

FLORIDA RacePlace

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

Free

VOL 44 NO 4

July - Aug 2026

Online



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Duathlon / Triathlon
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2027 Chilly Willy Duathlon
February 27 2027
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FLORIDA'S BEST DUATHLON
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RUNNING TAMPA BAY

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY JULY 11 TBA	SUMMER SUNRISE WATERMWLON RUN 5K	WWW.RUNSIGNUP.COM	LAKELAND FL.	
SATURDAY JULY 25 TBA	FREAKIN HOT 5K	PAGE 40 WWW.RUNSIGNUP.COM	CLEARWATER FL	
SATURDAY AUGUST 1 TBA	SUMMER SIZZLER 5K	WWW.RUNSIGNUP.COM	GADSDEN PARK TAMPA FL.	
SUNDAY AUGUST 2 TBA	ICE CREAM 5K	WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	
SATURDAY AUGUST 15 TBA	ERNIE CHATMAN 5K	WWW.RUNSIGNUP.COM	BROOKSVILLE FL.	
SATURDAY AUGUST 15 TBA	KEEL FARMS BREW 5K	WWW.RUNSIGNUP.COM	PLANT CITY FL.	
SUNDAY AUGUST 23 TBA	DUNEDIN DOG' SUDS SUMMER 5K	WWW.RUNSIGNUP.COM	DUNEDIN FL.	
SATURDAY AUGUST 29 TBA	CUPCAKE CRAWL 5K	WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	
SATURDAY SEPTEMBER 12 TBA	9/11 HEROES RUN 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY SEPTEMBER 12 TBA	ONE STEP CLOSER TO THE CURE CASTAWAY 5K & MINNOW MILE	WWW.RUNSIGNUP.COM	SAINT PETE FL.	
SATURDAY SEPTEMBER 12 9:30 AM	ZOO TAMPA KIDS RUN	WWW.RUNSIGNUP.COM	LOWRY ZOO TAMPA FL.	
SUNDAY SEPTEMBER 13 TBA	9/11 HEROES RUN	WWW.RUNSIGNUP.COM	SAN ANTONIO FL.	
SUNDAY SEPTEMBER 20 TBA	FORT DESOTO CLASSIC 15K.10K.5K	WWW.RUNSIGNUP.COM	FORT DESOTO PARK SAINT PETE FL.	
SATURDAY SEPTEMBER 26 TBA	BEST DAMM LEFTOVER 5K	PAGE 43 WWW.RUNSIGNUP.COM	SAFETY HARBOR FL.	
SATURDAY SEPTEMBER 26 TBA	ZERO PROSTATE CANCER RUN 5K	DOMINIQUE WARD dominique.ward @zerocancer.org	USF CAMPUS TAMPA FL.	
SATURDAY SEPTEMBER 26 8:00 AM	CHEVAL CARES 5K	WWW.RUNSIGNUP.COM	LUTZ FL.	
SATURDAY OCTOBER 3 TBA	JOHN HOLMES TRAIL RUN 50K. 16 MILE. 9 MILE	PAGE 47 WWW.RUNSIGNUP.COM	WITHLACOOCHEE STATE PK BROOKSVILLE FL.	
SATURDAY OCTOBER 3 TBA	MAYOR'S RUN 5K	WWW.RUNSIGNUP.COM	HAINES CITY FL.	
SATURDAY OCTOBER 3 TBA	RACE FOR A CURE SARCOMA 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY OCTOBER 3 TBA	TUNNEL TO TOWEL CLIMB STAIR CLIMB	WWW.RUNSIGNUP.COM	TAMPA FL.	
SUNDAY OCTOBER 4 TBA	HOWL - O - WEEN 5K	WWW.RUNSIGNUP.COM	GADSDEN PARK TAMPA FL.	
SATURDAY OCTOBER 10 TBA	TAMPA POLICE MEMORIAL RUN 5K	WWW.RUNSIGNUP.COM	DOWNTOWN TAMPA FL.	
SATURDAY OCTOBER 17 TBA	CAMO AND COBWEBS 5K	WWW.RUNSIGNUP.COM	SUNEDIN FL.	
FRIDAY OCTOBER 23 TBA	RAGNAR SUNCOAST 127 MILE RELAY	START IN CLEARWATER	runraqnar.com/race/suncoast/	
SATURDAY OCTOBER 24 TBA	RUN FOR CHILDREN 5K	WWW.RUNSIGNUP.COM	SAINT PETE FL.	
SUNDAY OCTOBER 25 TBA	HALLOWEEN DUNEDIN BREWING COMPANY 5K	WWW.RUNSIGNUP.COM	DUNEDIN FL.	
SUNDAY OCTOBER 25 TBA	SPOOKY SPRINT 13.1.10K.5K	WWW.RUNSIGNUP.COM	TAMPA FL.	



