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RacePlace

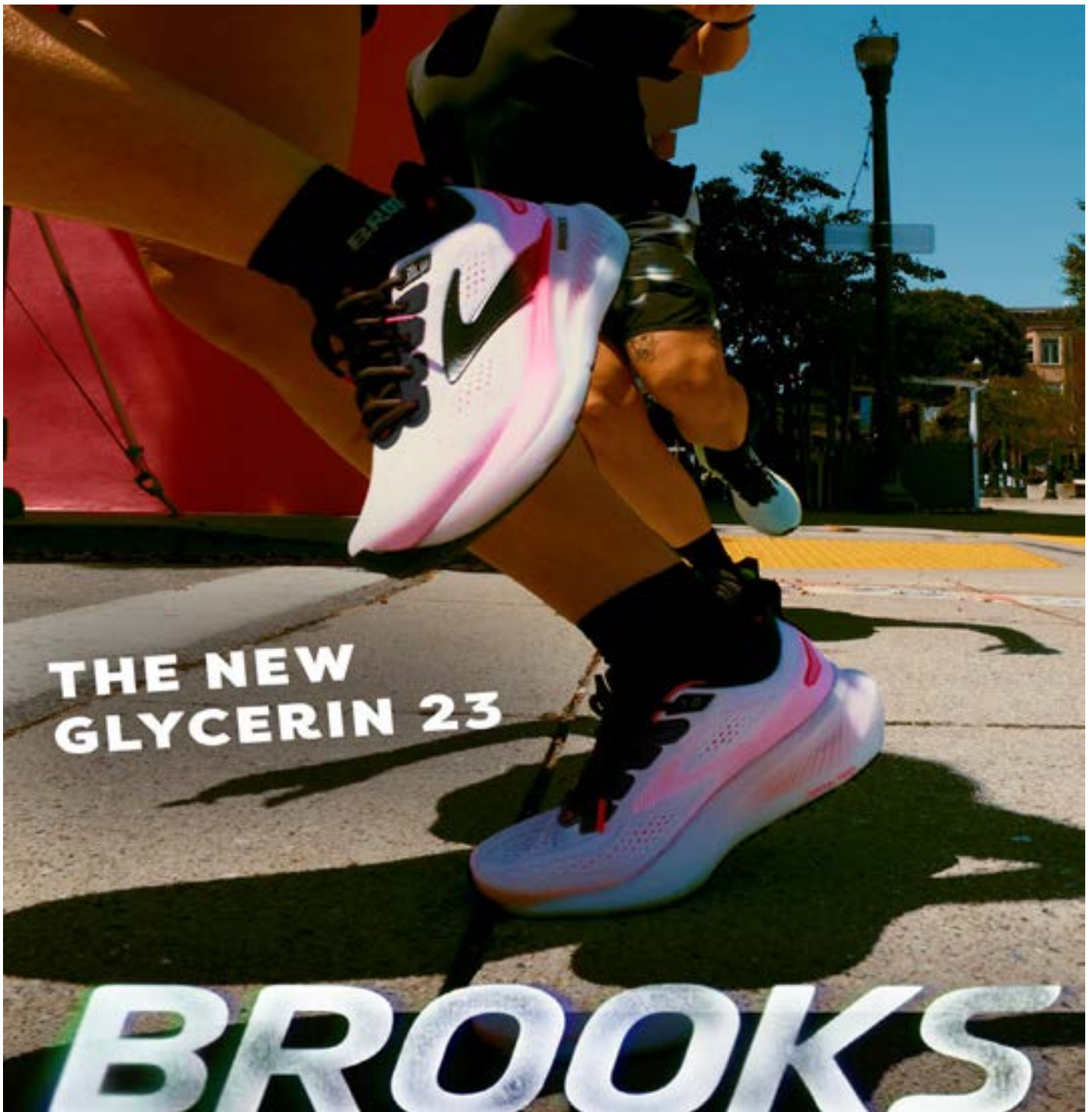
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VOL 45 NO 2
Mar - Apr 2026

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

Online



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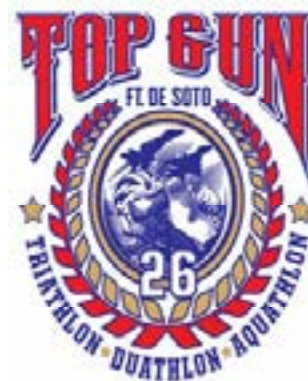
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2026 Escape From Ft Desoto Triathlon
April 11th
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Finish Line Racing Tri.
Sunday May 3rd 2026
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2026 TopGun Triathlon
August 1
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RUNNING TAMPA BAY

