth turnover and propulsive forward motion. PWRRUN PB foam is a true unicorn, offering the best combination of cushioning and energy return of any foam on the market. Re-engineered winged nylon plate provides reinforcement while maintaining flexibility. Designed as a race-day shoe, it's quickly proven itself much more, equally capable during long, moderate training sessions and sprints to the finish. Thanks to the "just right" combination of winged nylon-plate, SPEEDROLL technology and PWRRUN PB foam, this cushioned running shoe provides the perfect balance of support, rebound and forgiveness. **\$169.99**

These products available at both our Feet First locations.

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BI-TRIATHLONS

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SUNDAY MARCH 17 TBA	GRAN FONDO FLORIDA BIKE RIDES	PAGE 40 765-247-BIKE	DADE CITY FL.	BIKES RIDES FROM 35 MILES THRU 100
SUNDAY MARCH 24 TBA	SPACECOAST TRIATHLON	WWW.RUNSIGNUP.COM	HISTORIC COCOA VILLAGE FL.	TRIATHLON DUATHLON 5K RUN
SATURDAY APRIL 6 TBA	ESCAPE FROM FORT DESOTO TRI	PAGE 11 WWW.RUNSIGNUP.COM	FORT DESOTO PARK ST. PETE FL.	SWIM 1/2 MILE BIKE 12 MILES RUN 3.1 MILES
SATURDAY APRIL 20 TBA	TAMPA BAY KIDS TRIATHLON	GrowYourEvent.com	ADVENTURE ISLAND TAMPA FL.	VARIOUS DISTANCES
SATURDAY APRIL 20 8:00 AM	LAKE MINNEOLA SUNSET TRIATHLON	CFT SOMMER SPORTS 305-394-1320	CLERMONT FL.	SWIM 1/4 MILE BIKE 8.4 MILES RUN 5K
SATURDAY APRIL 27 7:30 AM	ST. ANTHONY'S MEEK AND MIGHTY TRIATHLON 2024 POOL SWIM	PAGE 50 https://satriathlon.com/	ST. PETE FL.	AGES 7-10 YEARS AGES 11+ ADULT DIVISIONS
SUNDAY APRIL 28 TBA	ST. ANTHONY'S TRIATHLON 2024	PAGE 50 https://satriathlon.com/	DOWNTOWN ST. PETE FL.	OLYMPIC DISTANCE SPRINT DISTANCE OPEN WATER
SATURDAY MAY 11 TBA	GIRLZ ON FIRE TYRIATHLON	CFT SOMMER SPORTS 305-394-1320	CLERMONT FL.	SPRINT TRIATHLON DUATHLON / AQUABI
SUNDAY MAY 19 TBA	DUNEDIN ROTARY TRIATHLON	PAGE 36 DRC SPORTS 352-637-2475	HONEYMOON ISLAND DUNEDIN FL.	SWIM 1/4 MILE BIKE 12 MILES RUN 5K
SATURDAY MAY 25 TBA	THE CRYSTAL RIVER SPRINT TRIATHLON 2024	PAGE 30 DRC SPORTS 352-637-2475	CRYSTAL RIVER FL.	SWIM 1/4 MILE BIKE 12 MILES RUN 3 MILES
SUNDAY JUNE 30 TBA	TRI IF YOU DARE KIDS TRIATHLON	WWW.RUNSIGNUP.COM	CITY OF SEMINOLE SEMINOLE FL.	VARIOUS DISTANCES
SATURDAY AUGUST 3 7:00 AM	TOPGUN TRIATHLON	PAGE 9 WWW.RUNSIGNUP.COM	FORT DESOTO PARK ST. PETE FL.	SWIM 1/4 MILE BIKE 10 MILES RUN 3.1 MILES
SATURDAY SEPTEMBER 14 TBA	TARPON SPRINGS TRIATHLON	WWW.RUNSIGNUP.COM	TARPON SPRINGS FL.	SPRINT DISTANCE OLYMPIC DISTANCE AQUABIKE DISTANCE
SUNDAY NOVEMBER 17 TBA	LAST CHANCE TRIATHLON AND DUATHLON	PAGE 9 WWW.RUNSIGNUP.COM	FORT DESOTO PARK ST. PETE FL.	SWIM 1/3 MILE BIKE 10 MILES RUN 3.1 MILES



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43rd Annual Driscoll's Strawberry Classic
(runsignup.com)

43rd Annual Driscoll's Strawberry Classic March 23rd, 2024. For 43 years, we have been putting on a race that benefits our charities, our members and our community. Race benefits **Local Meals on Wheels** and **Children's Dream Fund**. This Year Join Us for the 5k, 10k or 15k Distance Challenge (5k+10k). Those ambitious runners will be able to run both! Register now! Don't forget to invite friends and family to join you in the fun!

RACE START TIMES

- 7:00am - 10k race start
- 8:30am - 5k race start
- 9:00am - 1 mile Strawberry Fun Run start

All races begin at the Temple Terrace Elementary School

Age group - 3 deep for 5k and 10k races. 1 deep for 15k challenge

Overall Winners - Awards for Male and Female in 5k, 10k and 15k challenge races

Masters Winners - Awards for Male and Female in 5k and 10k races

Finisher Medals - 5k and 10k race and 15k challenge race*

Race t-shirts for all races!

* If you complete the 15k challenge you will receive three medals.

VIRTUAL OPTION!

For those who are unable to attend the 2024 Driscoll's Strawberry Classic Race in person, we have the virtual option. This option allows you to run at your own convenience wherever and whenever you choose to do it and still get all the race medals, shirts and bibs. (Virtual Race Packets can be picked up at the same time and locations as the live event.) Any packets remaining (for Virtual runners only) will be mailed out Monday after the live event. Please note: Shirt sizes are only guaranteed if preregistered before March 1, 2024. After that time, the shirts will be available as noted.