Summer Running Tips by the **running** center

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

www.runcenter.com
14427 N. Dale Mabry Hwy.
Tampa, FL 33618
813-908-1960



RUNNING TAMPA BAY				
DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY OCTOBER 31 TBA	FLORIDA HALLOWEEN DISTANCE CLASSIC 13.1 / 10K. 5K	WWW.RUNSIGNUP.COM	SAINT PETE FL.	
SATURDAY OCTOBER 31 TBA	GREAT WESTCHANCE 5K	PAGE 14 WWW.RUNSIGNUP.COM	WESTCHASE TAMPA FL.	
SATURDAY OCTOBER 31 TBA	RESPONDERS FIRST 5K	WWW.RUNSIGNUP.COM	BROOKSVILLE FL.	
SUNDAY NOVEMBER 1 TBA	BUDDY RUN 5K 5K AND 1 MILE	PAGE 9 BuddyRun5k.org	LAKE PARK LUTZ FL.	
SATURDAY NOVEMBER 7 TBA	25TH BOLT RUN 5K. 5 MILER	TAMPA BAY LIGHTNING	TAMPA FL.	
SATURDAY NOVEMBER 7 TBA	CIRCLE K 5K	WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	
SATURDAY NOVEMBER 7 TBA	TROT THRU THE TERRACE 10K.5K AND 1 MILE	WWW.RUNSIGNUP.COM	TEMPLE TERRACE FL.	
SUNDAY NOVEMBER 8 TBA	VETERANS DAY 5K AND 10K	WWW.RUNSIGNUP.COM	DUNEDIN FL.	
SATURDAY NOVEMBER 14 TBA	ST. PETE RUNFEST 10K AND 5K 2 DAY EVENT	WWW.RUNSIGNUP.COM	SAINT PETE FL.	SAT - 5K AND 10K SUNDAY 13.1 MILES
SATURDAY NOVEMBER 14 TBA	VETERANS DAY RUNS 13.1, 10K, 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
SUNDAY NOVEMBER 15 TBA	MILES FOR MOFFITT 10K AND 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
THURSDAY NOVEMBER 19 TBA	HEATWAVE HALF MARATHON 13.1,10K,5K	WWW.RUNSIGNUP.COM	LARGO FL.	
SATURDAY NOVEMBER 21 TBA	BAYCARE WOBBLE TURKEY TROT	WWW.RUNSIGNUP.COM	LUTZ FL.	
WEDNESDAY NOVEMBER 25 TBA	EAGLE 5K,10K AND 1/2 MARATHON	WWW.RUNSIGNUP.COM	NEW PORT RICHEY FL.	
THURSDAY NOVEMBER 26 8:00 AM	CLEARWATER TURKEY TROT 5K	WWW.RUNSIGNUP.COM	CLEARWATER HS CLEARWATER FL	
SATURDAY NOVEMBER 28 TBA	CHAMBERLAIN PENTATHLON CHALLENGE 3K,1.5K,.6K,.1K	WWW.RUNSIGNUP.COM	TAMPA FL.	

RUNNING SW FLORIDA				
DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY JULY 18 TBA	INFERNO CHALLENGE 25K,12K, 5K	WWW.RUNSIGNUP.COM	LEHIGH ACRES FL.	
SATURDAY AUGUST 8 TBA	SUCK IT UP BUTTERCCUP 5K/10K	WWW.RUNSIGNUP.COM	AVA MARIA FL.	
SUNDAY AUGUST 30 TBA	AVERAGE JOE 5K	WWW.RUNSIGNUP.COM	NAPLES FL.	
SATURDAY SEPTEMBER 5 TBA	REMEMBER THE FALLEN 5K MEMORIAL RUN	WWW.RUNSIGNUP.COM	NORT PORT FL.	
SATURDAY SEPTEMBER 5 8:00 AM	TWIN RIVERS RUN 5K	WWW.RUNSIGNUP.COM	PARRISH FL.	
SUNDAY SEPTEMBER 6 TBA	LABOR DAY CELEBRATION 5K	WWW.RUNSIGNUP.COM	BRADENTON FL.	
SUNDAY SEPTEMBER 20 TBA	ENVIRO 5K	WWW.RUNSIGNUP.COM	VENICE FL.	
SATURDAY SEPTEMBER 26 TBA	HISPANIC HERITAGE 5K	WWW.RUNSIGNUP.COM	FORT MYERS FL.	
SATURDAY OCTOBER 3 TBA	PHILLIPPI SHORES 5K	WWW.RUNSIGNUP.COM	SARASOTA FL.	
SATURDAY OCTOBER 3 TBA	ROCKTOBERFEST HALF MARATHON 13.1 AND 5K	PAGE 38 WWW.ACTIVE.COM	NAPLES FL.	
SATURDAY OCTOBER 3 TBA	RUN THE POINT 5K / 5M ILE	WWW.RUNSIGNUP.COM	PALMETTO FL.	
SUNDAY OCTOBER 4 TBA	RUN FOR MOTHERS HELPING MOTHERS 5K	WWW.RUNSIGNUP.COM	SARASOTA FL.	
FRIDAY OCTOBER 9 TBA	CITY OF NAPLES HALLOWEEN HUSTLE 5K	WWW.RUNSIGNUP.COM	NAPLES FL.	
SATURDAY OCTOBER 17 TBA	HOLLYWOOD BEACH HALF MARATHON 13.1 AND 5K	PAGE 22 WWW.RUNSIGNUP.COM	HOLLYWOOD BEACH FL.	
SATURDAY OCTOBER 17 TBA	TRICK OR TROT 5K	WWW.RUNSIGNUP.COM	ENGLEWOOD FL.	



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RUNNING ORLANDO				
DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY AUGUST 15 7:30 AM	CELEBRATION OF RUNNING 5K	EMMI 407-896-1160	ORLANDO CULTURAL PARK ORLANDO FL.	
SATURDAY SEPTEMBER 5 TBA	LABOR DAY TRIPLE 50K/26.2/13.1/10K/5K	WWW.RUNSIGNUP.COM	KISSIMMEE FL.	
SATURDAY SEPTEMBER 5 TBA	RUN THE RESORT 5K	WWW.RUNSIGNUP.COM	HOWEY-IN-THE-HILLS FL.	
SATURDAY SEPTEMBER 12 TBA	RUN DAYTONA 10K AND 5K	WWW.RUNSIGNUP.COM	DAYTONA BEACH FL.	
FRIDAY SEPTEMBER 18 TBA	SEA WORLD'S HOWL-O SPRINT 5K	WWW.RUNSIGNUP.COM	ORLANDO FL.	
SATURDAY SEPTEMBER 19 6:30 PM	RUN NONA 5KRUN	EMMI 407-896-1160	LAKE NONA FL.	
SUNDAY SEPTEMBER 20 TBA	FAST AND THE FURY 5K	WWW.RUNSIGNUP.COM	LAKE MARY FL.	
SATURDAY SEPTEMBER 26 TBA	BATTLE OF THE BANDS 5K	EMMI 407-896-1160	CASSELBERRY FL.	
SUNDAY SEPTEMBER 27 TBA	HICKORY HAMMOCK 5K	WWW.RUNSIGNUP.COM	WINTER GARDEN FL.	
SUNDAY SEPTEMBER 27 TBA	SUPERHERO RACE AGAINST CANCER 5K	WWW.RUNSIGNUP.COM	CELEBRATION FL.	
SUNDAY OCTOBER 11 TBA	U CAN FINISH 5 MILER	EMMI 407-896-1160	ORLANDO FL.	
SATURDAY NOVEMBER 7 8:00 AM	ADVENTHEALTH LADY TRACK SHACK 5K	EMMI 407-896-1160	WINTER PARK FL.	
THURSDAY NOVEMBER 26 TBA	SENIOR FIRST TURKEY TROT 5K	EMMI 407-896-1160	ORLANDO FL.	
SATURDAY DECEMBER 5 7:15 AM	PUC ORLANDO 1/2 MARATHON	EMMI 407-896-1160	ORLANDO FL.	