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY MARCH 7 TBA	GREAT AMERICAN BACON 5K RUN	WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	
SATURDAY MARCH 7 7:00 PM	BELLEAIR SUNSET 5K	WWW.RUNSIGNUP.COM	BELLEAIR FL.	
SATURDAY MARCH 14 TBA	ARMADILLO RUN 10K AND 5K	PAGE 45 WWW.RUNSIGNUP.COM	OLDSMAR FL.	
SATURDAY MARCH 14 TBA	CITY OF LARGO SHAMROCK N" RUN 5K	PAGE 30 WWW.RUNSIGNUP.COM	ULMER PARK LARGO FL.	
SATURDAY MARCH 14 TBA	FOUNDERS DAY 5K	WWW.RUNSIGNUP.COM	ZEPHRYHILLS FL.	
SATURDAY MARCH 14 8:00 AM	ROTARY RUNS THE BEACH .26 5K AND 1 MILE	PAGE 23 WWW.RUNSIGNUP.COM	INDIAN ROCKS BEACH FL.	
SATURDAY MARCH 14 8:00 AM	WINTER HAVEN POLICE DEPT 5K	WWW.ACTIVE.COM	WINTER HAVEN FL.	
SUNDAY MARCH 15 TBA	DUNEDIN ST. PATRICK'S DAY 5K/10K RUNS	WWW.RUNSIGNUP.COM	DUNEDIN FL.	
SUNDAY MARCH 15 TBA	UNITE TO RUN 5K	PAGE 38 WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY MARCH 21 8:30 AM	STOMP OUT HUMAN TRAFFICKING 5K AND 1 MILE	PAGE 41 WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	
SATURDAY MARCH 28 TBA	BAYCARE 5K RUN	WWW.RUNSIGNUP.COM	CLEARWATER FL.	
SATURDAY MARCH 28 TBA	BONNET SPRINGS PARK 5K	WWW.RUNSIGNUP.COM	LAKELAND FL.	
SATURDAY MARCH 28 TBA	GO FOR THE GREEN 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY MARCH 28 TBA	KIDS RUN THE HOOD 5K	WWW.RUNSIGNUP.COM	WESTCHASE FL.	
SATURDAY MARCH 28 TBA	MILES FOR MIGRAINE 5K / 2M	WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY MARCH 28 TBA	NPCF 5K STADIUM STAIR CLIMB	WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY MARCH 28 7:00 AM	DRISCOLL'S STRAWBERRY CLASSIC 10K AND 5K	PAGE 51 WWW.TAMPABAYRUNNERS.C	TEMPLE TERRACE FL.	
SATURDAY MARCH 28 7:00 AM	SHAMROCK DISTANCE CLASSIC 13.1/10K/5K	PAGE 24 WWW.RUNSIGNUP.COM	FORT DESOTO PARK DT. PETE FL.	
SATURDAY MARCH 28 8:00 AM	BT5K	WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	
SATURDAY APRIL 4 TBA	CROOM TRAIL 50M. 50K. 15 MILE FOOLS RUN	PAGE 48 WWW.TAMPARACES.COM	BROOKSVILLE FL.	
SATURDAY APRIL 4 TBA	LETTAS FIGHT 5K RUN FOR NF	WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY APRIL 4 TBA	PIIRATE COVE 5K	727-710-0692	RAMOND JAMES STADIUM TAMPA FL.	
SATURDAY APRIL 4 TBA	PIRATE RUN 5K/10K/13.1 MILES	WWW.RUNSIGNUP.COM	HOLIDAY FL.	
SATURDAY APRIL 4 8:00 AM	TAMPA FIREFIGHTERS 5K	PAGE 17 WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY APRIL 11 TBA	5K BY THE BAY 5K RUN	WWW.RUNSIGNUP.COM	SAFETY HARBOR FL.	
SATURDAY APRIL 11 TBA	BRIDGE BUILDER 5K	WWW.RUNSIGNUP.COM	LAKELAND FL.	
SATURDAY APRIL 11 TBA	FLORIDA RUN @ COLT CREEK ST PK 13.1/10K/5K	WWW.RUNSIGNUP.COM	LAKELAND FL.	

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RUNNING TAMPA BAY

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY APRIL 11 TBA	JOYFUL MOTION RUN FOR CHILDREN 5K	WWW.RUNSIGNUP.COM	PALM HARBOR FL.	
SATURDAY APRIL 11 TBA	SUGAR SAND FESTIVAL 5K	WWW.RUNSIGNUP.COM	CLEARWATER BEACH FL.	
SATURDAY APRIL 11 TBA	TPA'S 5K ON THE RUNWAY 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY APRIL 11 TBA	TURTLE TROT 5K	WWW.RUNSIGNUP.COM	HUDSON FL.	
SUNDAY APRIL 12 TBA	CASSIDY OTTO FOUNDATION STOP OUT CANCER FL.	WWW.RUNSIGNUP.COM	WESLEY CHAPEL FL.	
SUNDAY APRIL 12 TBA	LEGENDS NEVER DIE 5K	WWW.RUNSIGNUP.COM	MADERIA BEACH FL.	
SUNDAY APRIL 12 TBA	MACDILL'S PAWS HEROES 5K	WWW.RUNSIGNUP.COM	GADSDEN PARK TAMPA FL.	
SUNDAY APRIL 12 TBA	MILES FOR MIMOSAS 5K	WWW.RUNSIGNUP.COM	CLEARWATER FL.	
SUNDAY APRIL 12 8:00 AM	DARE TO GO BARE 5K AND 2 MILE FUN RUN	PAGE 44 813-949-1810	LAKE COMO COMMUNITY LUTZ FL.	
SATURDAY APRIL 18 TBA	CRYSTAL BEACH SUP/RUN 5K	WWW.RUNSIGNUP.COM	CRYSTAL BEACH FL.	
SATURDAY APRIL 18 TBA	FINFIT 5K FITNESS CHALLENGE 5K	WWW.RUNSIGNUP.COM	COURTNEY CAUSEWAY TAMPA FL.	
SATURDAY APRIL 18 TBA	SUN N' RUN 5K	WWW.RUNSIGNUP.COM	LAKELAND FL.	
SATURDAY APRIL 25 TBA	5K WONDER RUN	813-253-3853	HYDE PARK TAMPA FL.	
SATURDAY APRIL 25 TBA	GIRLS ON THE RUN 5K	WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	
SATURDAY APRIL 25 TBA	HERITAGE ALL DAY 5K	WWW.RUNSIGNUP.COM	CLEARWATER FL.	
SATURDAY APRIL 25 TBA	JUDD JOG 5K	https://iuddioa.org	WINTER HAVEN FL.	
SATURDAY APRIL 25 TBA	SPF 5K RACE AGAINST MELANOMA 5K RUN	WWW.RUNSIGNUP.COM	WALSINGHAM PARK SEMINOLE FL.	
SUNDAY APRIL 26 8:30 AM	BARE DARE 5K	PAGE 52 WWW.NUDE5K.COM	LAND O' LAKES FL.	
SATURDAY MAY 2 TBA	FREEDOM RUN THE RACE AGAINST PROVERTY 5K	WWW.RUNSIGNUP.COM	WESLEY CHAPEL FL.	
SATURDAY MAY 2 8:00 AM	HOG JOG 5K	PAGE 50 WWW.RUNSIGNUP.COM	DUNEDIN FL.	
SATURDAY MAY 9 TBA	HIPPIE DASH 5K	10K/5K	SAFETY HARBOR FL.	
SATURDAY MAY 16 TBA	FALLEN HEROES MEMORIAL RUN	WWW.RUNSIGNUP.COM	LAKELAND FL.	
SATURDAY MAY 23 TBA	HONOR OUR HEROES MEMORIAL RUN 5K	WWW.RUNSIGNUP.COM	OLDSMAR FL.	
SATURDAY MAY 23 TBA	MEMORIAL DAY 5K/19K/15K	WWW.RUNSIGNUP.COM	LAKELAND FL.	
SATURDAY MAY 23 TBA	SPRING LAKE MEMORIAL RUN 10K/5K	WWW.RUNSIGNUP.COM	LBROOKSVILLE FL.	
SATURDAY JUNE 27 8:00 AM	FREEDOM 4 MILER	PAGE 53 WWW.RUNSIGNUP.COM	AL LOPEZ PARK TAMPA FL.	