EARLY RACE PACKET PICKUP

There are several opportunities for you to pick up your race packages:

- Thursday, March 21st from 5:00pm - 7:00pm
Fleet Feet - Located at 8604 Hunters Village Rd, Tampa, FL 33647
- Friday, March 22nd from 5:00 - 7:00pm
Run Fit - Located in the Publix Shopping Center at Sunlake & 54 Shopping Center at Sunlake & 54
- Saturday (day of race), March 23rd 6:00am
Temple Terrace Elementary School - 124 Flotto Ave, Tampa, FL 33617

TAMPA BAY RUNNERS PRESENTS

Driscoll's
Only the Finest Berries™



Saturday, March 23, 2024

Temple Terrace Elementary School
124 Flotto Ave
Temple Terrace, Florida 33617

EVENTS

Strawberry Classic
10k
\$35

7:00AM EDT - 11:59AM EDT

Strawberry Classic
10k Student
\$25

7:00AM EDT - 11:59AM EDT

Strawberry Classic
5k
\$30

8:30AM EDT - 11:59AM EDT

Strawberry Classic
5k Student
\$20

8:30AM EDT - 11:59AM EDT

Strawberry Classic
15k Challenge
\$55

7:00AM EDT - 11:59AM EDT

Strawberry Classic
15k Challenge
Student
\$45

7:00AM EDT - 11:59AM EDT

Strawberry Classic
Fun Run
\$10

9:00AM EDT - 11:59AM EDT

Virtual Strawberry
Classic 5K
\$30

Virtual Strawberry
Classic Fun Run/1 Miler

\$10

Virtual Strawberry
Classic 10K
\$35

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Tips for Dealing with Low Back Pain in Runners

Chris Arrigo, MS, ATC, PT

Advanced Rehabilitation

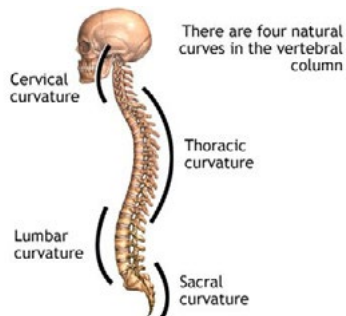
As many as 14% of American runners experience low back pain each year. So, on any given Saturday morning run, there are probably 100s of us that might have complaints of low back pain during the training season. I honestly hope that you are never one of those, but just in case, let's arm you with some information should low back aches or pains arise during your training!

To be clear, treating low back pain is not the same for every person. Low back pain can stem from muscle asymmetries, low back mobility problems, strength deficits, nerve irritation, or structural changes in the spine. For the sake of brevity, here are some red flags to be aware of. If you ever have any of these, seek a medical consult. , and then highlight some great ways that you can maintain a healthy back while running or walking.

RED FLAGS to be aware of include: Bowel or bladder dysfunction, unrelenting pain in any position, numbness and tingling below the knee, unexpected weight loss, acute pain lasting longer than 6 weeks. These are all reasons to immediately see your physician.

If you don't have any of these red flags, let's move on to and talk about great ways to maintain a healthy back as a runner.

There are four normal curves in the spine. They are displayed below. A goal for you is to maintain these normal curves in your daily activities, especially when running or during any other physical activity. Often the strain put on your spine is not from running as much as the strain which accumulates with your daily activities. For example, sitting at a desk in a slouched posture, 40 hours per week can reduce the lumbar curvature and increase a forward head position and curvature in the upper back (thoracic curvature of your back). Just the strain on the spine from this repetitive poor posture can create pain. If this sounds like you, consider how you can protect your spine simply with improved posture and workplace ergonomics.



Like almost every joint in the body, the spine benefits from maintaining a balanced combination of mobility and strength.

MOBILITY: A healthy spine should have full mobility in several directions (rotation, side bending, bending forward and backwards). Since running is generally in a forward motion, the primary motions to check are flexion and extension. Do you have enough lumbar motion to attain a full yoga cobra pose, as pictured, and to pull both knees to chest, as demonstrated, without pain? If you don't, it may be worth working on this if it's not painful.



STRENGTH: The strength needed to support the spine with running comes from the deep muscles of the abdominals, lumbar spine, and hips. These are the primary muscles we call the “core”. When these muscles are strong, the chances of injury are reduced. There are several ways to strengthen, but some basic examples, included here, are planks, side planks, and bridges. Have someone check your form and be sure your navel is drawing in toward your spine (but keep breathing!). A stable core provides your legs a better base from which to propel your body forward.



As always, if you have questions, call us, or just come see us at any of the Advanced Rehabilitation locations in the Tampa Bay Area. We will keep you moving – no matter what you do.

Contact Advanced Rehabilitation at (813) 250-1208 or www.advancedrehab.us with your injury prevention, maintenance, or rehabilitation needs!





Written by Coach Celia Dubey
CoachCeliaDubey@gmail.com

Couples Workout Routine

Here's a 20-minute strength workout that you can do with a partner without using any equipment. This workout is designed to target multiple muscle groups and can be adjusted to accommodate various fitness levels. It includes a warm-up and stretching at the end to ensure a well-rounded workout.

****Warm-up (3 minutes):****

1. ****Jog in place:**** Start with a light jog in place for 1 minute to get your heart rate up and warm up your muscles.
2. ****Arm Circles:**** Stand facing your partner with your arms extended to the sides. Rotate your arms in small circles for 30 seconds, then switch directions for another 30 seconds.
3. ****Leg Swings:**** Stand facing your partner and hold onto each other for balance. Swing one leg forward and backward, then switch legs. Do this for 1 minute.

****Strength Workout (14 minutes):****

Perform each exercise for 45 seconds, followed by a 15-second rest. Then switch with your partner, so your partner does the exercise while you rest and cheer on your partner.

1. ****Bodyweight Squats:**** Stand facing each other, with feet shoulder-width apart. Perform squats for 45 seconds, making sure to keep your back straight and your knees behind your toes.
2. ****Push-ups:**** One partner gets into a push-up position while the other partner holds their ankles. Perform push-ups for 45 seconds, then switch roles.
3. ****Plank:**** Both partners get into a plank position facing each other, holding the position for 45 seconds.
4. ****Lunges:**** Stand facing each other, take a big step forward and lower your body until both knees are bent at a 90-degree angle. Alternate legs for 45 seconds.
5. ****Partner Leg Raises:**** One partner lies on their back while the other partner holds their ankles. The partner on the ground raises their legs, while the partner standing resists the movement for 45 seconds. Then switch roles.