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13801 Bruce B Downs Blvd, Suite 303, Tampa, FL 33613





Tampa Bay's Top 2026 Triathlons



RUNNING SOUTH

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY AUGUST 8 TBA	WATERMELON 5K	WWW.RUNSIGNUP.COM	HOLLYWOOD FL.	
SATURDAY SEPTEMBER 5 TBA	LABOR DAY 5K	WWW.RUNSIGNUP.COM	MIAMI FL.	
SATURDAY SEPTEMBER 19 TBA	CELEBRATE YOUR LIFE 5K	1ST PLACE SPORTS 904-731-3676	COCONUT CREEK FL.	
SUNDAY SEPTEMBER 20 TBA	CHASE A CIO 5K	WWW.RUNSIGNUP.COM	BAL HARBOUR FL.	
SATURDAY SEPTEMBER 26 8:00 AM	9/11 HEROES RUN 5K	WWW.RUNSIGNUP.COM	FORT LAUDERDALE FL.	
SUNDAY OCTOBER 4 TBA	DEVIL DOG 6K / 10K	1ST PLACE SPORTS 904-731-3676	BOCA RATON FL.	
SUNDAY NOVEMBER 8 TBA	5K RUN FOR DOWN SYNDROME	WWW.RUNSIGNUP.COM	CAPE CORAL FL.	

RUNNING NORTH

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
FRIDAY AUGUST 7 TBA	TOUR DE PAIN RUN	1ST PLACE SPORTS 904-731-3676	JACCKSONVILLE FL.	
SATURDAY AUGUST 22 TBA	TIJUANA FLATS SUMMER BEACH RUN 5 MILE AND 5K	1ST PLACE SPORTS 904-731-3676	JACCKSONVILLE FL.	
SATURDAY AUGUST 29 8:00 AM	ISAIAH STRONG 5K 5K	1ST PLACE SPORTS 904-731-3676	ORANGE PARK FL.	
MONDAY SEPTEMBER 7 TBA	HOKA RUN JAX LABOR DAY 5K	1ST PLACE SPORTS 904-731-3676	JACKSONVILLE FL.	
SATURDAY SEPTEMBER 12 TBA	VESTCOR 5K BRIDGES RUN	1ST PLACE SPORTS 904-731-3676	DOWNTOWN JACKSONVILLE FL.	
SATURDAY SEPTEMBER 19 TBA	TALLAHASSEE WOMEN'S DISTANCE FESTIVAL 5K	WWW.RUNSIGNUP.COM	TALLAHASSEE FL.	
SATURDAY OCTOBER 10 TBA	DONNA 5K AT TPC SAWGRASS 5K	WWW.RUNSIGNUP.COM	PONTE VEDRA BEACH FL.	
SUNDAY OCTOBER 11 TBA	PENSACOLA HALF MARATHON 13.1/ 5K	WWW.RUNSIGNUP.COM	PENSACOLA FL.	
SATURDAY OCTOBER 17 TBA	HOWL-O-WEEN 5K	WWW.RUNSIGNUP.COM	GAINESVILLE FL.	
SATURDAY OCTOBER 17 TBA	OKTOBERFEST BEER AND BRATS 5K	1ST PLACE SPORTS 904-731-3676	SAN MARCO FL.	
SATURDAY OCTOBER 24 TBA	GATE2GATE TRAIL RUN 50K.25K.TRAIL RUN	ULTRASIGNUP.COM	ALACHUA FL.	
SATURDAY OCTOBER 24 TBA	MCGUIRE'S OF DESTIN HALLOWEEN RUN 10K / 5K	WWW.RUNSIGNUP.COM	DESTIN FL.	
SUNDAY OCTOBER 25 TBA	EVERGREEN PUMPKIN RUN	1ST PLACE SPORTS 904-731-3676	JACKSONVILLE FL.	
SUNDAY NOVEMBER 8 TBA	TOM WALKER HALF MARATHON & 5K	WWW.RUNSIGNUP.COM	GAINESVILLE FL.	
THURSDAY NOVEMBER 26 TBA	TALLAHASSEE TURKEY TROT 15K.10K.5K	WWW.RUNSIGNUP.COM	TALLAHASSEE FL.	
SATURDAY DECEMBER 12 TBA	AMERIS BANK JACKSONVILLE MAR.	1ST PLACE SPORTS 904-731-3676	JACKSONVILLE FL.	



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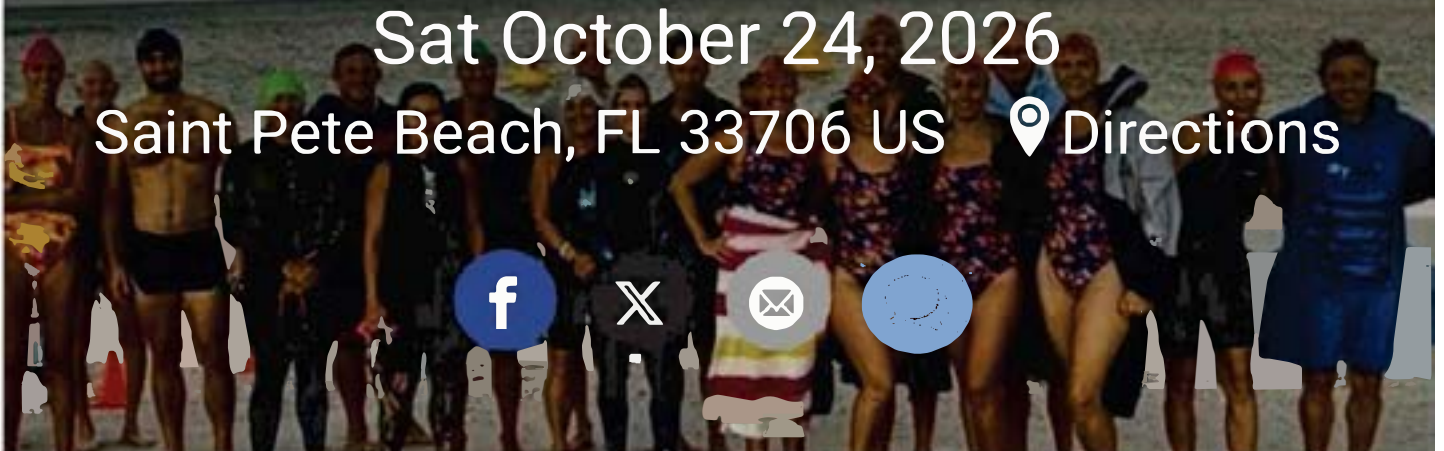
BI-TRIATHLONS