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SUNDAY MAY 3rd



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RUNNING SW FLORIDA

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SUNDAY MARCH 15 TBA	I LOVE THE 80'S	WWW.RUNSIGNUP.COM	NAPLESS FL.	
FRIDAY MARCH 20 TBA	SPRING INTO SUNSET 5K	WWW.RUNSIGNUP.COM	NAPLES FL.	
SATURDAY MARCH 21 TBA	SUNRISE HALF MARATHON & 5K	PAGE 40 ELITE RACING WWW.ELITEEVENTS.COM	SUNRISE FL.	
SATURDAY MARCH 21 TBA	WELLEN PARK HALF MARATHON 13.1 / 5K	WWW.RUNSIGNUP.COM	VENICE FL.	
FRIDAY MARCH 27 TBA	ROBINSON PRESERVE TWILIGHT 5K/10K	Fit2Time@Fit2Run.com	BRADENTON FL.	
SATURDAY MARCH 28 TBA	DUNKIN DONUT DASH 5K	WWW.RUNSIGNUP.COM	CAPE CORAL FL.	
SATURDAY MARCH 28 TBA	MARCO ISLAND KIWANIS 5K	WWW.RUNSIGNUP.COM	MARCO ISLAND FL.	
SATURDAY MARCH 28 TBA	RUN FOR MUSIC 10K AND 5K	WWW.RUNSIGNUP.COM	NAPLES FL.	
SATURDAY APRIL 4 TBA	FOOLS RUN 5K	WWW.RUNSIGNUP.COM	VENICE FL.	
SATURDAY APRIL 11 TBA	FCA 5K	WWW.RUNSIGNUP.COM	VENICE FL.	
SUNDAY APRIL 12 TBA	KRAKEN RUN 10K/5K	WWW.RUNSIGNUP.COM	SARASOTA FL.	
SATURDAY APRIL 18 TBA	ENGLEWOOD BEACH TURTLE RUN 5K TROT	WWW.RUNSIGNUP.COM	ENGLEWOOD FL.	
SATURDAY APRIL 18 TBA	NAPLES PARADISE COAST HALF MARATHON AND 5K	PAGE 39 WWW.ELITEEVENTS.COM	NORTH COLLIER REGIONAL PK NAPLES FL.	
SATURDAY APRIL 18 TBA	RACE FOR THE PLANET 5KTRAIL RU	WWW.RUNSIGNUP.COM	PUNTA GORDA FL.	
SATURDAY APRIL 18 TBA	TURTLE TROT 5K	WWW.RUNSIGNUP.COM	FORT MYERS FL.	
SATURDAY APRIL 25 TBA	GIRLS ON THE RUN	WWW.RUNSIGNUP.COM	NAPLES FL.	
SUNDAY APRIL 26 TBA	RINGLING BRIDGE 5K/10K	WWW.RUNSIGNUP.COM	SARASOTA FL.	

RUNNING ORLANDO

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY MARCH 14 TBA	LUCKY LEPRECHAUN 5K	WWW.RUNSIGNUP.COM	COCOA BEACH FL.	
SATURDAY MARCH 14 TBA	SPRING TO LIFE 5K AND 10K	WWW.RUNSIGNUP.COM	CLERMONT FL.	
SATURDAY MARCH 21 TBA	GATEWAY TO SPACE 5k and 10k	WWW.RUNSIGNUP.COM	CAPE CANAVERAL FL.	
SUNDAY MARCH 22 TBA	LAKE MINNEOLA 1/2 MARATON 13.1 / 10K / 5K	WWW.RUNSIGNUP.COM	CLERMONT FL.	
SATURDAY MARCH 28 7:30 AM	WINTER PARK ROAD RACE 10K AND 2 MILER	EMMI 407-896-1160	WINTER PARK FL.	
SATURDAY APRIL 4 TBA	EASTER BEACH RUN 4 MILE / 2 MILE	WWW.RUNSIGNUP.COM	DAYTONA BEACH FL.	
SATURDAY APRIL 11 TBA	SEASIDE STRIDE BEACH RUN 20 MILE / 10 MILE	WWW.RUNSIGNUP.COM	CAPE CANAVERAL FL.	
SUNDAY APRIL 12 TBA	SPACE COAST CLASSIC 15K 15K / 2 MILE	WWW.RUNSIGNUP.COM	COCOA FL.	
THURSDAY APRIL 30 6:45 PM	ADVENT HEALTH CORPORATE 5K	EMMI 407-896-1160	ORLANDO FL.	
SATURDAY MAY 9 7:30 AM	RUN FOR THE TREES JEANNETTE GENIUS MCKEAN MEMORIAL 5K	EMMI 407-896-1160	WINTER PARK FL.	