****Cool Down and Stretching (3 minutes):****

1. ****Hamstring Stretch:**** Sit on the ground facing your partner with legs straight in front of you. Reach for your partner's opposite foot and gently pull it towards you, feeling the stretch in your hamstring. Hold for 30 seconds and then switch legs.
2. ****Triceps Stretch:**** Stand facing your partner, raise one arm above your head, and bend your elbow, reaching your hand down your back. Your partner gently pushes on your elbow to increase the stretch. Hold for 30 seconds and then switch arms.
3. ****Shoulder Stretch:**** Stand facing your partner, clasp your hands together behind your back, and straighten your arms. Your partner gently lifts your arms to stretch your shoulders. Hold for 30 seconds.
4. ****Cobra Stretch:**** Both partners lie on their stomachs facing each other. Place your hands on the ground under your shoulders and push up, arching your back to stretch your core and chest. Hold for 30 seconds.

By following these instructions, you and your partner can enjoy a 20-minute strength workout without any equipment, including a warm-up and stretching at the end.





2024 Freedom Walk/Run

Choose from 2 events:
a 1.5K walk/run, or a 5K run!

run placement trophies awarded by
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Join friends and neighbors
to help reduce human sex
trafficking in our community!

Become a fundraiser by sharing
this event with your friends!

Plenty of kid-friendly activities
so bring the whole family!

- Bounce House
- Music / DJ
- Face Painting
- Snacks!

When:

Saturday, Mar 23, 2024

- Check-in at 9:00am/"shotgun" start at 9:30 am
- Walk-Ups" Welcome!

Where:

Tampa Bay Baptist Conference Center

15601 Lake Magdalene Blvd.
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Brian is a practicing attorney, specializing in personal injury cases with a subspecialty representing cyclists in bike/auto accidents. He is a lifelong resident of St. Petersburg, and has been active, as both a participant and race manager for in excess of thirty years. He has worked on all phases of race production, including being one of the early race directors of St. Anthony's Triathlon; announces many races on the West Coast of Florida, and served the Florida Region on the National Board of Directors for USA Triathlon for six years, and is the Past President of that Organization. Brian is also on the Board/Executive committee for the Frogman swim, proceeds of which benefit the Navy Seal Foundation providing multiple forms of assistance to families of Seals who have made the ultimate sacrifice for our Country. He is married to Awilda, and remains active in our sports community as both a participant and as an announcer of triathlons, running events, and the Seal Frogman Swim across Tampa Bay. He can be reached at bch8@verizon.net, or 727-515-9397.

BICYCLE SAFETY: TIPS FOR STAYING SAFE WHILE CYCLING

With Spring here, it's time to hit the roads and trails. I'm providing a list, not exhaustive, to help with a safe cycling season. In no order of importance, my tips include:

1. Wear a helmet. It will improve your chances of surviving a really bad day.
2. Make yourself visible. Where the brightest, most garish colors you can find, as well as reflective clothing, especially on cloudy days, and in the early morning or late day.
3. Consider mirrors: they can attach to your handlebars, helmet, or as I have, can be built into your sunglasses. Knowing what's going on behind you can save your life.
4. Ride with a buddy whenever possible. Safety in numbers.
5. Always have your phone, ID, and some cash.
6. Ride with traffic, never against it. Most experienced cyclists know this rule, but we see less experienced or lazy cyclists every day on the wrong side of the road.
7. Don't ever rely on "eye contact" to hope the driver sees you. I've had more than one incident where I would swear the driver looked right at me. Clearly, they did not see my peacock like attire!
8. Be prepared to "take the lane" when necessary to guarantee your safety.
9. Consider having lights, both front and rear, and use the strobe function during the day. Even better, consider purchasing a light/camera combination to provide you direct evidence of any crash.
10. Provide a regular safety check of your bike, brakes, cables, tires, etc, preferably before each and every ride.

If, despite taking these precautions, you are the victim of a crash, see a Doctor as soon as possible, and reach out to me for any additional legal assistance. Be safe out there.

Brian C. Harrington, Attorney specializing in bicycle injury crashes.
Cell: 727-515-9397

Brian Harrington
Past President, USA Triathlon Board of Directors
Race Announcer
Attorney



CLEAN AIR RIDE 2024



14 Miles

28 Miles

48 Miles

100 Miles

On the Withlacoochee State Trail

to benefit The Key Training Center



www.DRCSPORTS.com



The Crystal River Sprint Triathlon

Saturday - May 25, 2024



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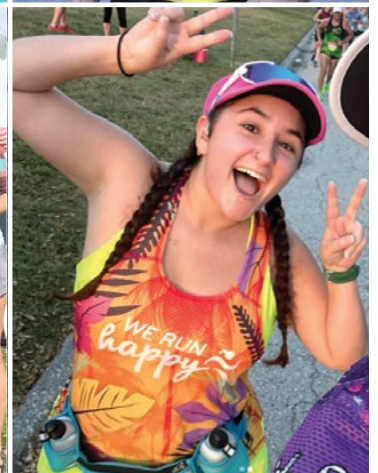
Swim 1/4 Mile - Bike 12 Miles - Run 3 Miles



*Thank You
for joining us
at the
St. Petersburg
Distance Classic*

**Save the Date:
February 9, 2025
Registration Opens
Soon!**

StPetersburgDistanceClassic.com



Dare to Go Bare

30th annual 5K Run

Tampa Bay's Original *Nude Run*

...since 1992

Sunday April 14, 2024



Check it off your bucket list – Run *au naturel* at Lake Como Family Nudist Resort

The 5K run course through the 200 acre resort is half on pavement and half on the resort's nature trails. There is also a 2K walk on pavement.

Online registration only – Registration closes 4/10/24 – No walk-ins
\$30 to 3/24/24 – \$40 from 3/25/24 to 4/10/24 (registration close)

check-in 7:30 am to 8:45 am – 5K run 9:00 am – 2K walk 10:00 am
awards 11:00 am – poolside music by Midnight Blue noon to 3 pm

Enjoy all the resort facilities for the rest of the day including restaurant, pool, hot tub, sauna, fitness center, tennis, pickleball & kayaking.

