

# FLORIDA RacePlace

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

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Nov • Dec 2025

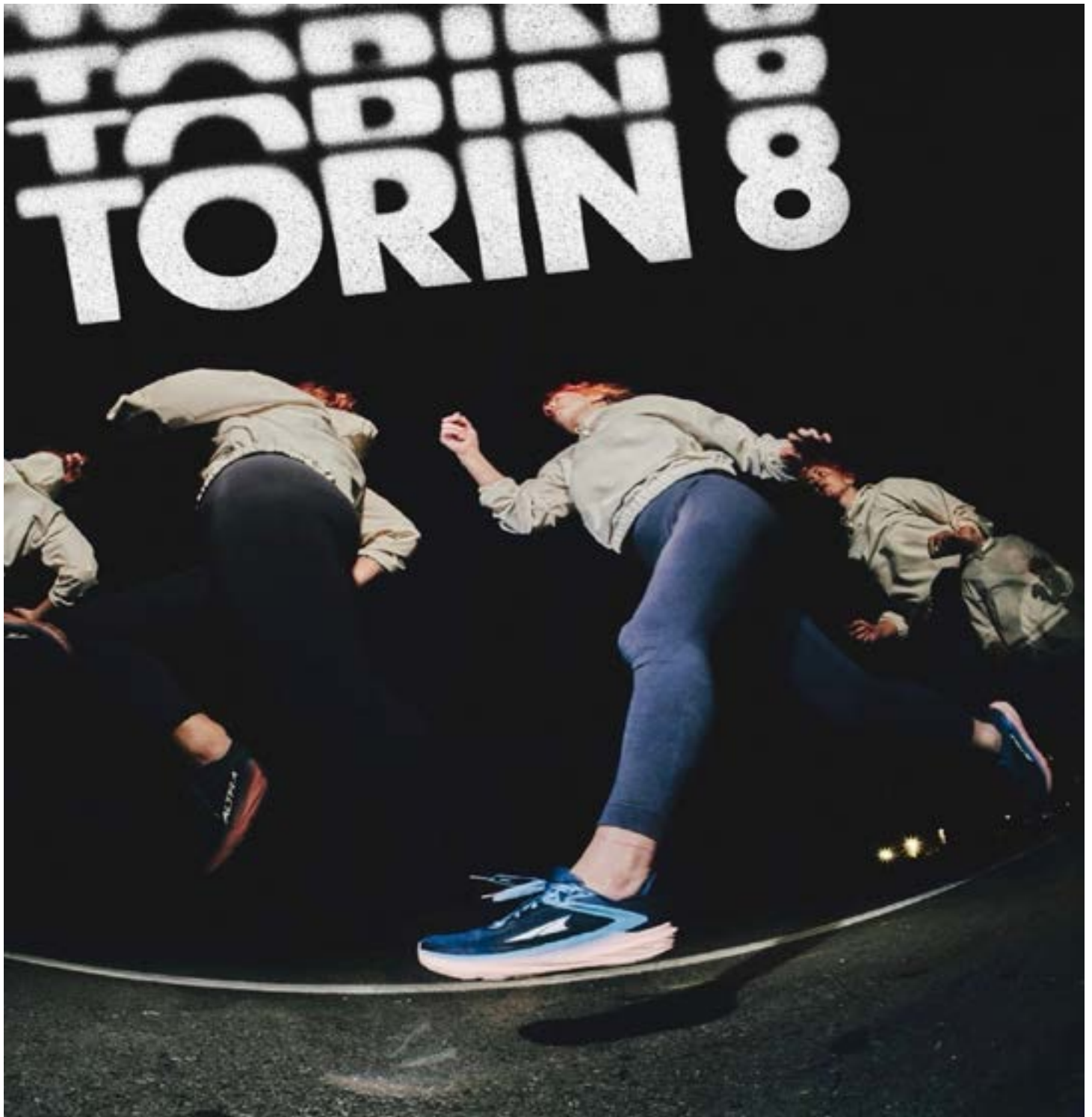
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Ft Desoto Triathlon**  
**April 11th**  
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**Sunday Nov 16, 2025**  
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**Sunday Feb. 15, 2026**



# RUNNING TAMPA BAY

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY NOVEMBER 8 TBA	CIRCLE K 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY NOVEMBER 8 TBA	RUN FOR ALL CHILDREN 5K	WWW.RUNSIGNUP.COM	ST PETE FL.	
SATURDAY NOVEMBER 8 TBA	TROT THRU THE TERRACE 10 MILE.5K	WWW.RUNSIGNUP.COM	TEMPLE TERRACE FL.	
SATURDAY NOVEMBER 8 TBA	USF SWE 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
SUNDAY NOVEMBER 9 TBA	VETERAN'S DAY ALL AMERICAN 5K AND 10K	<b>PAGE 46</b> XANADU RACING 727-226-7223	HALE CENTER DUNEDIN FL.	
SATURDAY NOVEMBER 15 TBA	CONQUER CANCER 5K	WWW.RUNSIGNUP.COM	ROWLETT PARK TAMPA FL.	
SATURDAY NOVEMBER 15 TBA	FALL FORWARD 5K	WWW.RUNSIGNUP.COM	USF, TAMPA	
SATURDAY NOVEMBER 15 TBA	SHERIFF CHAD CHRONISTER'S ULTIMATE RUN - 10K AND 5K	WWW.RACEROSTER.COM	TAMPA FL.	
SATURDAY NOVEMBER 15 TBA	ST PETE RUN FEST 10K AND 5K 13.1 ON SUNDAY Nov 16	ST.PETERUNFEST.ORG	ST PETE FL.	
SUNDAY NOVEMBER 16 TBA	FINN'S FIGHTERS SUPER HERO 5K	WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL	
SATURDAY NOVEMBER 22 TBA	MILES FOR MOFFITT 10K AND 5K	WWW.RUNSIGNUP.COM	USF TAMPA FL.	
SATURDAY NOVEMBER 22 TBA	STEPS FOR STETSON 5K	WWW.RUNSIGNUP.COM	THONOTOSASSA FL.	
THURSDAY NOVEMBER 27 TBA	BAYCARE WOBBLE TURKEY TROT 5K AND 1 MILE	<b>PAGE 8</b> WWW.RUNSIGNUP.COM	TAMPA P:REMIUM OUTLETS LUTZ, FL.	
THURSDAY NOVEMBER 27 TBA	CLEARWATER TURKEY TROT 5K AND 1 MILER	<b>PAGE 31</b> XANADU RACING 727-226-7223	CLEARWATER H.S. CLEARWATER FL.	
THURSDAY NOVEMBER 27 TBA	COFFEE POT TURKEY TROT 5K	WWW.RUNSIGNUP.COM	ST. PETE FL.	
THURSDAY NOVEMBER 27 TBA	FISHHAWK TURKEY TROT 5K	WWW.RUNSIGNUP.COM	LITHIA FL.	
THURSDAY NOVEMBER 27 TBA	TAMPA PALMS TURKEY TROT 5K	WWW.RUNCOCOABEACH.COM	TAMPA FL.	
THURSDAY NOVEMBER 27 TBA	TURKEY DAY 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
FRIDAY DECEMBER 5 TBA	RAGNAR TRAIL FLORIDA 12.7.7 MILES. 24 HRS	https://runraqnar.com	ALFIA RIVER STATE PARK LITHIA FL.	
SATURDAY DECEMBER 6 TBA	GIRLS ON THE RUN 5K	WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	
SATURDAY DECEMBER 6 TBA	JINGLE BELL RUN 5K	WWW.RUNSIGNUP.COM	SPRING HILL FL.	
SATURDAY DECEMBER 6 TBA	LAKE JOVITA REINDEER RUN 5K	WWW.RUNSIGNUP.COM	DADE CITY FL.	
SATURDAY DECEMBER 6 TBA	RUN FOR THE BEACHES 5K	WWW.RUNSIGNUP.COM	TREASURE ISLAND FL.	
SATURDAY DECEMBER 6 TBA	WHITE ELEPHANT 5K/10K	WWW.RUNSIGNUP.COM	CLEARWATER FL.	
SATURDAY DECEMBER 6 8:00 AM	B-IRONSTRONG 5K AT HARLEY - DAVIDSON TAMPA FL.	<b>PAGE 50</b> WWW.RUNSIGNUP.COM	5K	
SATURDAY DECEMBER 6 8:00 AM	MILES FOR MELANOMA - TAMPA BAY 5K	MRF FOUNDATION	PLANT CITY FL.	
SUNDAY DECEMBER 7 TBA	CHASE THE DREIDAL 5K	WWW.RUNSIGNUP.COM	ST PETE FL.	