Tampa Bay's Top Triathlons

RUNNING NORTH

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SUNDAY MARCH 15 TBA	ST PADDT'S RUN 5K / 10K	1ST PLACE SPORTS 904-731-3676	EVERGREEN CEMETERY JACKSONVILLE FL.	
SATURDAY MARCH 21 TBA	CHICK-FIL-A CHICKEN BISCUIT 5K RUN	1ST PLACE SPORTS 904-731-3676	JACKSONVILLE FL.	
SATURDAY MARCH 28 TBA	BAYOU HILLS RUN 10K/5K	850-434-2800	PENSACOLA FL.	
SATURDAY MARCH 28 TBA	SPRINGTIME 10K	WWW.RUNSIGNUP.COM	TALLAHASSEE FL.	
SATURDAY MARCH 28 TBA	TRAIL OF PAYNE 5K / 10K	WWW.RUNSIGNUP.COM	GAINESVILLE FL.	
SATURDAY APRIL 4 TBA	BOWLEGS 5K RUN	WWW.RUNSIGNUP.COM	TALLAHASSEE FL.	
SATURDAY APRIL 4 TBA	GATOR CLOT 5K	CONTACT BDFE	GAINESVILLE FL.	
SATURDAY APRIL 11 TBA	PALLACE SALOON 5K	WWW.RUNSIGNUP.COM	TALLAHASSEE FL.	
SATURDAY APRIL 11 TBA	WINE AND CHOCOLATE RUN 5K	1ST PLACE SPORTS 904-731-3676	JACKSONVILLE FL.	
SATURDAY APRIL 18 TBA	CRAWFISH 5K ON pensacola beach	WWW.RUNSIGNUP.COM	PENSACOLA BEACH FL.	
SATURDAY APRIL 18 TBA	RUN TO THE SUN 5K	1ST PLACE SPORTS 904-731-3676	ORANFE PARK FL.	
SATURDAY MAY 30 TBA	MEMORIAL DAY 5K RUN	1ST PLACE SPORTS 904-731-3676	ORANFE PARK FL.	

RUNNING SOUTH

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY MARCH 14 TBA	HEROES HOME RUN	WWW.RUNSIGNUP.COM	STUART FL.	
SATURDAY MARCH 14 TBA	MICCOSUKEE GLADES RUNNER 50K / 16.5K / 5K	WWW.RUNSIGNUP.COM	MIAMI FL.	
SUNDAY MARCH 15 8:00 AM	ST PATT'S ISLAND 5K/10K	WWW.RUNSIGNUP.COM	ISLAMORADA FL.	
SATURDAY MARCH 21 TBA	GOPHER TORTOISE GALLOP 5K	WWW.RUNSIGNUP.COM	WEST PALM BEACH FL.	
SATURDAY MARCH 21 TBA	SUNRISE HALF MARATHON & 5K	PAGE 40 ELITE RUNNING EVENTS WWW.ELITEEVENTS.COM	SUNRISE FL.	
SATURDAY MARCH 28 TBA	FROM WASTE TO RACE 5K	WWW.RUNSIGNUP.COM	MIAMI FL.	
SATURDAY MARCH 28 TBA	RUN SINGER ISLAND 13.1 / 10K	WWW.RUNSIGNUP.COM	RIVIERA BEACH FL.	
SATURDAY APRIL 4 TBA	OUTRUN HUNGER 5K	WWW.RUNSIGNUP.COM	DAVIE FL.	
SATURDAY APRIL 11 TBA	STEPS FOR SOS 5K	WWW.RUNSIGNUP.COM	COCONUT CREEK FL.	
SUNDAY APRIL 12 TBA	DORAL HALF MARATHON 13.1/10K/5K	#RunDoral #CorreDoral	DORAL FL.	
SUNDAY APRIL 12 TBA	KB HALF MARATHON 13.1 MILES	INTEGRITY MULTISPORT	KEY BISCAYNE FL.	
SUNDAY APRIL 12 TBA	RUN WITH THE COPS 5K	WWW.RUNSIGNUP.COM	WEST PALM BEACH FL.	
SATURDAY APRIL 18 TBA	MIAMI-OPA - LOCKA EX. AIRPORT RUNWAY 5K / 10K	WWW.RUNSIGNUP.COM	OPA-LOCKA	
SATURDAY APRIL 18 TBA	RUUNING WITH THE HEROES 5K	WWW.RUNSIGNUP.COM	JUPITER FL.	
SUNDAY APRIL 19 TBA	RUN FOR SWEET CAROLINE 5K	WWW.RUNSIGNUP.COM	HOLLYWOOD 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*

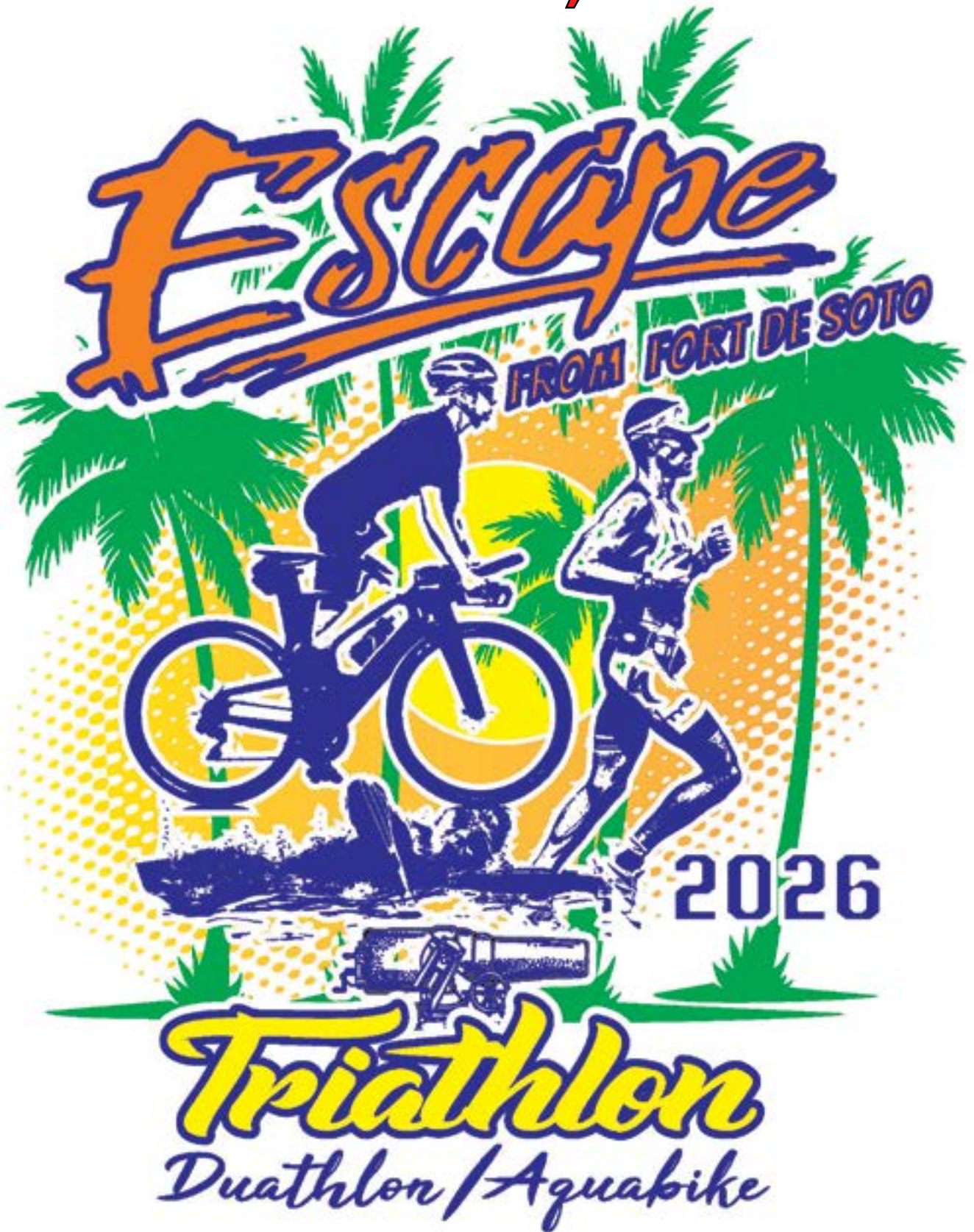
A summer favorite is to finish a run at the gulf, a lake, a spring, or your neighbors pool ;) & jump in for a refreshing finish!