Details, course map & registration at:

new.LakeComoNaturally.com/run



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**ELITE
EVENTS**

PRESENTS



IMPORTANT INFORMATION

- **Where? Markham Park: Sunrise, Florida**
- **When? National Anthem and Pre-Race Instructions start at 6:20am. Both races start at 6:30am on Saturday March 23rd 2024**
- **Time Limit: 3.5 hours**
- **Water Stops: There will be water and gatorade about every 2 miles or less.**

WHAT TO EXPECT

Sign up for the Sunrise Half Marathon & 5k run in Sunrise, Florida at Markham Park and experience one of the most challenging and diverse runs in the state. The course takes you through the beautiful Markham Park, a lush, nature-rich park that offers miles of picturesque trails, serene lakes, and diverse habitats. The route offers a mix of challenging terrain, including gentle hills and flat paths, along with beautiful views of the park's natural beauty. Whether you're a seasoned runner or just starting out, this event has something to offer for everyone with both Half marathon and 5k options.

But the fun doesn't stop at the finish line! Sunrise is a vibrant and diverse city that offers a wide range of activities and entertainment. After the race, treat yourself to a well-deserved

meal at one of the many restaurants, and explore the city's art scene by visiting one of the many galleries or the Sunrise Civic Center. Take a stroll on the beach that's just a short drive away, and enjoy the tranquil waters of the Atlantic Ocean, or head over to the Sawgrass Mills, a large outlet mall, for some shopping and entertainment.

Sunrise also offers a variety of fun activities such as visiting the Sawgrass Nature Center and Wildlife Hospital where you can learn about Florida's biodiversity and see some of the state's native animals, also you can enjoy kayaking, paddleboarding, and fishing at the nearby Welleby Lake. Sign up for the Sunrise Half Marathon & 5k run and you'll experience the best of both worlds: a challenging and rewarding run, and an unforgettable adventure in one of the most beautiful places in Florida.





**ELITE
EVENTS**

2024



**March 23
Sunrise
Half Marathon & 5k**



**April 6
Naples Paradise Coast
Half Marathon & 5k**



**Nov TBD
Naples Fall Classic
Half Marathon & 5k**



**May 5
Ponta Gorda
Half Marathon & 5k**



**Nov 28
Estero Thanksgiving Day
5K Run**



**July 4
USA Independence Day 5K**



**Nov 28
Naples Thanksgiving Day
5K Run**



**Oct 5
Naples Rocktoberfest
Half Marathon & 5k**



**Dec 14
Sarasota Christmas Glow
5K Run**



**Nov 2
Hollywood Beach
Half Marathon & 5k**



**Dec 15
Sarasota Half Marathon & 5K**

A PREMIUM RUNNING EXPERIENCE





Register early; the next price increase is April 1, 2024.

The Dunedin Triathlon has been one of Florida's most desired and favorite sprint distance triathlons since its launch in 2004. The venue, Honeymoon Island State Park, has repeatedly been named one of the top beaches and travel destinations worldwide.

Sprint Triathlon: Swim 0.25 Mile, Bike 12 Mile, Run 5K

Sprint Duathlon: Run 5K, Bike 12 Mile, Run 5K

Sprint AquaBike: Swim 0.25 Mile, Bike 12 Mile

[Register Today: WWW.DUNEDINTRIATHLON.COM!](http://WWW.DUNEDINTRIATHLON.COM!)

Sponsorship and Volunteer Opportunities are available.

Enjoy the park and free beer provided by Dunedin Brewery after the race.





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5K RACE & 1M WALK

AL LOPEZ PARK
MARCH 23, 2024
TAMPA, FL

STOMP OUT HUMAN TRAFFICKING 5K RACE & 1 MILE WALK

AL LOPEZ PARK - TAMPA, FL
8:30 A.M. MARCH 23, 2024

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 **BROOKS**



If You Are Running In Pain You Need a Change

Gene Ulishney, BS HPE, CPED, BOCPED, ACSM MEMBER

Pain is not an inevitable result of running, but is most likely a result of altered, abnormal biomechanics caused by incorrect or poor performing running shoes for **your** specific needs.

Running is one of the oldest and most natural movements the human body can perform. In recent history and with the advent of modern man's unforgiving and hard surfaces, running shoes have replaced the soft grassy plains of the past. These specially designed shoes soften the blow under foot and can absorb a considerable amount of injury-causing impact. But, if not designed properly or fitted properly, these same shoes can also be the cause of pain and injury.

Today, the primary causes of footwear-related running pain and injuries are: **too stiff, too soft, too much control, too little control, wrong shape** and **too old** and worn out.

By **too stiff** I mean a shoe that is not flexible enough in the forefoot and not flexing in the proper place to accommodate the biomechanics of most feet placed inside it. A proper running shoe must begin flexing **easily** and specifically **behind its widest point**, at the balls of the foot, and then continues rolling through toe-off. It is what I like to call "flex and roll". This action ensures proper shoe mechanics matching the biomechanics of the vast majority of runners. Ignoring this most important footwear quality will inevitably result in pain and overuse injuries. The chances of issues arising are directly related to intensity and the distance run. Neutral gaits may have lateral foot, knee, leg, and/or adductor/internal rotator issues. Overpronators may experience heel pain, shin, knee, medial leg and ankle, and other abductor/external rotator annoyances.

A shoe that is **too soft** is inherently less stable and wears out sooner. It will also stress the structures of the body by having the effect of "running in sand". You will work harder and you will be slower. With each step, soft shoes take longer to compress and longer to return, resulting in more time being spent on the ground. Other effects include less efficiency, and excess motion, which may cause a variety of pains and possible injury.

Shoes with **too much control** for your gait risk injury to the lateral foot, ankle, knee and lateral side of the leg such as IT Band pain as well as pain in the adductor/internal rotator groups of muscles and tendons and long term, medial meniscus wear.

Shoes with **too little control** risk injury to the plantar fascia, knee, inside leg and the abductor/external rotator groups of muscles and tendons and lateral meniscus wear.

And lastly, the **wrong shape shoe** is the main cause of rubbing and blistering. These seemingly small issues can result in more serious problems due to usually unnoticed gait changes to avoid such painful areas.