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SUNDAY JULY 26 TBA	ST. AUGUSTINE TRIATHLON	GAME ON ! 561-768-7889	ST AUGUSTINE FL.	
SATURDAY AUGUST 1 7:00 AM	TOPGUN TRIATHLON TRI / DUATHLON / AQUA BIKE	PAGE 8 WWW.RUNSIGNUP.COM	FORT DESOTO PARK ST. PETE FL.	SWIM .25 MILES BIKE 10 MILES RUN 3.1 MILES
SUNDAY AUGUST 9 TBA	COOL SOMMER MORNING TRIATHLON & 5K	WWW.RUNSIGNUP.COM	ORLANDO FL.	OLYMPIC TRI. SPRIN SUPERSPRINT TRI SUPERSPRINT DUAT
SUNDAY AUGUST 9 TBA	HAMMERHEAD TRIATHLON	WWW.RUNSIGNUP.COM	STARKE FL.	OLYMPIC TRIATHLON SPTINT TRIATHLON
SUNDAY AUGUST 9 TBA	MERMAID OPEN WATER SWIM	PAGE 23 GAME ON ! 561-768-7889	STUART BEACH PARK STUART FL.	
SUNDAY AUGUST 16 TBA	KEY LARGO TRIATHLON OLYMPIC AND SPRINT TRIATHLON	PAGE 27 GAME ON ! 561-768-7889	JOHN PENNEKAMP STATE PARK KEY LARGO FL.	
SATURDAY AUGUST 22 TBA	LOGGERHEAD TRIATHLON	WWW.RUNSIGNUP.COM	JUPITER FL.	SPRINT TRIATHLON SPRINT TRI RELAY SPRINT DUATHLON
SUNDAY SEPTEMBER 6 8:00 AM	MANATEE MAN TRIATHLON SPRINT AND INTERNATIONAL	PAGE 25 GAME ON ! 561-768-7889	WESTIN RESORT. CAP:E CORAL	
SATURDAY SEPTEMBER 26 TBA	LAKE NONA TRIATHLON SERIES RACE #1	WWW.RUNSIGNUP.COM	ORANGE PARK FL.	
SATURDAY SEPTEMBER 26 TBA	TARPON SPRINGS TRIATHLON	PAGE 26 WWW.RUNSIGNUP.COM	NEW PORT RICHEY FL.	OLYMPIC TRIATHLON OLYMPIC DUATHLON RELAYS
SUNDAY SEPTEMBER 27 TBA	SOUTH SEA CAPTIVA ISLAND TRI. SPRINT AND SUPER SPRINT	PAGE 27 GAME ON ! 561-768-7889	CAPTIVA ISLAND FL.	
SATURDAY OCTOBER 3 TBA	SANTA ROSA TRIATHLON	WWW.RUNSIGNUP.COM	PENSACOLA BEACH FL.	SPRINT TRIATHLON
SATURDAY OCTOBER 24 TBA	LIVE WILDLY OPEN WATER TEAM SWIM CELEBRATING WORLD SWIM DAY	PAGE 16 GAME ON ! 561-768-7889	SAINT PETE BEACH FL.	
SATURDAY NOVEMBER 14 7:00 AM	LAST CHANCE TRIATHLON TRI / DUATHLON / AQUA BIKE	PAGE 39 WWW.RUNSIGNUP.COM	FORT DESOTO PARK ST. PETE FL.	SWIM .33 MILES BIKE 10 MILES RUN 3.1 MILES
SUNDAY NOVEMBER 15 TBA	MIRADA LAGOON TRIATHLON	PAGE 25 GAME ON ! 561-768-7889	SAN ANTONIO FL.	LAGOON TRIATHLON AND DUATHLON

Live Wildly Open Water Team Challenge, Celebrating Worlds Swim Day

Sat October 24, 2026

Saint Pete Beach, FL 33706 US  [Directions](#)



INTERNATIONAL & SPRINT MANATEE

TRIATHLON - DUATHLON - AQUABIKE



LABOR DAY WEEKEND
SEPTEMBER 6, 2026
MAN
GAME ON! RACE EVENTS

**Cape
Coral**



**LABOR
DAY
WEEKEND**

The Westin Cape Coral Resort at Marina Village
Triathlon Sprint & International SWIM BIKE RUN
Duathlon Sprint & International RUN BIKE RUN
Aquabike International SWIM BIKE DONE



Holiday Weekend! Great Hotel Rates!

SUNDAY, SEPTEMBER 6, 2026

Sunday, Nov. 15, 2026

race & play here
With epic vibes, a unique venue, and a race day you won't forget, Mirada Lagoon, located in San Antonio, FL, just north of Tampa, is the nation's largest man-made lagoon. The 15-acre Lagoon boasts resort style amenities for participants and spectators on race day!

**GAME ON! MIRADA
LAGOON TRIATHLON**

INTERNATIONAL & SPRINT TRIATHLON & DUATHLON



TOP 2026 TRIATHLONS FLORIDA



8/1 - TopGun Triathlon - St. Pete Fl.

9/6 - Manatee Man Triathlon - Cape Corel Fl.

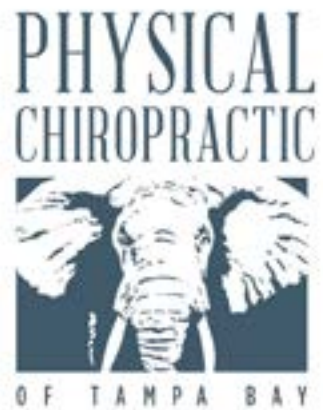
9/26 - Tarpon Springs Tri. -Tarpon Springs Fl.