Happy summer running from all of us at The Running Center

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



APRIL 11, 2026

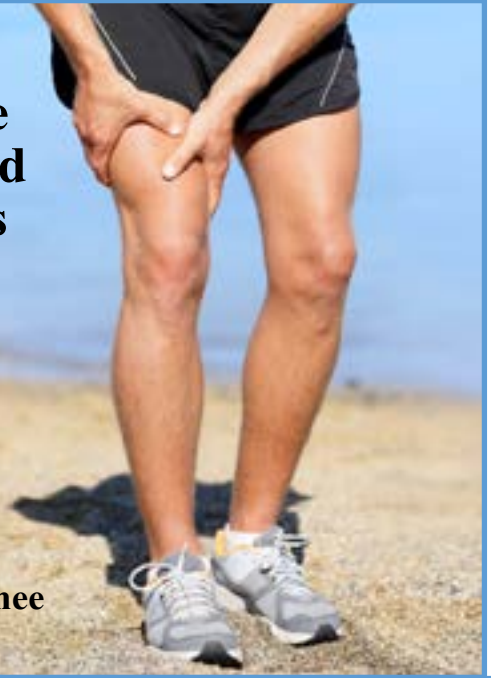


PHYSICAL
CHIROPRACTIC



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.



CLEAN AIR RIDE 2026



14 Miles

28 Miles

48 Miles

100 Miles

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www.CleanAirRide.com

March 28, 2026

www.DRCSPORTS.COM



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AQUA BIKE



SWIM 1/4 Mile

BIKE 12 Miles

RUN 3 Miles

Fort Island Beach - Crystal River
Home of the Manatee

TAMPA FIREFIGHTERS 5K

20



26

15TH ANNUAL

A race to benefit pediatric burn survivors

Race Date: April 4, 2026

Check in begins at 6:30 am

- 5K Race starts at 8:00 am and 1 Mile Fun Run at 8:10
 - Starting and Ending in front of the Tampa Firefighters Museum and Tampa Fire Rescue Headquarters
720 E. Zack St. Tampa, FL 33602
 - Packet Pick-up available at:
Tampa Firefighters Museum 4-7pm April 1st
Tampa Firefighters Museum 11am-6pm April 3rd
- Race Day Check-In available at Tampa Firefighters Museum

Race Ticket includes:

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

Gold Sponsors



Registration Form (Please Print Clearly)

Name _____ Date of Birth _____ Age _____ M F
 Address _____ City, State Zip _____
 Phone _____ Email _____

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

(Race Day T-Shirt guaranteed for 5K runners if registered by March 17th)

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

Entry Fee: 5K \$30 until 2/20/2026 • \$35 2/21/2026 to 4/03/2026 • \$40 Day of Race