## Products of the month



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RUNNING TAMPA BAY				
DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
FRIDAY DECEMBER 12 TBA	JINGLE 5K	WWW.RACEROSTER.COM	LAKEWOOD RANCH FL.	
FRIDAY DECEMBER 12 7:30 PM	BOLEY'S CENTER 43rd ANNUAL JINGLE BELL 5K	<b>PAGE 28</b> KATHRYN JUAREZ 727-821-4819 X5724	NORTH STRAUB PARK DOWNTOWN ST. PETE FL.	
SATURDAY DECEMBER 13 TBA	ANGEL TREE TOY RUN 5K/10K	WWW.RUNSIGNUP.COM	ST. PETE FL.	
SATURDAY DECEMBER 13 TBA	CANDY CANE COURDE 12K AND 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY DECEMBER 13 TBA	HOLLY JOLLY JINGLE BELL JOG 5K	https://libioq.com/	LAKELAND FL.	
SATURDAY DECEMBER 13 TBA	KEEL FARM WINE RUN 5K	WWW.RUNSIGNUP.COM	PLANT CITY FL.	
SATURDAY DECEMBER 13 TBA	SANTA RUN 5K	WWW.RUNSIGNUP.COM	TAMPA FL	
SUNDAY DECEMBER 14 TBA	HOT CHOCOLATE TUN 15K,10K,5K	hotchocolate15k.com	TAMPA FL	
SUNDAY DECEMBER 14 TBA	JINGLE BELL RUN 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY DECEMBER 20 TBA	DUNEDIN HOLIDAY RUNS 5K,10K,15K	<b>PAGE 46</b> XANADU RACING 727-226-7223	H.O.B. BREWING CO. DUNEDIN FL.	
SATURDAY DECEMBER 20 TBA	SANTA'S RUNFEST 10K/5K	WWW.RUNSIGNUP.COM	WINTER HAVEN FL.	
SUNDAY DECEMBER 21 TBA	ASPIRATIONS CHRISTMAS WINE RUN 5K	WWW.RUNCOCOABEACH.COM	CLEARWATER FL.	
SATURDAY DECEMBER 27 TBA	FLORIDA HOLIDAY DISTANCE CLASSIC 13.1,10K, 5K	WWW.RUNSIGNUP.COM	SEMINOLE FL.	
SUNDAY FEBRUARY 8 8:00 AM	ST PETE DISTANCE CLASSIC 26.2,13.1,10K,5K	<b>PAGE 45</b> WWW.RACEROSTER.COM	DOWNTOWN ST.PETE FL.	
SUNDAY FEBRUARY 15 8:00 AM	ADVENTURE RUN 5 MILE ANF 5K	WWW.RUNSIGNUP.COM	HONEYMOON ISLAND DUNEDIN FL.	
SATURDAY NOVEMBER 27 TBA	YMCA TURKEY TROT GOBBLER 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	

RUNNING SW FLORIDA				
DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY NOVEMBER 22 TBA	TURKEY TROT FOR THE TWIG 5K	<b>PAGE 44</b> WWW.RUNSIGNUP.COM	LEGACY PARK VENICE FL.	
THURSDAY NOVEMBER 27 TBA	ENGLEWOOD TURKEY TROT 5K	WWW.RUNSIGNUP.COM	ENGLEWOOD FL.	
THURSDAY NOVEMBER 27 TBA	THANKSGIVING 5K	<b>PAGE 38</b> WWW.RUNSIGNUP.COM	NAPLES FL.	
THURSDAY NOVEMBER 27 TBA	THANKSGIVING DAY 5K	<b>PAGE 39</b> WWW.ACTIVE.COM	ESTERO FL.	
SATURDAY NOVEMBER 29 TBA	THE ELF DASH 5K	<b>PAGE 44</b> WWW.RUNSIGNUP.COM	VENICE FL.	
SATURDAY DECEMBER 6 TBA	GATEWAY JINGLE JOG 5K	WWW.RUNSIGNUP.COM	FORT MYERS FL.	
SATURDAY DECEMBER 6 TBA	TOMAHAWK 5K	<b>PAGE 44</b> WWW.RUNSIGNUP.COM	COOL TODAY PARK VENICE FL.	
SATURDAY DECEMBER 13 TBA	CHRISTMAS GLOW 5K	<b>PAGE 34</b> WWW.RUNSIGNUP.COM	SARASOTA FL.	
SUNDAY DECEMBER 14 TBA	SARASOTA HALF MARATHON AND 5K RUN	<b>PAGE 36</b> WWW.RUNSIGNUP.COM	SARASOTA FL.	
SATURDAY DECEMBER 20 TBA	FROSTY 5K	<b>PAGE 44</b> WWW.RUNSIGNUP.COM	TWIN LAKES PARK SARASOTA FL.	
SATURDAY DECEMBER 20 TBA	HOLIDAY RUN 26.2,13.1,10K,5K	WWW.RUNSIGNUP.COM	NAPLES FL.	





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RUNNING ORLANDO				
DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SUNDAY NOVEMBER 23 TBA	DREAM FINDERS HOMES GREAT TURKEY TROT 5K	<b>PAGE 24</b> WWW.RUNSIGNUP.COM	CLERMONT FL.	
SUNDAY NOVEMBER 23 TBA	GREAT TURKEY TROT 5K	WWW.RUNSIGNUP.COM	CLERMONT FL.	
THURSDAY NOVEMBER 27 TBA	COCOA BEACH TURKEY TROT 5K	WWW.RUNSIGNUP.COM	COCOA BEACH FL.	
THURSDAY NOVEMBER 27 TBA	DAYTONA BEACH TURKEY TROT 5K	WWW.RUNSIGNUP.COM	DAYTONA BEACH FL.	
THURSDAY NOVEMBER 27 TBA	THANKSGIVING 10 MILER AND 5K	<b>PAGE 47</b> WWW.RUNSIGNUP.COM	DELAND FL.	
THURSDAY NOVEMBER 27 8:00 AM	SENIOR FIRST TURKEY TROT 5K	EMMI 407-896-1160	ORLANDO FL.	
SUNDAY NOVEMBER 30 TBA	SPACE COAST MARATHON 26.2, 13.1 MILES	SPACE COAST RUNNERS CLUB	COCOA FL.	
FRIDAY DECEMBER 5 TBA	CLASH DAYTONA 5K	WWW.RUNSIGNUP.COM	DAYTONA BEACH FL.	
SATURDAY DECEMBER 6 7:15 AM	PUC ORELANDO HALF MARATHON	EMMI 407-896-1160	ORLANDO FL.	
SATURDAY DECEMBER 13 7:15 AM	GREG WARMOTH REINDEER RUN 3 MILE	EMMI 407-896-1160	ORLANDO FL.	
SATURDAY DECEMBER 20 TBA	DREAM FINDERS 12K OF CHRISTMAS	<b>PAGE 24</b> WWW.RUNSIGNUP.COM	WINTER GARDEN FL.	
SATURDAY DECEMBER 20 TBA	MOUNT DORA HALF MARATHON 13.1	WWW.RUNSIGNUP.COM	MOUNT DORA FL.	
SUNDAY FEBRUARY 8 TBA	FIRST FLORIDA MARATHON 26.2 AND 13.1 MILES 10K AND 5K	<b>PAGE 23</b> WWW.RUNSIGNUP.COM	MELBOURNE FL.	
SUNDAY MARCH 1 TBA	MARATHON OF TREASURE COAST 26.2 AND 13.1	<b>PAGE 46</b> WWW.RUNSIGNUP.COM	STUART MEMORIAL PARK STUART FL.	