Some points to keep in mind: all running shoes are not created equal; pain is not an unavoidable result of running; and persistent pain means you need a change. Before it gets the best of you, see your local running store for a gait and footwear reevaluation.



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TAMPA FIREFIGHTERS 5K

20



24

13TH ANNUAL

A race to benefit pediatric burn survivors

Race Date: April 13, 2024

Check in begins at 6:30 am

- 5K Race starts at 8am and 1 Mile Fun Run at 8:05
- Starting and Ending in front of the Tampa Firefighters Museum and Tampa Fire Rescue Headquarters
720 E. Zack St. Tampa, FL 33602
- Packet Pick-up available at:
Tampa Firefighters Museum 4-7pm April 10th
Tampa Firefighters Museum 11am-6pm April 12th

Race Day Check-In at Tampa Firefighters Museum

Race Ticket includes:

- Dri-Fit Shirt for 5K Runners only
- Finisher medal to all participants
- Post Race Party at Tampa Firefighters Museum
- Free food and drinks, music, raffle, prizes
- Fire Department apparatus on site
- Chip timed 5K
- Awards to overall Top Male and Female
- Awards to top 3 in each age group

Gold Sponsors



Registration Form (Please Print Clearly)

Name _____ Date of Birth _____ Age _____ M F

Address _____ City, State Zip _____

Phone _____ Email _____

Race: 5K: **Shirt Size: Youth (S/M / L) Adult (XS / S / M / L / XL / XXL) *Specify Mens or Ladies***

(Race Day T-Shirt guaranteed for 5K runners if registered by March 25th)

1 Mile Fun Run: **1 Mile Fun Runners will receive a Medal** (T-Shirts are for 5K runners only)

Entry Fee: 5K \$30 until 2/29/2024 • \$35 03/01/2024 to 4/12/2024 • \$40 Day of Race

Entry Fee: 1 Mile Fun Run \$20.00 • \$25 Day of Race

Make Checks payable to Tampa Firefighters Charity Fund, Inc. and mail to 3116 N. Boulevard Tampa, Florida 33603

Credit card payment may be made at: runsignup.com Search: tampa firefighters

Go to Tampafirefighters.com for links and more information. All entry fees are tax deductible.

Contact Lori Kristof with questions: (813) 229-7540 or lori@tampafirefighters.com

Waiver: In consideration of this entry, I, for myself, my heirs, devisees, executors, administrators, and assigns hereby waive, release and discharge any and all claims against, Tampa Firefighters Charity Fund, Inc., organization, sponsoring or conducting this event, or their employees, representatives, or successors, for any and all damages or injuries I may suffer. I hereby grant permission for the free use of my name and picture in any broadcast, brochure, or account of this event.

• **Signature** _____

• Signature: _____ Date: _____ Parent/Guardian signature is required if registrant is less than 18 years of age.

• Emergency Contact: _____ Phone number: _____



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Tampa, FL 33629
813-835-1339

Feet First St. Pete
4949 4th St. N
St. Pete, FL 33703
727-898-1130



**ELITE
EVENTS**



IMPORTANT INFORMATION

- **Where?** North Collier Regional Park: Naples, Florida
- **When?** National Anthem and Pre-Race Instructions start at 6:20am.
- Both races start at 6:30am.
- **Time Limit:** 3.5 hours
- **Water Stops:** There will be water and gatorade about every 2 miles or less.

WHAT TO EXPECT

Sign up for the Paradise Coast Half Marathon & 5k run in Naples, Florida at North Collier Regional Park and join a fun, welcoming community of runners, while experiencing all the best that Naples has to offer.

Not only will you get to test your fitness on the scenic and challenging course that winds through the beautiful North Collier Regional Park, but you'll also have the opportunity to explore all the city has to offer! Naples, known as the "crown jewel" of Southwest Florida, is a paradise of white sandy beaches, crystal-clear waters, and a charming downtown filled with delicious restaurants, shopping, and entertainment. And with the event held in the North Collier Regional Park you will be able to see some wildlife and nature. After crossing the finish line, treat yourself to a well-deserved meal at one of the many seafood restaurants, or explore the city's art scene by visiting one of the many galleries.

Take a stroll on the beach, and enjoy the tranquil Gulf waters or head over to the Naples Pier for a sunset. This event isn't just about pushing yourself to run your best, it's also about treating yourself to a fun-filled weekend in one of the most beautiful places in the country. So sign up today and get ready for an unforgettable experience in Naples, Florida!



HYPERBARIC OXYGEN CHAMBER THERAPY



Hyperbaric Oxygen Therapy (HBOT) delivers oxygen at a pressure greater than sea level atmospheric pressure while the patient is enclosed within a certified pressurized chamber. The patient breathes oxygen while wearing a mask for approximately 60 minutes.

When red blood cells deliver only a limited supply of oxygen to tissue cells, negative physiological changes occur. Injuries, infections, and diseases can cause a drop in tissue oxygen level to almost zero. World-wide research confirms that breathing oxygen under pressure forces the oxygen to reach those tissues and body systems affected by injury, infection, or disease and accelerates the body's healing process.

**To schedule a hyperbaric chamber appointment, give us a call
at 813-207-5027**



5810 W Cypress St., Suite D, Tampa, FL 33607
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pctampabay@gmail.com

**FLORIDA'S LARGEST
DUATHLON**

Chilly Willy

Duathlon 2025



wants you

Sunday February 2nd

Run 5K Bike 10 Miles Run 5K

Plus This Year Super Sprint Distance

Largest Duathlon in Florida

Individual & Relays Welcome

Registration opens soon!





**Saturday
May 4, 2024
8 am**

Hale Senior Activity Center
330 Douglas Avenue, Dunedin FL 34698
(across from TD Ballpark)

All ages, groups, and families welcome!

► **Course, Giveaways & Awards:**

The course begins at the Hale Senior Activity Center and follows a scenic route along the waterfront of Edgewater Drive, through downtown Dunedin and ends back at the Hale Senior Activity Center.

- Dry-Fit T-Shirt to the first 500 registered
- Pancake breakfast provided by the Kiwanis Club of Dunedin
- Chip Timing
- Awards to Top Male & Top Female Overall
- Awards to Top Male & Top Female Masters (40+)
- Awards to Top 3 Male & Female in each 5 year age group (9 & under to 70+)

► **Fees & Deadlines:**

\$25 through May 1; \$30 as of May 2

► **Online Registration:**

Available through May 3, 12 pm. Register at www.DunedinGov.com/payonline or www.active.com.