Entry Fee: 1 Mile Fun Run \$25.00 • \$30 Day of Race

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

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

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

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

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

• Signature

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



BI-TRIATHLONS

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SATURDAY APRIL 26 8:00 AM	JUST TRI IT ! KIDS TRIATHLON	DRC SPORTS WWW.DRCSPORTS.COM	COCOA BEACH FL	AGES 5-8 AGES 9-11 AGES 12-14
SUNDAY MARCH 8 TBA	GREAT CLERMONT TRIATHLON	WWW.RUNSIGNUP.COM	CLERMONT FL.	SPRINT DU. SPRINT OLYMPIC DU AND T AQUATHLON
SUNDAY MARCH 15 TBA	TREASURE COAST TRIATHLON	GAME ON1 Willie@GameOnRaceEvents.c	FORT PIERCE FL.	SPRINT. SPRINT OLYMPIC TRIATHLON RELAYS
SUNDAY MARCH 15 TBA	TRIGATOR ESCAPE THE SWAMP TRI	DRC SPORTS WWW.DRCSPORTS.COM	GAINESVILLE FL.	SPRINT SUPER SPRINT RELAYS
SATURDAY MARCH 21 TBA	SPACECOAST TRIATHLON	WWW.RUNSIGNUP.COM	COCOA BEACH FL.	SPRINT TRIATHLON SPRINT DUATHLON 5K RUN
SUNDAY MARCH 22 TBA	GRAN FONDO FLORIDA BIKE RIDE	PAGE 5 WWW.GRANFONDO NATIONALSERIES.COM	DADE CITY FL.	
SATURDAY MARCH 28 TBA	CLEAN AIR BIKE TOUR BIKE RIDES OF 14 MILES.25 MI. 48 MILES. 100 MILES	PAGE 16 DRC SPORTS WWW.DRCSPORTS.COM	WITHLACOCHEE STATE TRAIL BROOKSVILLE FL.	
SATURDAY APRIL 11 TBA	ESCAPE FROM FORT DESOTO TRI	PAGE 14 WWW.RUNSIGNUP.COM	FORT DESOTO PARK ST. PETE FL.	SWIM 1/4 MILE RUN 3.1 MILE BIKE 10 MILES
SUNDAY APRIL 12 TBA	BILL BONE OLYMPIC TRIATHLON	GAME ON ! Willie@GameOnRaceEvents.c	OKEEHEELEE PARK WEST PALM BEACH FL.	OLYMPIC DISTANCE SPRINT / DUATHLON RELAY TEAMS
SUNDAY APRIL 12 TBA	RON JON COCOA BEACH TRI. COCOA BEACH TRIATHLON	WWW.RUNSIGNUP.COM	COCOA BEACH FL.	SPRINT TRIATHLON SPRINT DUATHLON RELAYS
SUNDAY MAY 3 TBA	FINISH LINE TRIATHLON SPRINT DU - TRIATHLON INTERN. DU - TRIATHLON	PAGE 9 WWW.RUNSIGNUP.COM	FORT DESOTO PARK ST PETE FL.	SPRINT TRIATHLON SPRINT DUATHLONS REYALS
SATURDAY MAY 9 TBA	GIRLZ ON FIRE SPRINT TRI.	WWW.RUNSIGNUP.COM	CLERMONT FL.	SPRINT TRI DUATHLON SPRINT RELAYS
SUNDAY MAY 17 TBA	DUNEDIN ROTARY TRIATHLON	PAGE 25 DRC SPORTS WWW.DRCSPORTS.COM	DUNEDIN FL.	SPRINT TRIATHLON DUATHLON AQUABIKE
SATURDAY MAY 23 TBA	CRYSTAL RIVER TRIATHLON	PAGE 16 DRC SPORTS WWW.DRCSPORTS.COM	FORT ISLAND BEACH CRYSTAL RIVER FL.	SWIM 1/4 MILE BIKE 12 MILES RUN 3 MILES



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- 4/12 - Bill Bone Triathlon - West Palm Beach**
- 4/12 - Cocoa Beach Triathlon - Cocoa Beach**
- 4/18 - Mullet Man - Pardido Key**
- 4/26 - Just Tri It (kids) - St. Augustine**
- 5/03 - Finish Line Triathlon - St Pete**





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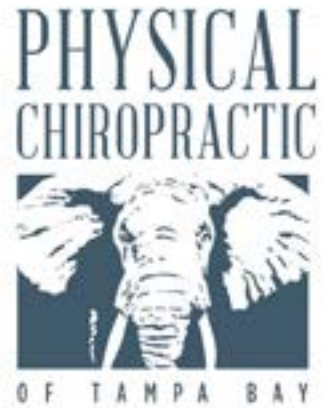
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Nia Armstrong: Faith, Focus, and the Fast Lane to 2028



By Dr Tommy Rhee

At just seven years old, **Nia Armstrong** was already circling the track under the guidance of her father. What began as a father-daughter bonding experience quickly evolved into something more—a journey defined by discipline, faith, and a fierce competitive edge.

“I started at 7 years old with my dad coaching me to run,” Nia says. “At first, I was running all the events.” But by age nine, her path narrowed. Knee pain from high jumping forced her to adjust. Surprisingly, hurdles didn’t aggravate her knee. She leaned into the event—and never looked back.

“I stayed with hurdles because it didn’t give me knee pain. I stuck with it and got good.”

That decision would prove pivotal.

The Work Behind the Speed

To the casual fan, hurdling looks rhythmic and effortless. But behind every smooth clearance is a grueling training regimen.

“The hardest part of training that most people don’t see is running several 300 meters for time with little rest in between,” Nia explains.

Those repeated lactic-acid sessions build not only physical strength, but mental toughness. And she doesn’t face them alone.

“My dad helps me with discipline. He’s always there to remind me of my workouts and training.”

Her father isn’t just a parent in the stands—he’s her coach with the VAST Track Club, blending structure and support in a way few athletes experience.

Precision at Full Speed

Hurdles demand more than raw speed. They require split-second timing, stride control, and razor-sharp focus.

“Before a race, I prepare with my warm-up and think about my race and how I run it perfect,” she says.

One technical detail she’s refining this year? Her approach to the first hurdle.

“I’m working on my starts to the first hurdle. I’m trying to figure out if it’s a 7-step or 8-step technique.”

That single stride decision can determine rhythm for the entire race. For elite hurdlers, the race is often won or lost before hurdle one.

Locked In—Without the Headphones

In an era where most athletes warm up with music blasting through headphones, Nia stands apart.



“Funny thing is that I do not listen to music when warming up like other racers. I feel that music will distract my focus.”

Instead, she visualizes.

“When I’m warming up, I’m going over the race in my head—and I pray to God.”

For Nia, preparation is both mental and spiritual. Visualization sharpens her execution. Faith strengthens her resolve.

Battling Through Adversity

Even champions face setbacks. Currently, Nia is managing a hamstring strain.

“Therapy is helping a lot,” she says confidently.

Injury can derail young athletes, but for Nia, it’s simply part of the process—another hurdle to clear.

A Championship Resume

Despite her youth, Nia already owns an elite résumé: AAU All-American; 3x Junior Olympic National Champion (High Jump, Javelin, Hurdles); 3x New Balance Outdoor National Champion (7th, 8th, and Freshman Year); and 5x New Balance All-American (100m Hurdles ×3, 400m Hurdles, Shot Put). She also dominated the FLYRA Middle School State Championships, winning multiple hurdle titles while placing in javelin and shot put.

Her range across hurdles, jumps, and throws highlights rare versatility—but hurdles remain her signature event.



Built on Faith and Family

When asked who has played the biggest role in her development, Nia doesn't hesitate.