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## RUNNING NORTH

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SUNDAY NOVEMBER 9 TBA	TOM WALKER HALF MARATHON & 5K	WWW.RUNSIGNUP.COM	GAINESVILLE FL.	
SATURDAY NOVEMBER 15 TBA	ARMED FORCES RUN 10K	1ST PLACE SPORTS 9043-731-3676	USS ORLECK NAVAL MUSEUM JACKSONVILLE FL.	
SATURDAY NOVEMBER 22 TBA	GOBBLER RUN 1/2 MAR. 15L. 10K. 5K	WWW.RUNSIGNUP.COM	TALLAHASSEE FL.	
SATURDAY NOVEMBER 22 TBA	TURKEY TROT 5K	WWW.RUNSIGNUP.COM	MILTON FL.	
THURSDAY NOVEMBER 27 TBA	COMMUNITY FIRST THANKSGIVING CLASSIC 13.1 AND 5K	1ST PLACE SPORTS 9043-731-3676	JACKSONVILLE FL.	
THURSDAY NOVEMBER 27 TBA	TALLAHASSEE TURKEY TROT 15K. 10K. 5K	WWW.RUNSIGNUP.COM	TALLAHASSEE FL.	
THURSDAY NOVEMBER 27 TBA	TURKEY TROT 5K WWW.RUNS	WWW.RUNSIGNUP.COM	PENSACOLA BEACH FL.	
THURSDAY NOVEMBER 27 TBA	TURKEY TROT TRAIL RUN 5K AND 10K	WWW.RUNSIGNUP.COM	GAINESVILLE FL.	
THURSDAY NOVEMBER 27 TBA	UF HEALTH TURKEY TROT 5K	1ST PLACE SPORTS 9043-731-3676	JACKSONVILLE FL.	
SATURDAY DECEMBER 6 TBA	GULF WINDS TRACK CLUB 5 AND 10 MILE CHALLENGE	WWW.RUNSIGNUP.COM	TALLAHASSEE FL.	
SUNDAY DECEMBER 7 TBA	GUANA 50K AND 12K TRAIL RACES	1ST PLACE SPORTS 9043-731-3676	SOUTH VEDRA FL.	
SATURDAY DECEMBER 13 TBA	JACKSONVILLE MARATHON 26.2. 13.1 5K	<b>PAGE 25</b> 1ST PLACE SPORTS 9043-731-3676	JACKSONVILLE FL.	
SATURDAY DECEMBER 20 TBA	RUN SANTA 5K	1ST PLACE SPORTS 9043-731-3676	SPRINGFIELD KLUTHO PARK	

## RUNNING SOUTH

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
FRIDAY NOVEMBER 8 8:00 AM	RACE FOR EDUCATION 5K	WWW.ACTIVE.COM	COCONUT CREEK FL.	
SUNDAY NOVEMBER 9 TBA	FORT LAUDERDALE MARATHON 26.2 AND 13.1	WWW.RUNSIGNUP.COM	FORT LAUDERDALE FL.	
SATURDAY NOVEMBER 15 TBA	FLORIDA PANTHERS STACHE DASH 5K	WWW.RUNSIGNUP.COM	SUNRISE FL.	
TUESDAY NOVEMBER 18 TBA	GIVE MIAMI 5K	WWW.RUNSIGNUP.COM	MIAMI FL.	
SATURDAY NOVEMBER 22 TBA	DELRAY BEACH TURKEY TROT 5K	WWW.RUNSIGNUP.COM	DELRAY BEACH FL.	
SATURDAY NOVEMBER 22 TBA	GOBBLER RUN 5K AND 10K	WWW.RUNSIGNUP.COM	POMPANO BEACH FL.	
THURSDAY NOVEMBER 27 TBA	CITY OF MIRAMAR TURKEY TROT 5K	WWW.RUNSIGNUP.COM	MIRAMAR FL.	
THURSDAY NOVEMBER 27 TBA	FT LAUDERDALE TURKEY TROT 5K	WWW.RUNSIGNUP.COM	FORT LAUDERDALE FL.	
THURSDAY NOVEMBER 27 TBA	TAMARAC TURKEY TROT 5K	WWW.RUNSIGNUP.COM	TAMARAC FL.	
THURSDAY NOVEMBER 27 TBA	TURKEY TROT MIAMI	MIAMI RUNNERS CLUB	MIAMI FL.	
SATURDAY DECEMBER 6 TBA	KEY LARGO BRIDGE RUN 10K	WWW.RUNSIGNUP.COM	KEY LARGO FL.	
SUNDAY DECEMBER 14 TBA	ORANGE BOWL BEACH RUN 10K AND 5K	WWW.RUNSIGNUP.COM	MIAMI BEACH FL.	
SUNDAY DECEMBER 21 TBA	RUN SANTA RUN 13.1. 10K. 5K	JAY NEVANS 865-300-6722	MIAMI BEACH FL.	
SATURDAY DECEMBER 27 TBA	HOLIDAY RUNS 26.2. 13.1. 10K. 5K	WWW.RUNSIGNUP.COM	HOMESTEAD FL.	





# Summer Running Tips by the **running** center tampa bay

Summer is a great time to be healthy & active but we all know running in the Florida summer heat & humidity can be difficult. Remember the warmer the weather, the harder your body has to work to keep you cool. Your heart rate will be higher and breathing more difficult. Since your body is directing blood to the skin to cool you off through sweating there is less blood available to transport oxygen to your muscles.

## **Here are a few tips to help keep you running all summer long:**

- Run in the morning or evenings when the temperatures are coolest
- Find places to run in the shade to help avoid the direct sun
- Stay hydrated
- Consider loops where you can put out a bottle or recruit company on a bike to carry it for you
- Listen to your body, take rests, & adjust your pace - *an easy paced run in March can feel like an all-out effort in July*
- Wear a hat to help keep the sun off your head
- Soaking it in cold water before starting can really help keep you cooler a little longer
- Wear sunscreen - *your dermatologist will love you*
- Use anti friction balm - *keep that painful chafing at bay*
- Slip into a nice recovery sandal post run to get out of those soggy shoes and air out those feet!

## **Summer Shoe Tips**

- After a sweaty run, pull out the shoe liner & stuff newspaper in your shoes, then place them at the foot of the refrigerator
- This will help pull the moisture out of the shoe and help keep them fresh!*
- If your shoe needs a little extra help consider a stink free shoe spray :)
- Heat & humidity can make the foam in running shoes softer - *so be sure to store them in a cool dry place*