10/18 - Bill Bone Triathlon - Lake Worth Fl.

11/14- Last Chance Triathlon - St Pete Fl.



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\$249.99



Garmin 170

The Garmin Forerunner 170 brings the full Garmin training stack — the same tools trusted by serious runners at every level — to a clean, lightweight AMOLED smartwatch. Training Readiness — tells you exactly how ready your body is to train, based on your sleep quality, recovery time, heart rate variability, and recent load.

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Altra Torin 9

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HOLLYWOOD BEACH HALF MARATHON & 5K

SATURDAY, OCTOBER 17, 2026

📍 Location: Hollywood N. Beach Park, Hollywood, FL

🕒 Time: 6:15 AM

👕 What's Included:

- Custom tech tee or cotton tank
- Epic lifeguard tower finisher medal 🏆
- Free race photos & finisher video 📷
- Real-time tracking on the Elite Events Tracker App ➡️ 📱
- +MUCH MORE!

HOLLYWOODHALF.COM



2 Miles
1 Mile
1/2 Mile

PRESENTS TWO

Lil' Mermaid Splash

**MERMAID OPEN WATER SWIM
STUART BEACH PARK**

SUNDAY, AUGUST 9, 2026



2026



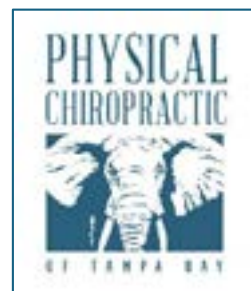
- 05/03/2026 Game On! Ponte Vedra Beach Triathlon (Sprint & Olympic) – Mickler's Landing
05/17/2026 Game On! Escape to Hutchinson Island Triathlon (Sprint & Intl.) – Stuart Beach
05/31/2026 Mermaid Open Water Swim (1/2, 1, & 2 Miles) – Oleta River State Park, North Miami Beach
06/20/2026 Turtleman Triathlon (Sprint & Super Sprint) – Carlin Park, Jupiter
07/04/2026 Bill Bone 5K – Downtown West Palm Beach
07/12/2026 Game On! Palm Beaches Triathlon (Sprint) – Singer Island
07/26/2026 Game On! St. Augustine Triathlon (Olympic & Sprint) – Vilano Beach
08/09/2026 Mermaid Open Water Swim (1/2, 1, & 2 Miles) – Stuart Beach
08/16/2026 City Bikes Key Largo Triathlon (Olympic & Sprint) – John Pennkamp State Park
09/06/2026 Game On! Manatee Man Triathlon (Sprint & Intl.) – Westin Resort, Cape Coral
09/12/2026 Survive First Run for Responders – City Hall Complex – Sebastian
09/27/2026 South Seas Captive Island Triathlon (Sprint & Super Sprint) – Captive Island
10/04/2026 Game On! Run Hutchinson Island Half Marathon & 10K – Fort Pierce
10/11/2026 Game On! St. Augustine Triathlon (Olympic & Sprint) – Vilano Beach
10/18/2026 Bill Bone Tropical Triathlon (Sprint) – Lake Worth Beach
11/01/2026 Game On! Riverfront Triathlon (Sprint & Intl.) – Riverfront Park, Cocoa
11/15/2026 Game On! Mirada Lagoon Triathlon (Sprint & Intl.) – San Antonio
11/26/2026 Pelican Yacht Club Turkey Trot – Fort Pierce
12/06/2026 Game On! Treasure Coast Tri #Finish on the Jetty! (Sprint & Intl.) – Fort Pierce



The Speed of Repair: Engine vs. Foundation

Aligning cardiovascular stamina with musculoskeletal adaptation to resolve overuse injury

By: Sabrina Medfu



A powerful cardiovascular “engine” often masks the structural vulnerabilities of an athlete, allowing athletes to run well past the point of joint safety. This paradox exists when a runner’s aerobic stamina outpaces musculoskeletal strength, leaving a “foundation” of tendons and cartilage unable to support the output of the “engine”. While the heart and lungs can adapt to stress within weeks, the foundation, consisting of connective tissues, operates on a significantly slower physiological timeline ¹. This imbalance creates a biological deficit that frequently leads to overuse injuries.

THE BIOMECHANICS OF THE FOUNDATION

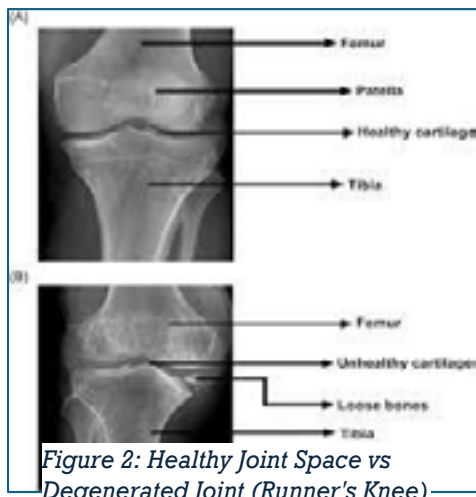
Foundation integrity is largely determined by foot alignment. Ideally, a runner’s foot moves through a controlled range of pronation, where the arch flattens to absorb shock, and supination, where the foot rolls outward to create a stable platform for takeoff. When this mechanical balance is lost, the foot enters a state of excessive pronation that compromises the entire kinetic chain. Excessive pronation often causes a compensatory internal rotation of the tibia, placing an asymmetrical load on the knee joint ². Since the cardiovascular system enables runners to push through fatigue, they often continue training despite poor joint alignment, which causes stress that the body is not yet prepared to repair.



Figure 1: Comparison of Foot Alignment

THE PHYSIOLOGY OF THE ADAPTATION GAP

This structural lag is rooted in mechanotransduction, the biological process where cells convert physical pressure into biochemical signals ³. When a runner strikes the ground, cartilage cells in the knee sense the load and trigger a response to strengthen the joint.



However, connective tissues have limited blood flow and a low metabolic rate compared to muscle tissue. If training intensity increases too rapidly, the joint enters a catabolic state where tissue breakdown outpaces repair. Micro-trauma accumulates because the body can't synthesize new collagen quickly enough to keep up with the demands of the training cycle.