“My dad and God.”

Her father, who coaches VAST, has guided her since day one—balancing encouragement, accountability, and mentorship.

“I'm lucky that he is my coach. He supports and encourages me with motivation—as a father and as a coach.”

Her faith provides another anchor.

“I depend on God's word to help me overcome any problems and gives me strength in hard times.”

Eyes on the Future

At 15 years old, Nia's goals are clear and unapologetically ambitious.

“Win states in 2026.” And beyond high school? “Make it to the 2028 Olympics.”

For a young athlete with her résumé, work ethic, and mindset, that goal feels less like a dream—and more like a plan.

On tough days, when workouts burn and progress feels slow, she leans on the same source that started it all.

“My dad motivates me. He gives me energy to push through.”

The Road Ahead

In hurdling, success depends on rhythm—finding the perfect stride between obstacles without breaking speed.

Nia Armstrong is doing just that. Step by step. Hurdle by hurdle.

And if her trajectory continues, don't be surprised if the world meets her on a much bigger stage in 2028.





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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



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April 18
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Half Marathon & 5K



Oct TBD
Naples
Half Marathon & 5K



Oct TBD
Hollywood
Half Marathon & 5K



Nov TBD
Naples
Half Marathon & 5K



Nov 26
Estero
Half Marathon & 5K



Nov 26
Naples
Half Marathon & 5K



Dec 26
Sarasota
Half Marathon & 5K



Dec TBD
Sarasota
Half Marathon & 5K



Jan TBD
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Half Marathon & 5K



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SATURDAY, MARCH 21, 2026

📍 Location: Markham Park - Sunrise, FL

🕒 Time: 6:30 AM

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SATURDAY, APRIL 18, 2026

📍 Location: North Collier Regional Park - Naples, FL

🕒 Time: 6:30 AM

👕 What's Included:

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Your Best 5K Race

Preparation, Strategy, and Execution for Achieving Your Personal Record by
Coach Bill Strack

Once you have developed a strong foundation of running fitness and feel ready to achieve your best 5K performance, a few key preparations and strategies on race day can help you reach a new personal record (PR).

Race Warm-Up

Arrive at the race at least one hour before the start time. This early arrival allows you to relax, locate bathrooms, and gives you enough time for a thorough warm-up. Beginning your warm-up 35 to 45 minutes prior to race start is ideal. Your routine might include 15 minutes of easy jogging, followed by 10 minutes of gentle stretching, and finishing with three sets of 30-second strides. These steps ensure your body is prepared for peak performance.

Overall Race Strategy

Patience is essential in the early stages of your race. World records from 1500 meters to the marathon are achieved by running negative splits, meaning the first half of the race is run at a slightly slower pace than the second half. By remaining patient and focused, you can control your adrenaline and competitive impulses. Managing your pace at the start is critical for a strong finish; avoid running the first half mile or mile too fast, as this may leave you exhausted before the end.

1st Mile

Begin the race by targeting a pace that is 5 to 10 seconds per mile slower than your overall goal pace. While it may feel challenging mentally—especially if you are being passed by competitors you want to beat—your *patience* will pay off. You will have the energy to pass them in the final mile and reach your time goal at the finish line.

2nd Mile

This is where your race truly begins. Start to increase your pace and effort to reach your target pace. As the race progresses, maintaining or increasing your pace becomes harder, so it's important to focus and shift from *patience* to *determination*. Engage with competitors around you — find a group or individual running at your pace or slightly faster and stay with them. Relax, focus, and worry less about your splits, concentrating instead on keeping up with the group.

1.5 Miles

At this point, the effort may begin to feel intense, but if you remind yourself that you are more than halfway through, you can often summon a surge of energy. Prepare mentally for this challenge and recognize that negative thoughts are common among all competitors.

3rd Mile

In the final 1.1 miles, maintain your focus and determination. Choose one person ahead of you as a target and work on catching up to them. When you pass them, embrace the burst of energy and then pick another competitor to focus on, repeating this process all the way to the finish. With half a mile left, dig deep, kick hard, and finish fast.

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Online registration only – Registration closes 4/8/26 – No walk-ins

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Five key tips for first time triathletes

Here are five of the most important tips you should know for your first triathlon

Swim breathing

On the swim, the most important thing you can do is focus on steady rhythmic breathing. This focused breathing will help keep your mind calm and your heart rate under control. Steady breathing reduces chances of anxiety or panic. It's okay to even slightly delay your stroke rate in order to get a good deep breath, and make sure you are consciously exhaling when your face is in the water.

Wetsuit removal

If your race is a wetsuit swim, ideally you will have trained in the wetsuit several times prior. On race day one of the most important things is to use Body Glide or something like canola oil spray on the skin of your forearms and lower legs, as well as the outside of the wetsuit on the forearms and lower legs. This way when you exit the swim, you will not get stuck hopping around in your wetsuit for several minutes! Be sure to rinse your wetsuit off after the race so the oil or Body Glide does not sit on the surface for too long.

Transition plan

You should have a plan for your transitions going into the race. Transition doesn't need to be the fastest in the world, but your plan should not include sitting down to take a nap. Have a process that you have run through in your head and hopefully even practice a handful of times prior. Do not try to do everything at once.

Bike safety

On the bike there are a couple of safety issues you must do your best to adhere to. In the United States you want to stay on the right side of the road throughout the race unless you are passing another competitor. By staying on the right side it allows faster riders to pass you safely on the left. Staying on the right also ensures you are not impeding riders behind you. Part two for safety on the bike - if you are going to stop for any reason, ideally signal with your right hand, then slow down slowly, and quickly take yourself and your bike off the road. If you stay on the road you are a major danger to other competitors as well as yourself. Some of them will be going very fast and often triathletes in the aero position are not looking super far down the street. So please get off the road.

Run Form

When you get to the run, it is very helpful to focus on two things: Quick feet, and a relaxed upper body. These are the two key pieces of run form that will set you up to have a good run. If you try to take giant steps you are likely to fatigue yourself, and if you remain tense throughout your upper body it's going to have negative effects on your stride rate & stride length and probably result in stomach cramps or side stitches. Use the first handful of minutes to find your rhythm while maintaining quick feet and a relaxed upper body and it will set you up for a strong run.