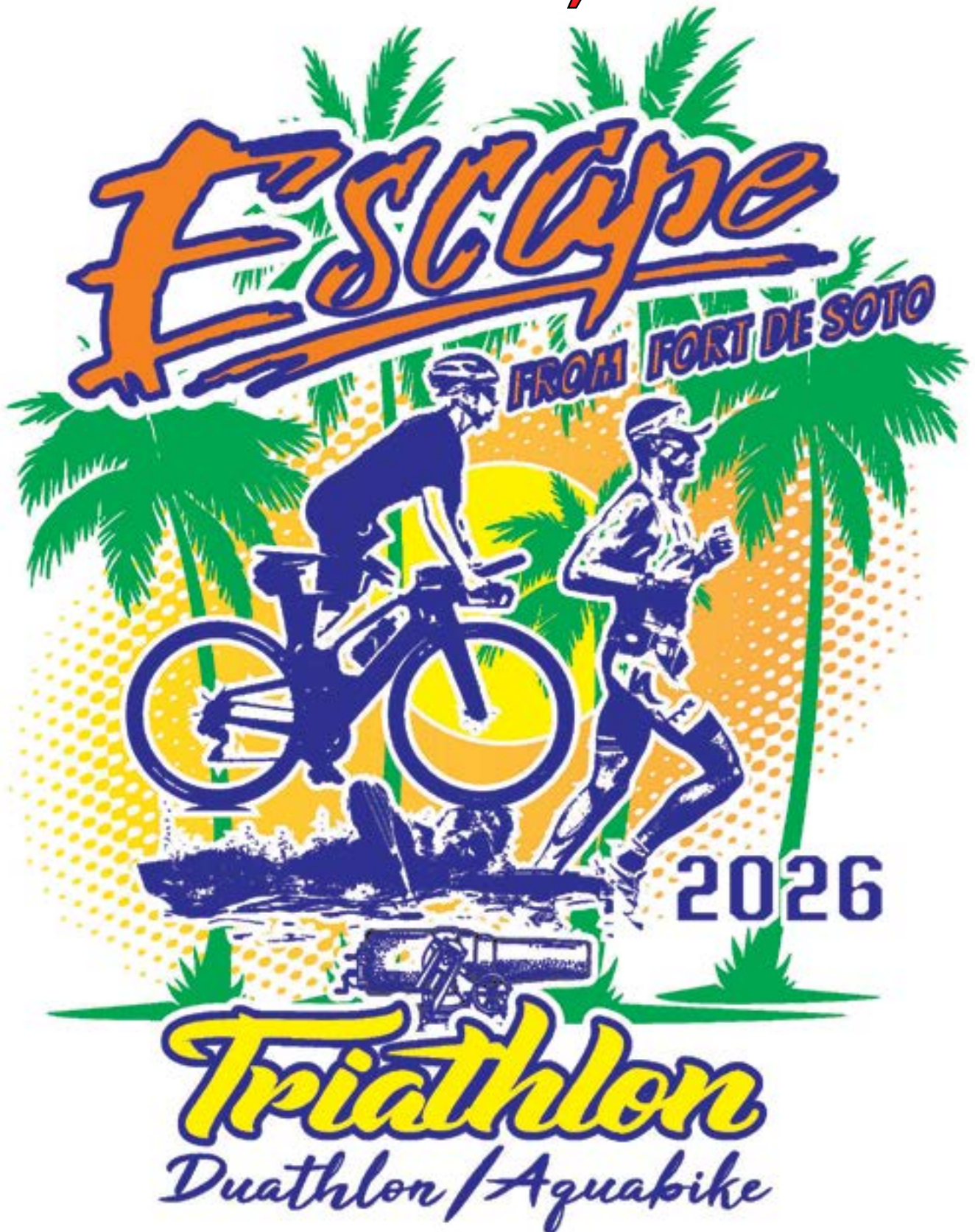
A summer favorite is to finish a run at the gulf, a lake, a spring, or your neighbors pool ;) & jump in for a refreshing finish!

Happy summer running from all of us at The Running Center

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**APRIL 11, 2026**



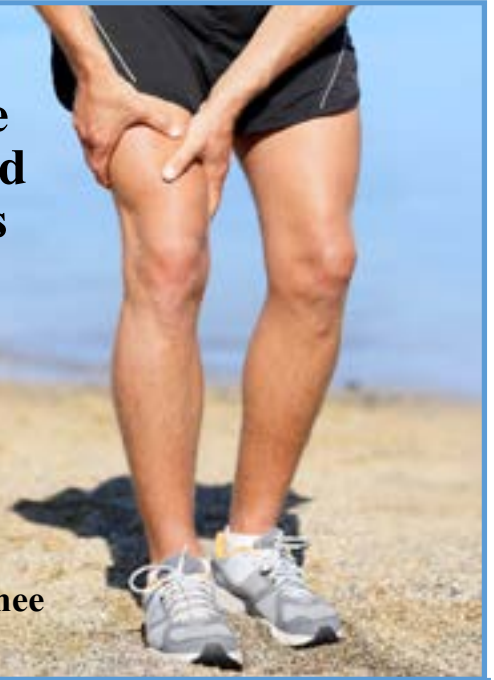


# PHYSICAL CHIROPRACTIC



OF TAMPA BAY

## Why Static Stretching Before Running Can Lead to Muscle Strains



Dr. Tommy Rhee

Runners are often told to stretch before a run, but **static stretching**—holding a stretch for an extended period—can actually increase the risk of **muscle and tendon strains**. The key reason lies in the **muscle spindle**, a sensory receptor in muscles that detects changes in length and prevents overstretching.

### The Role of the Muscle Spindle

Muscle spindles act like built-in stretch sensors, triggering a reflex contraction when a muscle is stretched too quickly or too far. This protective mechanism, known as the **stretch reflex**, prevents excessive elongation and potential injury. However, when a runner performs static stretching before running, they may temporarily desensitize the muscle spindle's protective response. This reduces the muscle's ability to contract efficiently, increasing the risk of overstretching.

### Why Static Stretching Can Lead to Strains

When you stretch and hold a position for too long, the muscle spindle adapts, allowing the muscle to elongate beyond its natural pre-activation range. If you then transition into running—a high-impact, dynamic movement—the overstretched muscles and tendons **lack the necessary stiffness and responsiveness**, making them more prone to strains and microtears.

### A Better Approach: Dynamic Warm-Ups

Instead of static stretching, runners should focus on **dynamic warm-ups** like leg swings, high knees, and lunges. These movements **gradually increase muscle length while keeping the spindle active**, preparing the body for the demands of running. By respecting the muscle spindle's role, runners can avoid unnecessary strains and enhance **performance, efficiency, and injury prevention**. Save static stretching for post-run recovery, when muscles are warm and more pliable.





When can I ...RUN?

Christopher Arrigo, PT, DPT, ATC

So, Chirs, when can I start running again? This is the question every runner asks following an injury. There is no simple answer to this question because every runner and each injury are different. However, there are 4 key steps in the return to running process: 1. Subjective and objective measures, 2. Run tolerance, 3. A progressive gradual return to running, and 4. Monitoring your response to activity.

1. Subjective and Objective Measures. In other words, how you feel and what you can do to test your readiness to return to running. The goal is for the following activities to be pain free but having a pain level of 2 out of 10 (0 is no pain and 10 is you have to be in the emergency room) or less can be acceptable as long as it does not increase during any activity and is gone by the following day.

- a. Perform usual daily activities
- b. Walk 20-30 minutes
- c. Perform 10 single leg squats
- d. Jog in place for 1 minute
- e. Perform 10 consecutive Jump squats
- f. Hop in place on the involved leg for 30 seconds

Once all of these can be performed it's time to move on to run tolerance.

2. Run Tolerance forms the basis of a training program. Your run tolerance

is a distance you can run with minimal to no pain (Remember minimal pain is on more than 2/10 on the scale previously described and does not increase). Assuming the “readiness to run” tests are comfortable, then you are ready to try a short EASY run of 5 minutes. If this is tolerated well, you can gradually run up to 1 mile. Stop if any symptoms develop.

### 3. Plan a progressive and gradual return to running.

Almost everyone has heard of the 10% rule – increasing your run 10% every week. The problem is this “rule” has not been scientifically proven to be effective, and it tries creates a one size fits all training rule. It turns out to be too little for low milage runners and too aggressive for high milage runners.

Instead consider increasing your weekly volume by a larger amount, say 20–30%. Maintain that mileage for three weeks then decrease your volume for a week of easy running before increasing again. This gives your body time to adapt to the new stresses you are placing on it.

Plan recovery time into your schedule and consider recovery weeks with less volume as mentioned above. A general rule of thumb is one easy day a week, one easier week every month, and finally one really easy month each year.

easier, and one month per year really easy.

Only change one variable at a time. So while you are returning to your pre-injury milage, do not increase pace.

After any hard session Include a longer recovery during your return.

Allow yourself some grace and flexibility if you need to stay at any given volume for a longer amount of time to get completely comfortable, it is perfectly fine. Listen to your body and give yourself a break.

4. To monitor your response to a returning to running program keep 4 things in mind: 1. Pain during exercise should be no more than 3 out of 10. 2. You should not experience any sharp pain that increases and causes you to limp 3. Symptoms should settle back to baseline within 24 hours. 4. Your symptoms should improve as the weeks progress.

As always, if you are in need of a more detailed, individualized return to running program, contact me at (813)250-1208 or [www.advancedrehab.us](http://www.advancedrehab.us) .