CLINICAL STRATEGIES FOR ALIGNMENT

To bridge this adaptation gap, clinicians utilize structural interventions to redistribute mechanical loads. Orthotic reinforcement serves as a primary tool for realignment by providing the arch support necessary to limit excessive pronation. This is critical because the insoles stabilize the foot and prevent the harmful inward rotation of the tibia from traveling up to the knee joint. Research shows that lowering these impact forces helps keep joint stress within a safe range for natural healing and ensures that the foundation remains aligned even when the engine pushes the body toward fatigue ³.

CONCLUSION: THE PATH TO LONGEVITY

Longevity in running requires training at a pace that matches the body's slowest-adapting tissues. By using orthotic support to stabilize the foundation, runners can balance their fitness with their structural health. Ultimately, protecting joint integrity today is the only way to ensure the ability to keep running tomorrow.

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4. Protalus. Stability and Alignment Technology. Available at: <https://protalus.com/cdn/shop/files/stability-1.jpg?v=1743412143>.



THE ROTARY CLUB OF TARPON SPRINGS



SATURDAY, SEPTEMBER 26, 2026

TRIATHLON

AQUABIKE - DUATHLON
5K RUN



RACE STARTS AT FRED HOWARD
PARK, TARPON SPRINGS

7:00 AM START TIME

\$79 PER ATHLETE OR
\$158 PER RELAY TEAM

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Relay



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Triathlon
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Captiva Island Tri
Sunday, Sept. 27, 2026

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Swimming is one of the most valuable forms of training for an athlete because it supports the body in ways that other sports often do not. It builds endurance, improves cardiovascular fitness, strengthens muscles throughout the body, and develops coordination and control. Because swimming works both the upper and lower body while placing less stress on the joints, it can complement nearly any sport.

For athletes who play running, cycling, soccer, basketball, or other high-intensity sports, swimming can be an excellent cross-training tool. It helps improve lung capacity, body awareness, and recovery without the pounding that comes with constant impact. This makes it especially useful for athletes who want to stay in shape while reducing the risk of overuse injuries. Swimming is also an important skill in triathlon. In the beginning of a triathlon race, the swim can set the tone for the rest of the event. A stronger and more efficient swimmer is often able to start the race with better energy management, smoother pacing, and less fatigue. This can create an advantage before moving into the bike and run portions.

The best way to improve in swimming is to include swim training more often. Regular practice helps athletes become more efficient in the water, refine technique, and build confidence. Even a few focused swim sessions each week can make a noticeable difference over time. As with any sport, consistency matters more than occasional effort. Contact coach Leo and schedule your one on one session today.

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AT ALL FINE BICYCLE & RUNNING SHOPS



Racing Away From Injuries

Chris Arrigo, PT, DPT, ATC

Racing is fun! It's a way for all that hard training to pay off, a chance to grab some awesome race day swag, and a reason to post some cool pictures on social media. However, just as in life, too much of a good thing can bring its own problems. Sometimes it is so tempting to sign up for all the races happening in our area. Marathons, half-marathons, and all the shorter 5k's and 10k's. While it is certainly reasonable to run multiple races during one training cycle, it is important to keep some things in mind to reduce the possibility of injury and burnout.

Prioritizing your race schedule is key. We all want to run a personal best in every race we run, but that is simply not a realistic expectation. For example, it's difficult to train for a full

marathon and expect to run a PR in a 5k during the same training cycle. Different distances require different types of training, so don't be disappointed if you're not hitting all your time goals in the same season. Pick a goal race that is your primary objective. Once that's been set, any other race should be a means towards that end. Use earlier races as part of your training schedule and any races after your goal, as part of your recovery.

Recovery after any race is important. Marathons and half-marathons are challenging whether they are run slowly or quickly, so respect the distance and give yourself some time to bounce back. Allowing time for your body to recover, preferably for 4 weeks, between hard efforts will lessen the likelihood of injury. If you only have a week or two between races, then make sure you are doing easy runs, avoiding speedwork or hill repeats between races. Stretching, hydrating, foam rolling, and recovery devices like NormaTec recovery boots are also good ways to shorten recovery time and prepare for the next hard effort.

However, you choose to manage the busy race season, make sure that you listen to your body. Those small aches and pains can grow into season-ending injuries if you ignore them. Feel free to contact us at Advanced Rehabilitation with any questions about injuries that emerge after your training or racing to avoid major problems down the road.

Advanced Rehabilitation cares for people of all activity levels – to help prevent, recover from, or rehabilitate athletic injuries.

Contact Advanced Rehabilitation at (813) 250-1208 or www.advancedrehab.us





ELITE Events Schedule 2026/2027



March 21
Sunrise
Half Marathon & 5K



Oct 3
Naples
Half Marathon & 5K



Nov 26
Naples
Half Marathon & 5K



Dec 12
Sarasota
Half Marathon & 5K



Jan 16
Hollywood Half
Marathon & 5K



Feb TBD
Venice
Half Marathon & 5K



April 18
Naples Paradise
Half Marathon & 5K



Oct 17
Hollywood
Half Marathon & 5K



Nov 26
Estero
Half Marathon & 5K



Dec 13
Sarasota
Half Marathon & 5K



Jan 30
Hollywood Beach
Half Marathon & 5K



Feb 27
Fort Myers
Half Marathon & 5K





NAPLES ROCKTOBERFEST HALF MARATHON & 5K

SUNDAY, OCTOBER 3, 2026

📍 Location: North Collier Regional Park, Naples, FL

🕒 Time: 6:30 AM

👕 What's Included:

- Custom tech tee or cotton tank
- Epic Rocktoberfest-themed finisher medal 🏅
- Free race photos & finisher video 📷
- Real-time tracking on the Elite Events Tracker App ➡️ 📱
- +MUCH MORE!

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Saturday Nov. 14, 2026
Fort Desoto Park St. Pete Fl.
Registration Opening Soon !