► **In Person Registration:**

- Dunedin Community Center • 727-812-4530
1920 Pinehurst Road, Dunedin FL
- Hale Senior Activity Center • 727-298-3299
330 Douglas Avenue, Dunedin FL
- MLK, Jr. Recreation Center • 727-738-2920
550 Laura Lane, Dunedin FL

► **Race Day Registration:**

Open from 7-7:45 am ONLY. We strongly encourage you to register ahead of time, either online or in person to avoid long waits and registration cut-offs.

► **Packet Pick Up:**

Thursday, May 2, 7 am - 8 pm
Dunedin Community Center • 727-812-4530
1920 Pinehurst Road, Dunedin FL



Triathlon season is about to start

As the weather begins to warm up and triathlon season approaches, it's time to start preparing for the exciting races ahead. Whether you're a seasoned athlete or new to the sport, now is the perfect time to kickstart your training regimen and gear up for success.

Start by ensuring your bicycle is in top condition and invest in a new pair of running shoes to support your feet during those long training sessions. Working with a coach can provide valuable guidance and support as you navigate your training plan and prepare for race day.

Don't forget to incorporate open water swims into your routine and practice your transitions from bike to run for seamless race day performance. And of course, remember to include swim-runs in your training program to build endurance and strength across disciplines.

It's important to train smart and avoid overdoing it to prevent injuries and burnout. Enjoy the journey and surround yourself with friends who will uplift and motivate you along the way. And if you ever need extra support or guidance, don't hesitate to reach out to Coach Leo Briceno at owsleo11@gmail.com.

With dedication, determination, and a supportive community by your side, you'll be well on your way to achieving your triathlon goals and crossing that finish line with pride. Embrace the journey, stay motivated, and get ready to conquer the challenges that lie ahead.

Written by Leo Briceno



FRPM Web Online Over 21,000 Viewers And Growing

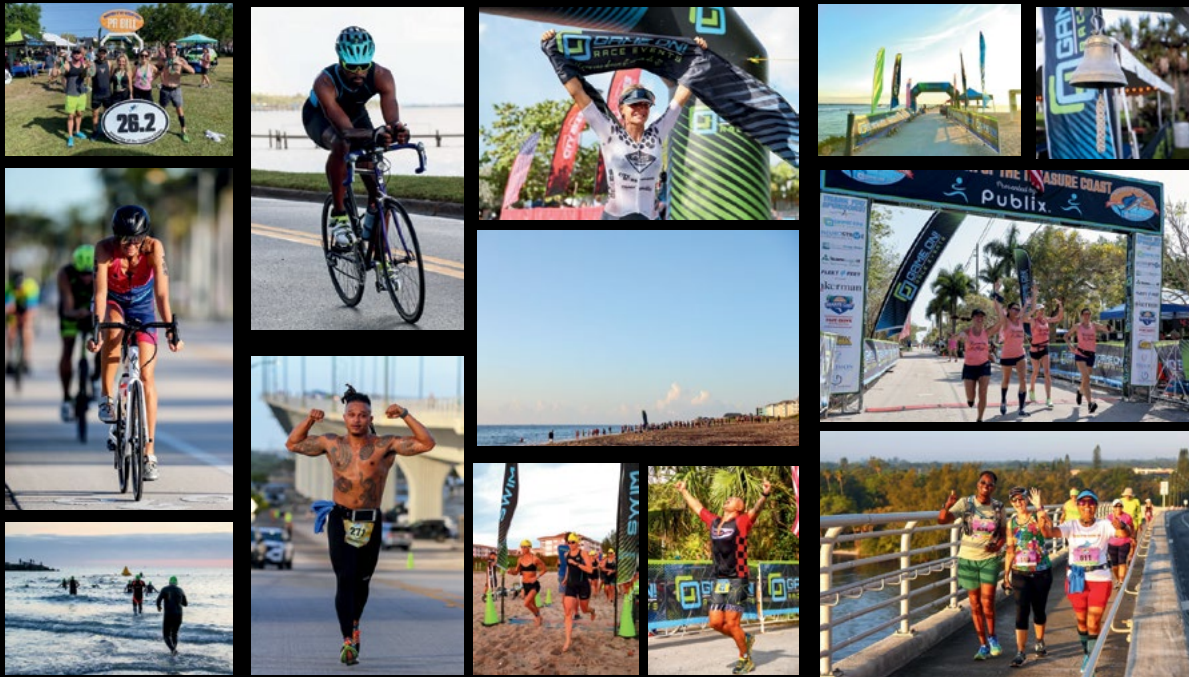


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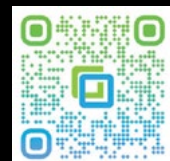
GAME ON! RACE EVENTS



2024 GAME ON! RACE EVENTS SCHEDULE



- JAN 6 SURVIVE FIRST RUN FOR RESPONDERS 5K-COCOA
- JAN 20 MLK5K & 10K - WEST PALM BEACH
- MAR 3 GAME ON! MARATHON OF THE TREASURE COAST PRESENTED BY PUBLIX-STUART
- MAR 17 GAME ON! PALM BEACHES TRIATHLON #1-SINGER ISLAND
- MAR 30 GAME ON! RUN SINGER ISLAND HALF MARATHON & 10K PRESENTED BY PUBLIX
- APRIL 20 WOUNDED VETERANS RELIEF FUND RUNNING FOR HEROES 5K-JUPITER
- MAY 19 GAME ON! PONTE VEDRA BEACH TRIATHLON #1-PONTE VEDRA BEACH
- JUNE 9 GAME ON! ESCAPE TO HUTCHINSON ISLAND TRIATHLON #1-STUART
- JULY 4 BILL BONE 5K-WEST PALM BEACH
- JULY 14 GAME ON! TREASURE COAST TRI PRESENTED BY PUBLIX-FORT PIERCE
- JULY 28 GAME ON! SAINT AUGUSTINE TRIATHLON-VILANO BEACH
- AUG 11 GAME ON! ESCAPE TO HUTCHINSON ISLAND TRIATHLON #2-STUART
- AUG 18 GAME ON! KEY LARGO TRIATHLON
- SEPT 8 GAME ON! CAPTIVA ISLAND TRIATHLON @ SOUTH SEAS RESORT
- SEPT 15 GAME ON! PALM BEACHES TRIATHLON #2-SINGER ISLAND
- OCT 6 GAME ON! RUN HUTCHINSON ISLAND HALF MARATHON & 10K
- OCT 13 GAME ON! PONTE VEDRA BEACH TRIATHLON #2
- OCT 20 THE BILL BONE TROPICAL TRIATHLON-LAKE WORTH
- OCT 27 GAME ON! SUNCOAST INTERNATIONAL TRIATHLON-FORT DE SOTO
- NOV 3 GAME ON! RIVERFRONT TRI @ COCOA PRESENTED BY PUBLIX
- NOV 28 PELICAN YACHT CLUB TURKEY TROT 5K-FORT PIERCE
- DEC 1 GAME ON! TREASURE COAST TRI #FINISHONTHEJETTY-FORT PIERCE