## BI-TRIATHLONS

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SUNDAY NOVEMBER 2 TBA	RIVERFRONT TRI @ COCOA	WWW.RUNSIGNUP.COM	COCOA FL.	OLYMPIC. SPRINT DUATHLON. RELAYS
SUNDAY NOVEMBER 9 TBA	MIAMIMAN TRIATHLON	INTEGRITY MULTISPORT	MIAMI FL.	INTERNATIONAL TRI/ SPRINT TRI/DU OPEN WATER SWIM
SUNDAY NOVEMBER 16 8:00 AM	LAGOON TRIATHLON	<b>PAGE 51</b> WWW.RUNSIGNUP.COM	MIRADA LAGOON SAN ANTONIO FL.	INTERNATIONAL SPRINT DUATHLON
SUNDAY NOVEMBER 16 8:00 AM	LAST CHANCE TRIATHLON	<b>PAGE 40</b> WWW.RUNSIGNUP.COM	FORT DESOTO ST. PETE FL.	SWIM 1/3 MILE BIKE 10 MILES RUN 3.1 MILES
SUNDAY DECEMBER 14 TBA	IRONMAN 70.3	Florida70.3 @ironman.com	HAINES CITY FL.	
SUNDAY JANUARY 11 TBA	ALPHA WIN TRIATHLON	845-247-7275	SARASOTA FL.	SPRINT DISTANCES OLYMPIC DISTANCES
SATURDAY JANUARY 31 TBA	CHERRYLAKE FARM DUATHLON	WWW.RUNSIGNUP.COM	RUN 5K BIKE 20K RUN 2.5K	
SATURDAY FEBRUARY 7 TBA	SUPER BOWL DUATHLON	WWW.RUNSIGNUP.COM	CLERMONT FL.	RUN 2 MILES BIKE 12 MILES RUN 2 MILES
SUNDAY FEBRUARY 15 TBA	CHILLY WILLY DUATHLON	<b>PAGE 55</b> WWW.RUNSIGNUP.COM	FORT DESOTO PARK ST. PETE FL.	SPRINT SUPER SPRINT DUATHLON
SUNDAY MARCH 8 TBA	GREAT CLERMONT TRIATHLON	WWW.RUNSIGNUP.COM	CLERMONT FL.	SPRINT DU. SPRINT OLYMPIC DU AND T AQUATHLON
SATURDAY APRIL 11 TBA	ESCAPE FROM FORT DESOTO TRI	<b>PAGE 14</b> WWW.RUNSIGNUP.COM	FORT DESOTO PARK ST. PETE FL.	SWIM 1/4 MILE RUN 3.1 MILE BIKE 10 MILES
SATURDAY APRIL 25 TBA	TAMPA BAY KIDS TRIATHLON POOL SWIM	WWW.RUNSIGNUP.COM	POOL SWIM	
SUNDAY APRIL 26 TBA	ST ANTHONY'S TRIATHLON OLYMPIC DISTANCES	WWW.RUNSIGNUP.COM	DOWNTOWN ST. PETE FL.	SPRINT DISTANCES OLYMPIC DISTANCES RELAY TEAMS



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## Understanding Your Readiness for Competition vs. Participation: A Guide for Athletes

In the world of sports, understanding when you are ready for competition versus when you are participating simply for enjoyment is crucial. Both paths are valid and hold their own importance, but they require different mindsets and approaches. As a coach, I've often told my athletes, "If you're ready, you know it." This confidence is rooted in comprehensive training, commitment, and a solid understanding of one's own capabilities.

### ### Emphasizing Readiness for Competition

When gearing up for a competitive event, preparation is key. Knowing you are ready involves following a structured training regimen, building strength, endurance, and honing technique. This preparation not only boosts performance but also minimizes the risk of injury. Athletes should approach competitions with a clear mindset—understanding their strengths and weaknesses allows them to push themselves effectively. This self-awareness leads to optimal performance and fosters confidence. The thrill of competition can be exhilarating; knowing you've put in the work to be at your best intensifies this experience.

However, it's essential to maintain proper nutrition and hydration during this phase. Your body needs fuel to perform, and being well-hydrated is crucial for both performance and injury prevention. Additionally, ensure you are using the right equipment. For instance, if you're competing in a triathlon, don't wear a wetsuit unless you've trained with it. Unfamiliar gear can lead to discomfort and injuries, detracting from your competitive experience.

### ### The Joy of Participation

On the flip side, participation events are just as significant, especially for those who may not be focused on winning or personal bests. Participating for fun allows athletes to enjoy the camaraderie of sport without the pressures of competition. Here, it is vital to tune into your body's signals—if you are not feeling at your best, a more relaxed approach is appropriate. It's perfectly acceptable to enjoy the event without pushing beyond your limits.

Even in participation events, attention to health and safety should remain a priority. Staying hydrated, eating adequately, and wearing the correct gear contribute to a positive experience. If you're unsure about any aspect of your preparation or equipment, don't hesitate to seek advice from your coach or explore resources to expand your knowledge.

### ### The Role of Communication

For athletes who may not have a formal coach, self-education becomes even more critical. Take the initiative to learn about training, nutrition, and injury prevention. Engaging with online communities, reading articles, and attending workshops can help enhance your understanding. Ultimately, the goal is to avoid injuries and promote overall well-being, whether you are competing or participating. Enjoying the process, learning, and growing as an athlete will serve you well in any endeavor.

### Conclusion

Knowing when you are ready for competition or when to approach an event with a mindset of participation is essential for every athlete. Embrace the journey, celebrate your achievements, and prioritize your well-being. Whether you're there to compete or to join in the fun, being prepared and informed will help you make the most of every athletic experience.



Coach Leo





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### Brooks Adrenaline 25

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### Saucony Endorphin Speed 5

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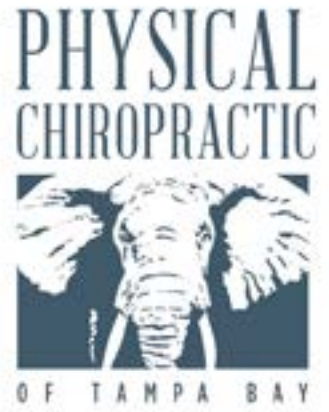
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Get ready for an exhilarating night at our **43rd Annual Jingle Bell Run**, happening on **Friday, December 12th**, starting at 6:00pm. This event will be packed with fun activities including a DJ, plenty of snow, glow necklaces, glow tattoos, and a variety of local food trucks and alcohol available for purchase at the start-finish area. The race kicks off at 7:30pm on Bayshore Blvd, across from the Museum of Fine Arts, in the picturesque North Straub Park. Enjoy a scenic run along the St. Petersburg waterfront, serenaded by local bands playing your favorite holiday tunes.

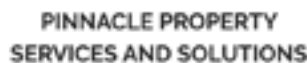
Help us to **#buildbettertomorrowstoday** and increase **#mentalhealthawareness** by registering today!



YOUR participation in this amazing event supports Boley Centers' mission to provide at-risk populations with access to safe, affordable housing, along with the behavioral health and employment services that support their personal growth, building better tomorrows TODAY. Boley Centers' Annual Jingle Bell Run has successfully raised over \$1.5 million, significantly impacting thousands of vulnerable residents in our community. We cannot wait to jingle with you!