FREAKIN HOT 5K





5K INCLUDES:

- 🔥 FREAKIN' HOT 5K T-SHIRT
- 🔥 FREAKIN' HOT 5K STICKER
- 🔥 FREAKIN' HOT 5K FINISHER MEDAL
- 🔥 FREAKIN' HOT 5K RACE PHOTOS
- 🔥 FREAKIN' AWESOME AID STATIONS WITH **SUPER SOAKERS**
- 🔥 (NEW) FREAKIN' HOT 5K CUSTOM MUG (FIRST 600 ENTRIES)
- 🔥 FREAKIN' HOT PIZZA, HOT DOGS, SNACKS & VARIOUS DRINKS



FREE STICKER



SUBLIMATED SHIRT
COMING SOON



FREE FINISHER MEDAL



FREE MUG



WILL
SELL OUT
GUARANTEED



Information

It's too freakin' hot to run in Florida over the summer, or is it?

Join us, if you dare, for the Freakin' Hot 5K on Saturday, July 25, 2026, at Coachman Park in Clearwater, FL

What is it? A chip-timed 5K that includes:

- **Freakin' Hot 5K Custom Race Mug - *1st 600 Entries.**
- Freakin' Hot 5K T-Shirt
- Freakin' Hot 5K Sticker
- Freakin' Hot 5K Finisher Medal
- Freakin' Hot 5K Race Photos - Free to download at any time
- Freakin' Awesome Super Soaker Station
- Post-Party that will be very fun this year!

Post-Race Party that includes:

- Freakin' Various Cold Drinks
- Freakin' Food
 - Hot Dogs w/soft buns!
 - Yummy Pizza.

Come suffer & have fun with us! We guarantee you will have a Freakin' great time unless you like it cold. In this case, you probably will be miserable. But hey, why not be miserable with others ?

A banner for the 'Freakin' Hot Packet Pick-Up' event. The background is black with orange and yellow flames at the top and bottom. The text 'FREAKIN' HOT' is in white, and 'PACKET PICK-UP' is in large, bold, orange letters. In the center is the 'DICK'S SPORTING GOODS' logo. On the left, it says 'FRIDAY JULY 24TH, 2026' and '3:00 PM - 6:30 PM' in orange, with a location below. On the right, it says 'SATURDAY JULY 25TH, 2026' and '6:00 AM - 7:15 AM' in orange, with a location below.

**FREAKIN' HOT
PACKET PICK-UP**

FRIDAY JULY 24TH, 2026
3:00 PM - 6:30 PM
• DICK'S SPORTING GOODS (COUNTRYSIDE)
26583 US HWY 19 N, CLEARWATER, FL 33761

**DICK'S
SPORTING GOODS**

SATURDAY JULY 25TH, 2026
6:00 AM - 7:15 AM
• COACHMAN PARK, 300 CLEVELAND
ST, CLEARWATER, FL 33756

REGISTER: runsignup.com/



Tops On Running In Hot Summer Months

It's not unusual for runners to drop their running mileage and intensity substantially during the hot summer months. Ideally athletes substitute in other aerobic activities like biking, swimming, and indoor elliptical or rowing. As the summer winds down, and you get ready for the fall and winter running season, it's time to ramp back up on the mileage and intensity.

The first thing you should always remember is that you should not go from 0 to 100 even if you are a long time experienced runner. The general rule is that you should only increase your weekly mileage by about 10% per week with some intentional recovery weeks within. Your training may not follow a perfectly straight upward line like this, but it's a good guide. This 10% rule is true for all of your weekly mileage, your interval reps, and the length of your long run.

As you increase your running mileage, you should decrease your other aerobic activities (unless you have an Ironman on the horizon). In this way your total overall training stress will not be also going up.

The best way to start increasing your mileage is to add one or two easy short runs throughout the week. The second best way is to add a little bit of mileage to your existing runs. Provided you don't have any running injury issues, more frequency of exercise is a better way to add mileage, at least in the base building phase of your training. The frequent sessions help with overall aerobic conditioning and run specific technique. As you progress through fall and your other sessions get longer, you may wind up dropping one or both of these shorter easier sessions.

If you are a time limited athlete then you're likely going the route of just adding mileage to your existing runs. Be careful of overloading this because while your body has gotten used to a certain distance throughout the summer, changing up one or more of these sessions is going to cause you some stress.

You also need to be careful with how aggressive you are with your long run. If you've been running seven or eight miles throughout the summer as your long aerobic session, you really don't want to bump it up more than a mile or so per week. When the weather cools off it's very tempting to just jump immediately to longer distance, but that comes with a fair bit of risk. Despite your many seasons with run training, your soft tissues and muscles will still require time to re-adapt if you detrained during the summer (meaning you lost some run specific conditioning and fitness).

If you entirely stopped running for a few weeks, then you need to take a slow approach to your return. Three or four short (<30min) runs for a few weeks will allow your body to adapt, then you can move into the specifics of interval workouts and longer runs.

As always, be careful with your pacing adjustments as the weather cools down, and listen to your body if it's telling you to slow your roll a bit on your rate of increasing mileage.

Including soft surface running as you increase mileage can also be helpful to reduce the stress you are adding. Think rubber track, dirt roads, off-road trails, and beach running.

Good luck and I'll see you at the races!

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.osbmultiport.com



Over the last 12 years and 50+ races later, we have accumulated lots of leftover medals, shirts, awards, and more. We wanted to do something creative with all the extra swag, so why not have a 'leftover run'? Participants will take their pick of 10+ race shirts and 20+ race medals, then enjoy a great post-race party with food and libations!