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ST. ANTHONY'S TRIATHLON

April 27–28, 2024
St. Petersburg, Florida

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RELAY
MEEK & MIGHTY**



**Use code “FLRP”
for a discount on your entry fee.**

To register, go to SATriathlon.com or scan this code.



23-3083204-1023



5K RUN & 1 MILE WALK



Saturday, Mar 9, 2024

5K	8:00 am
1 mile	8:05 am

Where:

Indian Rocks Beach
17th Avenue Beach Access, 1700 Gulf Blvd.

Main Sponsor:



Registration:

Search:

Rotary Runs The Beach 2024

Cost:

5K	\$35
1 mile	\$30

\$5 increase on Jan 31st and again on Feb 27th

Packet Pick up:

March 7 & 8

Guilty Sea

301 Gulf Blvd.

Indian Rocks Beach

Proceeds to benefit:

Rotary

Club of Indian
Rocks Beach



- Food for people in need
- Polio eradication
- Youth educational programs



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5k
Est. 2010



Sunday, May 5, 2024
8:30 AM

15th ANNUAL
CLOTHING-OPTIONAL
RUN

Caliente
Club & Resorts

LAND O'LAKES, FLORIDA
REGISTER: NUDE5K.COM

Croom Trail 50M, 50K, 16M Fools Run

Don't be a fool and miss and it! Are you fool enough to run it?

Races: *Croom Trail 50 Mile Fools Run * Croom Trail I'm not a Fool 50K * John Holmes 16 Mile Trail Run*

Where: Withlacoochee State Forest, NE of Brooksville FL (60 min drive N of Tampa, 80 min from Orlando)

When: Saturday, April 6, 2024., 50M starts at 6:00am, 50K starts at 7:00am and the 16 Mile at 7:00am

Course: The challenging 50 mile course follows 3 repeat loops on the Croom Hiking Trail through central Florida's long leaf pines and scrub oak covered hills, past creek bottoms and cypress ponds. **There will be a 6:00pm cut off.** The 50K race will follow the same course with 2 repeat loops and the 16 Mile Race is one loop.

Amenities: Full-Color Tech T-Shirts, Race Packets, loaded aid stations, post race party, shower...

Awards: Finisher Awards for the 50M/50K and Top Finisher Awards for the 16M

Overall Male/Female/Master Male/Master Female will receive a special award

Packet Pickup: Friday April 5 from 4pm to 7pm at the race start area and also Saturday April 6

Charity: Friends of The Withlacoochee State Forest

Parking: Please try to carpool to the event if possible

Contact: Call (813) 232-5200, email at fools@tamparaces.com, or go to www.TampaRaces.com

Entry Fees:

Early Entry (until 12/31/23)

Later Entry (until 4/4/24)

Croom Trail 50 Mile Fools Run

\$90

\$105

Croom Trail 50K I'm Not A Fool Run

\$80

\$95

John Holmes 16 Mile Trail Run

\$60

\$70

NO REFUNDS or TRANSFERS. Event is limited to the first 250 entrants.

RAIN OR SHINE

Checks Payable To: Event Operation, Inc. 2302 N. Central Ave. Tampa, FL 33602 Online Application: [Eventbrite.com](https://www.eventbrite.com)

Name _____ Sex _____ Age _____ Birthdate _____

Address _____ Phone: _____

City _____ State _____ Zip _____

Email: _____ 50M _____ 50K _____ 16M _____

T-Shirt Size S ___ M ___ L ___ XL ___ XXL ___

For and in consideration of Event Operations Inc. and USA Track & Field, Inc. allowing me, the undersigned, to participate in The Croom Fools Trail Runs; I, for myself, and on behalf of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns, hereby agree to and make the following contractual representations pursuant to this Waiver and Release of Liability, Assumption of Risk and Indemnity Agreement (the "Agreement");

1. I hereby represent that (i) I am at least eighteen (18) years of age or older; (ii) I am in good health and in proper physical condition to participate in the Event; and (iii) I am not under the influence of alcohol or any illicit or prescription drugs which would in any way impair my ability to safely participate in the Event. I agree that it is my sole responsibility to determine whether I am sufficiently fit and healthy enough to participate in the Event, that I am responsible for my own safety and well being at all times and under all circumstances while at the Event site.

2. I understand and acknowledge that participation in track & field, road running, race walking, cross country, mountain, ultra, and trail running Events is inherently dangerous and represents an extreme test of a person's physical and mental limits. I understand that participation involves risks and dangers which include, without limitation, the potential for serious bodily injury, permanent disability, paralysis and loss of life; loss of or damage to equipment/property; exposure to extreme conditions and circumstances; contact with other participants, spectators, animals or other natural or manmade objects; dangers arising from adverse weather conditions; imperfect course or track conditions; land, water and surface hazards; equipment failure; inadequate safety measures; participants of varying skill levels; situations beyond the immediate control of the Event Organizers; and other undefined, not readily foreseeable and presently unknown risks and dangers ("Risks"). I understand that these Risks may be caused in whole or in part by my own actions or inactions, the actions or inactions of others participating in the Event, or the negligent acts or omissions of the Released Parties defined below, and I hereby expressly assume all such Risks and responsibility for any damages, liabilities, losses or expenses which I incur as a result of my participation in any Event.