For more information, call 727-821-4819 x 5200, scan the QR code ,  
or visit [runsignup.com/boleyjbr](http://runsignup.com/boleyjbr)

## RAYMOND JAMES



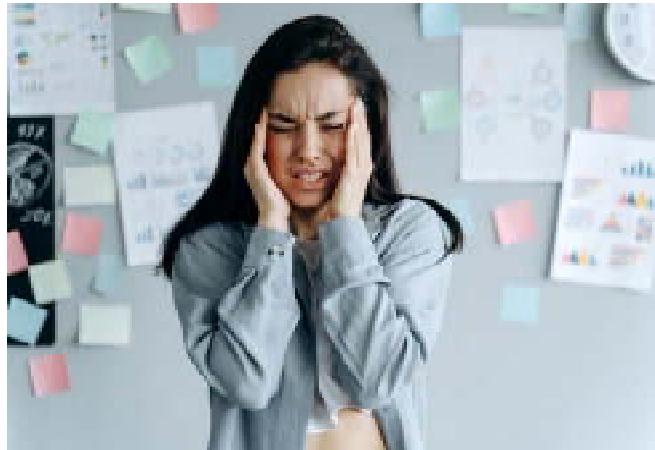
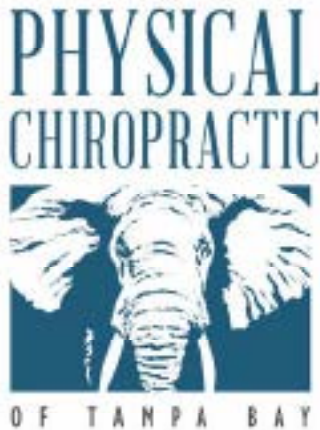
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# Running for the Mind

By: Camryn Ets-Hokin



When life feels overwhelming, sometimes moving your body is the best therapy—and free may I add. Lace up your old beaten-up running shoes and move that body. As a 21-year-old female, living in this new generation of technology and social media running, often can be seen only for those individuals who have toned muscles, who have worked for years of endurance, or even just those physical fitness influencers who just ran 10 miles before their 9-5 shift. Running offers so much more than just a workout for the body, which is heavily pushed for us to see—it's one of the most powerful tools we have for mental health. From reducing stress to improving mood, running taps into natural brain chemistry that supports emotional well-being and strength.

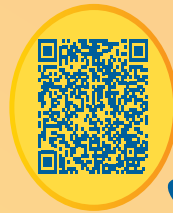
Life is life and can be filled with stressors and chaos, from work deadlines to constant digital stimulation. It's inevitable now for us young adults to feel this pressure, like the world is sitting on our chest. This stress triggers the release of cortisol, the body's main stress hormone. Elevated cortisol levels can leave us with unwanted feelings of anxiety, fatigue, and even physical discomfort. Running provides an outlet for that stress. The act of moving your body, especially in a steady, rhythmic way, helps burn off excess energy and lowers cortisol levels. Many runners describe the experience as "shaking off the day," where problems feel smaller and more manageable after a run.

One of the most celebrated mental benefits of running is the release of endorphins. These natural brain chemicals act as mood boosters and pain relievers, often producing what's called the "runner's high." This sensation is more than just a myth—research shows that endorphins create feelings of calm, happiness, and even mild euphoria. For individuals struggling with stress or low mood, running can provide an immediate lift that beats other coping strategies. Running also helps regulate mood beyond endorphins. Studies have shown that consistent aerobic exercise increases levels of serotonin and dopamine, neurotransmitters associated with happiness and motivation. This means that running doesn't just create a short-term high—it also strengthens the brain's ability to manage mood long-term. Many mental health professionals recommend regular exercise, like running, as part of a holistic approach to managing depression and anxiety.

In today's still world, movement itself is medicine. Long hours of sitting, scrolling or staring at a screen can lead to physical stiffness and mental sluggishness. Running breaks that cycle by getting the heart pumping, improving circulation, and allowing more oxygen to the brain. The simple act of moving your body outdoors—whether it's a slow jog or a steady run—refreshes both mind and body. Even short runs can spark someone's creative side, sharpen focus, and create a sense of accomplishment. Running is more than miles logged, vlogged or a task that has to be completed. It's an act of self-care or self-love, a way to reclaim time for yourself, and a tool for resilience. Whether done by yourself with music, alongside friends, or in silence with only your breath, running provides space for reflection and release. Running offers far more than physical fitness—it is a mental reset button. By lowering stress, releasing endorphins, improving mood, and reminding us to move, running nourishes both body and mind. In a world that often feels heavy from time to time, the simple act of putting one foot in front of the other might just be one of the most powerful therapies available.



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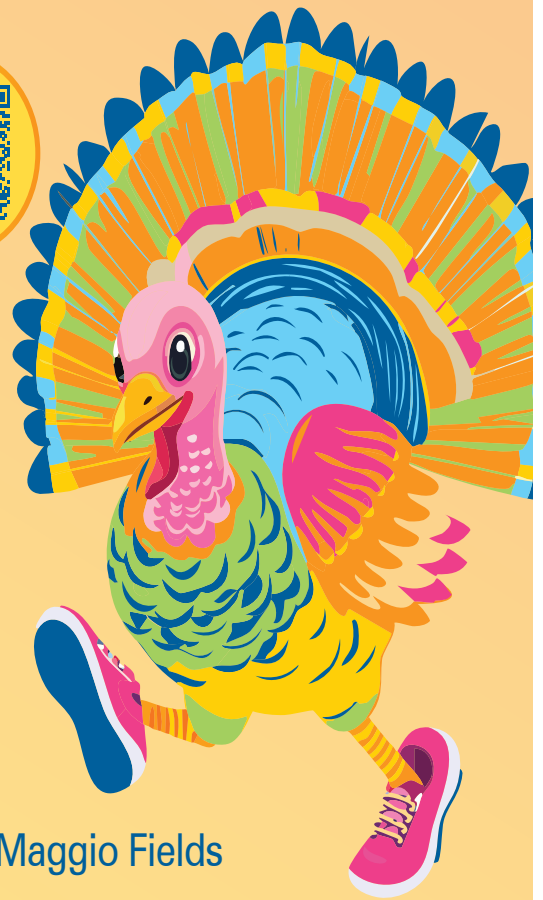
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# **SARASOTA CHRISTMAS GLOW RUN 5K**

## **SATURDAY, DECEMBER 13, 2025**

📍 Location: Nathan Benderson Park - Sarasota, FL

🕒 Time: 5:45 PM

👕 What's Included:

- Quality colorful tech tee or cotton tank
- Epic snowman finisher medal 🏅
- Free race photos & finisher video 📸
- Real-time tracking on the Elite Events Tracker App ➡️
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# ELITE Events Schedule 2025/2026



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



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



**Nov 27**  
**Estero**  
**Thanksgiving 5K**



**Dec 14**  
**Sarasota**  
**Half Marathon & 5k**



**February 7**  
**Naples Distance Classic**  
**Half Marathon & 5K**



**February 28**  
**Fort Myers**  
**Half Marathon & 5K**



**March 21**  
**Sunrise**  
**Half Marathon & 5K**



**Oct 18**  
**Hollywood Beach**  
**Half Marathon & 5k**



**Nov 27**  
**Naples Gobble**  
**Wobble Thanksgiving**  
**Half Marathon & 5k**



**Dec 13**  
**Sarasota Glow 5K**



**Jan 17**  
**Hollywood**  
**Mar /Half Marathon & 5K**



**February 14**  
**Venice**  
**Half Marathon & 5K**



**March 8**  
**Sarasota Suncoast**  
**Half Marathon & 5K**



**April 18**  
**Naples Paradise**  
**Half Marathon & 5K**







# **SARASOTA HALF MARATHON & 5K**

## **SUNDAY, DECEMBER 14, 2025**

📍 Location: Nathan Benderson Park - Sarasota, FL

🕒 Time: 7:00 AM

👕 What's Included:

- Quality colorful tech tee or cotton tank
- Epic quality colorful finisher medal 🏅
- Free race photos & finisher video 📸
- Real-time tracking on the Elite Events Tracker App ➡️
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HOB OktoBEERfest 5K, 10K Saturday, September 27, 8:30 a.m.  
Dunedin House Of Beer Halloween Costume 5K October 25, 8:30 a.m.  
Dunedin Veterans Day 5K, 10K, and Kid's Dash November 9, 8:30 a.m.  
House Of Beer Holiday Toy Drive 5K, 10K, 15K, December 20, 8:30 a.m.





# **FORT MYERS THANKSGIVING DAY 5K**

## **THURSDAY, NOVEMBER 27, 2025**

📍 Location: Hertz Arena - Estero, FL

🕒 Time: 7:00 AM

👕 What's Included:

- Quality colorful tech tee or cotton tank
- Epic turkey finisher medal 🦃
- Free race photos & finisher video 📸
- Real-time tracking on the Elite Events Tracker App ➡️
- +MUCH MORE!