Join us on Saturday, September 26th, 2026, at 110 Veterans Memorial Lane, Safety Harbor, FL 34695
Course

The course will Start & Finish at the Safety Harbor Marina Park

Prices

FIRST 200
\$20
PRIZES TO ALL WHO FINISH

FOR THE FIRST 200 PARTICIPANTS WHO SIGN UP (1 - 200)

FIRST 400
\$25
PRIZES TO ALL WHO FINISH

FOR THE NEXT 200 PARTICIPANTS WHO SIGN UP (201 - 400)

\$35

FOR OTHERS THAT SIGN UP (401+)

\$37

FOR RACE WEEK SIGN UP (09/26/2026 - 09/26/2026)

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FOR THE NEXT 400 PARTICIPANTS WHO SIGN UP (401 - 800)

5k Includes:

- LEFTOVER 5K T-SHIRT X 1 (FROM PAST RACES)
- [NEW] BRANDED LEFTOVER 5K STICKER
- LEFTOVER 5K FINISHER MEDAL X 2 (FROM PAST RACES)
- RACE PHOTOS
- HOT PIZZA, HOT DOGS, SNACKS & VARIOUS DRINKS

Packet Pick-Up

FRIDAY SEP 25TH, 2026
3:00 PM - 6:30 PM

● DICK'S SPORTING GOODS (COUNTRYSIDE)
26563 US HWY 19 N, CLEARWATER, FL 33761

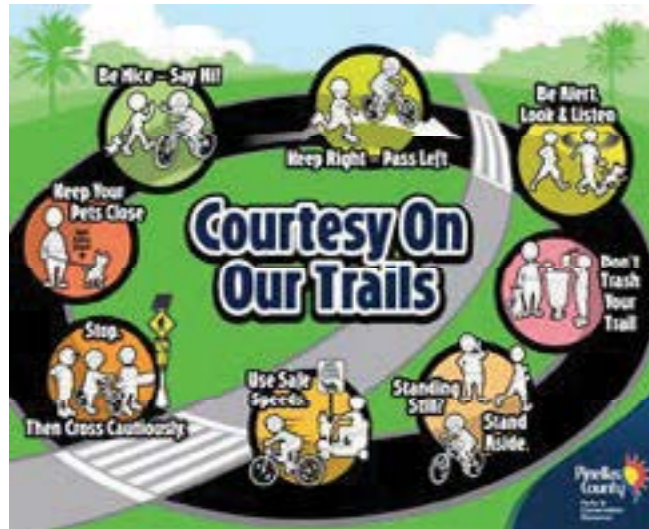


SATURDAY SEP 26TH, 2026
6:00 AM - 7:15 AM

● 110 VETERANS MEMORIAL LANE,
SAFETY HARBOR, FL 34695

Location: Safety Harbor - 10 Veterans Memorial Ln, Safety Harbor, FL 34695 US





Rules for Riding The Pinellas Trail

1. Keep right pass left and warn before passing "hello, on your left"
2. Be alert, look and listen. Ear buds are against the law.
3. Don't trash your trail. Dangerous road hazards and bad for environment
4. Standing still? Then stand aside off trail
5. Use safe speed posted speed limits along trail 20 mph
6. Stop at Cross Walks then cross cautiously
7. Keep your pets on a 6' or less leash
8. Be nice, say hi for safety. No sneaking up.
9. Under 16 must wear helmet
10. E-bikes that exceed 20mph are not permitted

Dress for Safety

1. Wear a helmet. The report, in the American Journal of Surgery, also concluded that riders with helmets were 44% less likely to die from their injury, and 31% less likely to break facial bones.
2. Wear bright colors. Stay away from blue (sky) and green (grass and trees)
3. Wear reflectors
4. Wear front and rear lights



Written by Celia Dubey USAT Certified Triathlon Coach

CoachCeliaDubey@Gmail.com
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PowerPlate:

The secret of Nitric Oxide (NO)

By Dr Tommy Rhee

Nitric Oxide (NO) is a strong molecule that is very important for several physiological processes, such as widening blood vessels or vasodilation. Vasodilation, or thickening of blood vessels, makes blood flow better, which brings oxygen and nutrients to muscles. This better circulation is especially helpful for runners or athletes because it can help them do better, avoid injuries, and heal faster.

Nitric oxide (NO) has historically been recognized as the endothelium-derived calming factor. It functions as a vasodilator, regulating vascular tone, blood pressure, and hemodynamics. Moreover, it is potent antioxidant and has anti-inflammatory, and antithrombotic properties. Vascular and muscle NO signals connect the heart's and muscles' energy needs with available energy. They are important for keeping the body's balance of carbs and fats.



One way to boost NO generation is with the help of **PowerPlate**, a platform that vibrates the entire body. The quick vibrations produce a shearing effect inside blood vessels when utilized for about 10 minutes at certain frequencies (25-30 Hz). Power plate can produce up to 50 vibrations through the body in one second to stimulate the muscles and the joints. The enhanced vasodilation in the extremities/joints/appendages is a result of this shearing stimulating the release of NO.

Advantages to Runners

Enhanced performance and Speed:

Muscles receive more oxygen and nutrients through increased blood flow, leading to improved running performance.

Less Impact on Joints:

PowerPlate is a great alternative to conventional running for warming up muscles and increasing flexibility without the impact.

Runners experience less DOMS:

(Delayed Onset Muscle Soreness) and faster recovery times thanks to increased blood flow, which carries nutrients for muscle repair and helps eliminate metabolic waste.

The Best Approach:

The best time to use PowerPlate is 10mins before a run and 10mins after a run, for maximum effectiveness. Optimal NO generation and enhanced blood flow during and after exercise can be achieved at this time and can have a positive effect on runner's performance.





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JOHN HOLMES

50K, 16 MILE, AND 9 MILE TRAIL RUN

Online Registration: www.JohnHolmesTrailRun.com

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

When: Saturday October 3, 2026. 50K starts at 7am, 16 mile and 9 mile runs start at 8am.

Course: The challenging course follows 4 repeat loops on the Croom Hiking Trail through central Florida's long leaf pines, scrub oak covered hills, past creek bottoms & cypress ponds. There will be a 3:00pm cut off.

Entry Fee: The 50K Race is \$85. The 16mi run is \$65. The the 9 mile run is \$50. **No refunds or transfers.** LIMITED to 250 Runners. Day of race entry is discouraged but accepted (if we are still under 250 entrants). Late entries run risk of not getting a shirt or race packet.

Host Hotel: None at this time

Awards: Shirts to all entrants, Trophies for Overall and Master's Male/Female, 1st place male/female within ten-year age groups for all races. Finisher awards to top finishers of 9M/16M and ALL finishers of 50K.

Checks payable to: Event Operations **Mail entries to:** 2302 N. Central Ave. Tampa, FL 33602

Last Name _____ First _____ Sex _____ Age _____

Address _____

City _____ State _____ Zip _____

Phone _____ Email _____

50K _____ **16 M** _____ **9 M** _____

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 John Holmes Trail Run; 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 (parents Signature if under 18) _____





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
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