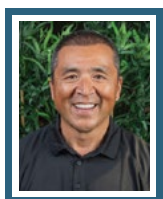
3. I agree to be familiar with and to abide by the USATF Bylaws, Operating Regulations, and Competition Rules established for the Event, including any safety regulations established for the benefit of all participants. I accept sole responsibility for my own conduct and actions while participating in the Event, and the condition and adequacy of my equipment.

4. I hereby Release, Waive and Covenant Not to Sue, and further agree to Indemnify, Defend and Hold Harmless the following parties: the USOC, USA Track & Field, Inc., its Associations and Sport Disciplines, Event Organizers, Event Directors and Promoters, Sponsors, Advertisers, Coaches and Officials; Venue and Property Owners upon which the Event takes place; Law Enforcement Agencies and other Public Entities providing support for the Event; and each of their respective parent, subsidiary and affiliated companies, officers, directors, partners, shareholders, members, agents, employees and volunteers (Individually and Collectively, the "Released Parties" or "Event Organizers"), with respect to any liability, claim(s), demand(s), cause(s) of action, damage(s), loss or expense (including court costs and reasonable attorneys fees) of any kind or nature ("Liability") which may arise out of, result from, or relate in any way to my participation in the Event, including claims for Liability caused in whole or in part by the negligent acts or omissions of the Released Parties. I further agree that if, despite this Agreement, I or anyone on my behalf, makes a claim for Liability against any of the Released Parties, I will indemnify, defend and hold harmless each of the Released Parties from any such Liabilities which any may be incurred as the result of such claim.

I hereby warrant that I am of legal age and competent to enter into this Agreement, that I have read this Agreement carefully, understand its terms and conditions, acknowledge that I will be giving up substantial legal rights by signing it (including the rights of my spouse, children, guardians, heirs and next of kin, and any legal and personal representatives, executors, administrators, successors and assigns), acknowledge that I have signed this Agreement without any inducement, assurance or guarantee, and intend for my signature to serve as confirmation of my complete and unconditional acceptance of the terms, conditions and provisions of this Agreement. This Agreement represents the complete understanding between the parties regarding these issues and no oral representations, statements or inducements have been made apart from this Agreement. If any provision of this Agreement is held to be unlawful, void, or for any reason unenforceable, then that provision shall be deemed severable from this Agreement and shall not affect the validity and enforceability of any remaining provisions.

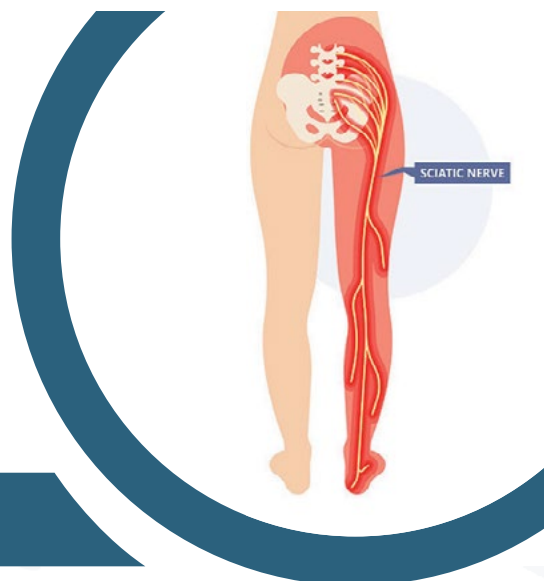
Signature (Parent or guardian signature is mandatory if participant is under 18) Date





RUNNING WITH SCIATIC PAIN:

By Dr. Tommy Rhee



Navigating the Road to Relief

INTRODUCTION:

Sciatic pain, stemming from the irritation of the sciatic nerve, can be a formidable hurdle for runners. While the pounding of feet against pavement may seem counterintuitive, the relationship between running and sciatic pain is nuanced. Understanding this complex dynamic is crucial for runners seeking relief and a way to continue their passion without exacerbating their discomfort.

THE SCIENCE BEHIND SCIATIC PAIN:

The sciatic nerve, the longest nerve in the human body, runs from the lower back, through the buttocks, and down each leg. When this nerve is compressed or irritated, it can lead to the sharp, shooting pain characteristic of sciatica. Common causes include herniated discs, spinal stenosis, or muscle imbalances. Despite the challenges, many runners find ways to manage their symptoms and even use running as a tool in their recovery.

THE ROLE OF RUNNING:

Surprisingly, running can either alleviate or exacerbate sciatic pain, depending on the individual and their condition. For some, the endorphin release and cardiovascular benefits of running can help reduce inflammation and alleviate discomfort. However, for others, the repetitive impact and jarring motion of running can worsen symptoms.

TIPS FOR RUNNING WITH SCIATIC PAIN:

1. Consult with a Professional: Before lacing up your running shoes, consult with a healthcare professional to diagnose the cause of your sciatic pain. Understanding the root of the issue is crucial for developing an effective treatment plan.

2. Warm-Up and Stretching: Prioritize a thorough warm-up routine to prepare your muscles and joints for the demands of running. Focus on stretches that target the lower back, hips, and hamstrings to promote flexibility and reduce tension on the sciatic nerve.

3. Modify Your Running Form: Consider adjusting your running form to minimize impact. Shortening your stride, landing on the midfoot, and maintaining an upright posture can help reduce stress on the lower back and alleviate sciatic pain.

4. Cross-Training: Integrate low-impact exercises like swimming, cycling, or elliptical training into your routine. These activities provide cardiovascular benefits without the impact associated with running, allowing for active recovery.

5. Listen to Your Body: Pay close attention to your body's signals. If running exacerbates your sciatic pain, consider alternative forms of exercise or modify your routine. Ignoring warning signs can lead to prolonged recovery and worsened symptoms.

Conclusion:

Running with sciatic pain requires a delicate balance between maintaining an active lifestyle and preventing further discomfort. We at Physical Chiropractic of Tampa Bay understands Sciatic Pain and can help you with joy of running.





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