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## **NAPLES THANKSGIVING DAY 5K**

### **THURSDAY, NOVEMBER 27, 2025**

📍 Location: The Village Shops - Naples, FL

🕒 Time: 7:30 AM

#### 👕 What's Included:

- Quality colorful tech tee or cotton tank
- Epic turkey finisher medal 🏆
- Free race photos & finisher video 📸
- Real-time tracking on the Elite Events Tracker App ➡️
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Sunday Nov 16, 2025

Fort Desoto Park. St Pete Fl.

## Race Website

Additional race information can be found at <https://www.thunderboltmultisport.com/>.

## Place

3500 Pinellas Bayway S.  
St Petersburg, FL US 33715

### Description

This is a sprint triathlon, with a sprint Duathlon and Aqua-bike.  
All races start and finish near the Historic Fort

The first 200 participants will receive a Last Chance Triathlon BOCO  
Running hat - Tshirts can be purchased additionally

Sprint Swim .25 miles, Bike 10 miles, and Run 3.1 miles

Duathlon Run 1.5 miles, Bike 10 miles, and Run 3.1 miles

Aqua-Bike Swim .25 miles, Bike 10 miles

Packet Pickup / Athlete Check-in

Packet pickup will be available at the following times and locations:

Friday November 14th 2:30pm to 5:30 pm

PlayTri St Petersburg  
2132 Central Ave St. Petersburg, FL 33712  
Saturday November 15th 1:30pm to 5:00 pm

PlayTri St Petersburg  
2132 Central Ave  
St. Petersburg, FL 33712

Sunday November 16th -- Shelter 11 at the  
Historic Fort 5:45 am Race Morning

## Amenities

Pre / post race parties & entertainment  
Age group awards 3 deep in ages 15-19 up to 80 and over. Top 3 Relay Team awards  
Closed course of racing in Ft De Soto.







## The Do's and Don'ts

There are a number of key issues you should be aware of going into race day. This article is going to list them out for you in a do and do not type way.

### Don'ts:

- Show up on race morning in a brand new wetsuit that you've never worn before.
- Show up at an open water venue having men never done an open water swim.
- Don't panic!
- Try to copy some elite level athlete.
- Forget to make sure your bike is in good working condition before race morning. Charge up those batteries for electronic shifting.
- Skip breakfast.
- Stay out late the night before.
- Go as hard as you can right from the gun unless you are an elite level athlete.
- Loiter in the transition area. Get out of there!
- Forget to drink on the bike.
- Forget to drink on the run.
- Skip a detailed nutrition plan for longer events - anything lasting more than 2 hours requires more thought than "I'll just wing it."
- Forget to sight in open water.
- Skip the sunscreen!



## **Do's:**

- Stay calm. Stay focused. Be happy! Have fun.
- Have a race plan and follow your plan as well as possible.
- Have an idea of your paces, heart rate, or power goals. The more serious you are about racing the more in tune with these you should be.
- Practice transitions a few times in the lead up to the race. You can save several minutes with quick transitions.
- Include a regular 10-20 minute transition run (run off the bike) in your training.
- Stay positive. Remain flexible if issues arise. Adapt and overcome!
- Have a nutrition plan.
- Bring a spare tube and CO2 cartridge. Know how to change a tube.
- Use a number belt.
- Review the race course if possible.
- Know the race course.
- Give out some high fives at the finish line.
- Hang out and make some buddies afterwards.
- Tell all your friends you did a triathlon and you loved it.

**USA Triathlon Coach Marty Gaal, CSCS, grew up in Florida and raced all over the Sunshine State prior to moving to North Carolina in 2006. He now coaches and races out of the Raleigh area. You can read more about his coaching programs at [www.osbmultisport.com](http://www.osbmultisport.com)**

**Enjoy your sport,  
Marty Gaal, CSCS  
One Step Beyond Coaching**





We Have 'Em...Great Local Races You're Gonna Wanna Do!



Turkey Trot for the Twig 5K  
**Space Limited & Will Sell Out!**  
Legacy Park, Venice  
Sat, Nov 22, 2025  
Register on RunSignUp



My Favorite Race Events  
FOR RUNNERS / BY RUNNERS

The Elf Dash  
**Filling Fast**  
Holiday Parade Route,  
Downtown Venice  
Sat, Nov 29, 2025  
Register on RunSignUp



Tomahawk 5K  
Cool Today Park, Venice  
Sat, Dec 6, 2025  
Register on Race Roster



Frosty 5K  
Twin Lakes Park, Sarasota  
Sat, Dec 20, 2025  
Register on RunSignUp



26th Annual  
Scrub Jay 5K and Scramble 10K  
Trail Run  
Oscar Scherer State Park, Osprey  
Sat, Jan 24, 2026  
Register on RunSignUp



Fifth Annual 5K RUN FOR  
THE DONUT  
Lakeview Elementary  
School, Sarasota  
Sat, Feb 14, 2026  
Register on RunSignUp



Shoot for the Stars 5K

Shoot for the Stars 5K  
Taylor Ranch Elementary  
School, Venice  
Sat, Feb 28, 2026  
Register on RunSignUp



Shark's Tooth 10K &  
Shark Fin 5K  
Venice Airport Festival Grounds,  
Venice  
Sat, Mar 7 & 8, 2026  
Register on RunSignUp



Armadillo Run 5K & 10K  
Oldsmar Public Library, Oldsmar  
Sat, Mar 14, 2026  
Register on RunSignUp



Fools Run 5K  
Legacy Park, Venice  
Sat, April 4, 2026  
Register on RunSignUp

Contact Sea Knight Timing





# *St. Petersburg Distance Classic*

MARATHON • HALF MARATHON • 10K • 5K • VIRTUAL | SUN., FEBRUARY 8, 2026



- ★ **Gorgeous Waterfront Courses Over Tampa Bay**
- ★ **Safe, Accurately Measured USATF Certified Courses**
- ★ **Colorful Race Shirts**
- ★ **Unique Medal for All Finishers**
- ★ **Free Race Photos**
- ★ **Music to Motivate You**
- ★ **Multiple Aid Stations with Water & Gatorade**
- ★ **Pacers for Marathon & Half Marathon**
- ★ **Overall, Master, Grand Master & AG Awards**
- ★ **Optional "No Worries" Refund Policy**
- ★ **Walkers Welcome!**
- ★ **Great Post-Race Party: Hot Pasta, Cold Beer, Pastries & Fruit, Live Music**

**Sign Up Early and Save:**

**[www.StPetersburgDistanceClassic.com](http://www.StPetersburgDistanceClassic.com)**







**EXPERTS AGREE:  
YOU NEED A PLAN!  
MOST PLANS WILL TAKE  
12 TO 20 WEEKS TO TRAIN FOR A MARATHON!**



**BOSTON QUALIFIER!**



**FULL  
MARATHON**



**HALF  
MARATHON**



**RELAY**

**MARCH 1, 2026**



**BEAUTIFUL STUART FLORIDA  
HUTCHINSON ISLAND RUNNING AT ITS BEST!**

**16 WEEKS TO GO!**





## 41st Annual John Boyle Thanksgiving 10 Mile & 5k Road Races

**November 27, 2025 Sperling Park Complex Deland Florida**

### ENTRY INFORMATION

10 Miler: \$44 Before 9/30 || \$50 until 11/27 online closes || \$60 on Race Day

5K: \$33 Before 9/30 || \$38 until 11/27 online || \$42 on Race Day

Under 18 years subtract \$10 [pre race only]

**SPECIAL FREE 10 MILE ENTRY FOR 70 AND OVER RUNNERS (John Boyle Tradition)**

### AMENITIES

Top quality tee shirts

Post race refreshments

**FINISHER MEDALS TO ALL 10 Miler & 5k Participants**

Race DJ

### AWARDS

#### 10 MILE

Top 3 Overall Male & Female

Top Overall Male & Female Masters

Top 5 in Age Groups 18 & under; 19 -29; 30-34; 35-39; 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80-84; 85 & over;

#### 5K

Top 3 Overall Male & Female

Top Overall Male & Female Masters

Top 3 Male & Female Age Groups 11 & under and 12-14, 15-17, 18-29, 30-39, 40-44; 45-49; 50-54; 55-59; 60-64; 65-69; 70-74; 75-79; 80 & over

**REGISTER : [www.runsignup.com](http://www.runsignup.com)**

### DIRECTIONS

SPERLING SPORTS COMPLEX-MARSH RD

GPS 1500 Matt Fair Blvd, Deland, 32724

**Race Day Packet Pickup - Sperling Sports Complex starting at 6:15 am**







## Aches & Pains After A Run

Chris Arrigo MS, ATC, PT



Ouch! You wake up Sunday morning after your usual Saturday run and your left heel is killing you. You take a few steps and feel a lightning bolt flash through your heel. Or, you are out for your run and your knee progressively gets more and more sore so you start to walk and a sharp pain just below your kneecap virtually stops you in your tracks.

When a sudden unexpected ache or pain during or after a run occurs, you may be asking, "What do I do now?"

Unfortunately, at some point during most runners lives, we all will get some sort of ailment which will slow down – or even stop – our training. The most important thing to realize is if you listen to your body, it will give you early warning signs that something is not right. In general, it is important to stop running and rest your body if:

- Pain affects your natural running form, causing you to limp
- Discomfort increases during your run
- It is a sharp, localized pain
- There is obvious swelling to the sore area
- You have pain for longer than 7 days

Initial treatment to your injured area is **RICE**:

**R – Rest**, which means stop running! Take a couple days off and re-assess how you feel.

**I – Ice** your sore area. Ice is the most natural anti-inflammatory around and is easy to use on specific areas of the body. Ice massage is effective and easy. Take a paper or styrofoam cup and freeze water in it. Tear off the cup's lip and rub the ice over the injured area for 7 minutes. Repeat this two to three times daily.

**C – Compression** for the injured area. Wrap the area tight enough for support, but not so tight it will cut off blood flow. Compression socks work great for injuries in the lower leg, ankle, and foot.

**E – Elevation** of the injured area. Try to keep your injured area off the floor, and ideally higher than the level of your heart. This helps improve blood flow and assists to minimize swelling.

When an injury occurs, and the above self-treatment does not provide complete relief, it is important that you get medical advice from a trained medical professional.

Fortunately, Advanced Rehabilitation has physical therapists and athletic trainers available to help guide you regarding your medical options and even streamline the process for you to see a physician when necessary. In our South Tampa office we have clinicians, who are runners available to provide a quick 10-minute injury screenings to review your symptoms, answer your questions, and assist you with advice for your next steps on the road to recovery - in other words, peace of mind.

Following the rules above should help you to get back on the road, track, trail, or treadmill sooner rather than later if you suffer a problem or injury. Good luck and happy training!

Chris Arrigo MS, ATC, PT  
Advanced Rehabilitation  
[carrigo@advancedrehab.us](mailto:carrigo@advancedrehab.us)  
(813)250-1208





# 5K RUN AT HARLEY-DAVIDSON

DECEMBER 6, 2025  
9841 E ADAMO DR, TAMPA, FL 33619

7:00 AM CHECK-IN | 8:00 AM START

*Every step supports the Crisis Center of Tampa Bay, because your mental health matters and so does your neighbor's.*

**FIT BODY = FIT MIND**



## Race Perks

All finishers receive a medal and race T-shirt

Enjoy BBQ and refreshments after the race

Ride simulator experience at Harley-Davidson

Free beer for all runners (21+)

10% off in-store Harley T-shirts on race day



Scan me!





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**NEW RACE BY GAME ON!**

**GAME ON! FLORIDA LAGOON TRIATHLON**  
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SUNDAY, NOVEMBER 16  
INTERNATIONAL & SPRINT TRIATHLON & DUATHLON  
**GAME ON! FLORIDA  
LAGOON TRIATHLON**  
MIRADA LAGOON SAN ANTONIO, FLORIDA

**THIS IS A 15 ACRE BUILT IN SWIMMING POOL!!!**  
**NO WAVES, NO CRITTERS, NO ALGAE, NO BRAINER!**  
**ATHLETES+2 GET FREE ADMISSION FOR THE DAY!**  
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By Dr. Tommy Rhee

Thanksgiving is the Super Bowl of eating, and runners know it better than anyone. While the average person prepares for the holiday by setting the table, runners prepare by setting their pace. The truth is, Thanksgiving isn't just a meal — it's an endurance event disguised as a family gathering. Between the pre-dinner runs, the post-meal walks, and the mid-dinner cramps, surviving it, all takes strategy, humor, and maybe a little flexibility in your waistband.

The day starts early for most runners with the annual Turkey Trot. Whether you're signed up for an official 5K or jogging a few solo miles through your neighborhood, the Thanksgiving run is a sacred tradition. It's the warm-up to the feast — the calorie buffer that lets you enjoy your meal without guilt. A morning run jump-starts your metabolism, boosts your mood, and gives you something to brag about when you sit down at the table. You'll feel accomplished, energized, and, most importantly, justified when you reach for that second helping of mashed potatoes. Just remember, this isn't the day to chase a personal record. Keep your pace light and fun. Enjoy the crisp air, the smell of pies baking, and the sound of your neighbor's inflatable turkey flapping in the wind. The goal isn't to compete; it's to celebrate. After all, it's called a Turkey Trot, not a Turkey Sprint.

After the run comes the next important ritual — stretching. Yes, before you eat. As ridiculous as it sounds, stretching before Thanksgiving dinner might be the smartest move you make all day. You'd be surprised how many runners pull a muscle lunging across the table for gravy or develop a hamstring cramp during dessert. A quick stretch routine keeps your muscles loose, your posture upright, and your dignity intact. Try a seated twist to release your back, a standing quad stretch to loosen up your thighs, and a gentle forward bend to ease your hamstrings. If anyone at the table asks what you're





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concrete. Do a few ankle circles under the table to keep your blood flowing, roll your shoulders back to open your chest, and tilt your neck from side to side to relieve tension. You can even squeeze your glutes discreetly while everyone else is telling stories — call it “holiday multitasking.” A few subtle movements go a long way in preventing stiffness, and your body will thank you later when it’s time to get up.

Beyond the food and the stretching, Thanksgiving is also a time for gratitude — something runners understand deeply. Every mile you’ve run this year, every finish line you’ve crossed, every injury you’ve rehabbed from — it’s all something to be thankful for. Be grateful for your legs, even when they ache. Be grateful for your lungs, even when they burn. Be grateful for your heart, both the one that pumps your blood and the one that drives your passion for the sport. Not everyone gets the privilege of running, of moving freely, of feeling the rhythm of their own breath in motion. So as you sit around the table surrounded by family, friends, and far too many carbs, take a moment to appreciate the body that carries you through it all.

Then comes the morning after — the day of redemption. Black Friday might be for shopping, but for runners, it’s better used for sweating. A light jog or recovery workout helps flush out the excess salt, sugar, and gravy from your system. Hydrate like your life depends on it, stretch again, and ease back into motion. There’s something deeply satisfying about being the one person in the neighborhood running while everyone else is wrestling over televisions. Call it “Track Friday” instead — it sounds healthier, and your body will thank you.

Ultimately, surviving Thanksgiving as a runner isn’t about restriction or perfection — it’s about balance. You can enjoy the miles and the mashed potatoes, the trot and the turkey. Just plan your day with intention: run before you feast, walk after you feast, and stretch



whenever you can. Laugh at yourself, embrace the chaos, and remember that one big meal won’t undo months of training. What matters most is gratitude — for the food, for the family, and for the ability to move through life with strength and humor.

So, this Thanksgiving, celebrate the way runners do best: by moving your body, feeding your soul, and letting yourself enjoy every moment of the holiday. Lace up your shoes, grab a

plate, and remember — it’s not just a feast, it’s a full-body event. Run now, feast later, and stretch always. Your body will thank you; your mind will thank you, and yes — even your waistband will too.



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**Chilly Willy**  
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**wants you**



**Sunday February 15th**

**Run 5K Bike 10 Miles Run 5K**

**Plus This Year Super Sprint Distance**

**Run 5k Bike 18 Miles Run 5K**

**Registration opens soon!**