Also don't forget to drink and eat, but that's another article!

USA Triathlon Coach Marty Gaal, CSCS, has been working with endurance athletes for more than twenty years. He used to race all around Florida before moving to the Raleigh area of North Carolina. You can read more about his coaching programs at www.osbmultisport.com.

[Check Out Our Video Vlog Page For More Information](#)



Why Overstretching Can Be Counterproductive for Runners

By Dr Tommy Rhee

Stretching has long been considered a staple of every runner's routine. But more isn't always better. In fact, overstretching can actually work against performance, resilience, and injury prevention.

Muscles and tendons are designed to store and release elastic energy—think of them as springs. When tissues are overstretching, especially

aggressively or for prolonged periods, that spring-like tension is reduced. The result? Less power return with each stride, decreased running efficiency, and slower times.

Overstretching can also destabilize joints. Runners depend on controlled stiffness in the hips, knees, and ankles to absorb impact and transfer force. Excessive flexibility without adequate strength can create joint laxity, increasing the risk of tendinopathy, muscle strains, and overuse injuries.

Another overlooked issue is neuromuscular inhibition. Long static stretches before running can temporarily reduce muscle activation and reaction speed—exactly what runners don't want when pushing off the ground thousands of times per run.

This doesn't mean stretching is bad. The key is *appropriate* mobility. Runners should aim for functional range of motion, not extreme flexibility. Dynamic movement, light activation drills, and strength-based mobility help tissues stay elastic, responsive, and strong.

In running, efficiency beats excess. When it comes to stretching, doing just enough—rather than too much—keeps your stride powerful, your joints stable, and your body ready to perform.



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

When: Saturday, **April 4, 2026.**, 50M starts at 6:00am, 50K starts at 7:00am and the 16 Mile at 7:00am

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

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

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

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

Packet Pickup: Friday **April 3** from 4pm to 7pm at the race start area and also Saturday **April 4**

Charity: Friends of The Withlacoochee State Forest

Parking: Please try to carpool to the event if possible

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

Entry Fees:

Croom Trail 50 Mile Fools Run

Croom Trail 50K I'm Not A Fool Run

John Holmes 16 Mile Trail Run

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

Early Entry (until 12/31/25)

\$90

\$80

\$60

Later Entry (until 4/2/26)

\$105

\$95

\$70

RAIN OR SHINE

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

Name _____ Sex _____ Age _____ Birthdate _____

Address _____ Phone: _____

City _____ State _____ Zip _____

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

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

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

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

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

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

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

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

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



The Power of Swimming: Positive Vibes for Everyday Living

Swimming is more than just a recreational activity; it's a multifaceted experience that enhances physical, mental, and emotional well-being. From the moment you glide into the water, a transformation begins, swimming influences daily life by fostering positivity and vitality.

Physical Benefits

1. **Full-Body Workout:** Swimming engages almost every muscle group, providing an excellent cardiovascular workout. Regular swimming can improve strength, flexibility, and endurance, leading to better overall health.
2. **Low-Impact Exercise:** The buoyancy of water supports the body, reducing stress on joints and making swimming accessible for people of all ages and fitness levels.
3. **Weight Management:** As a calorie-burning exercise, swimming can aid in weight management and contribute to a healthier lifestyle.

Mental Well-Being

1. **Stress Relief:** The repetitive nature of swimming can have a meditative effect. Many swimmers report feeling less stressed after a session in the pool or open water, as the soothing water helps to clear the mind.
2. **Mental Clarity:** The focus required in swimming—whether it's mastering a stroke or maintaining breath control—encourages mindfulness, promoting greater mental clarity and focus in daily tasks.
3. **Confidence Boost:** Mastering swimming skills can improve self-esteem. This newfound confidence can spill over into other areas of life, encouraging individuals to tackle challenges head-on.

Emotional Benefits

1. **Community and Connection:** Swimming can be a social activity. Whether participating in a swim team or enjoying casual swims with friends, the sense of community fosters relationships and boosts overall mood.
2. **Joy of Movement:** The sensation of being in water is inherently joyful for many. This happiness can enhance mood, leading to a more positive outlook on life.
3. **Mind-Body Connection:** Swimming encourages body awareness, helping individuals connect more deeply with their physical selves. This connection can lead to better emotional regulation and resilience against life's challenges.

The Ripple Effect

The benefits of swimming often extend beyond individual experiences. When people engage in swimming and promote positivity, they influence their surroundings. Their energy can uplift friends, family, and communities. This cascade of positive vibes can inspire others to adopt healthier lifestyles and contribute to a more supportive environment.

Coach Leo





Dunedin's Annual 5K Run/Walk Returns!

Saturday
May 2, 2026
8:00 a.m.

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

All ages, groups, and families
welcome to participate!

► **Course, Giveaways & Awards:**

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

- Dry-Fit T-Shirt to the first 500 people registered
- Chip Timing
- Awards to Top Male & Top Female Overall
- Awards to Top 3 Male & Female in each 5-yr. age group and Masters (40+)
- Pancake Breakfast provided post-race by the Kiwanis Club of Dunedin

► **Fees & Deadlines:**

\$25/person through April 28; \$30/person as of April 29

► **Online Registration:**

Register at www.Dunedin.gov/payonline or www.Active.com - Available through May 1, 12:00 p.m.

► **In-Person Registration:**

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

► **Race Day Registration:**

Open 7-7:45 a.m. ONLY. Early registration is strongly encouraged to avoid wait times & cut-offs.

► **Packet Pick-Up:**

Thursday, April 30, between 7:00 a.m. - 8:00 p.m.
Dunedin Community Center
1920 Pinehurst Road, Dunedin FL • 727-812-4530

► **For More Info:**

Call 727-733-6728



Tampa Bay Runners
presents

Driscoll's



45th Strawberry Classic

EVENTS

Strawberry Classic
10k
\$35
7:00AM EDT - 11:59AM EDT

Strawberry Classic
10k Student
\$25
7:00AM EDT - 11:59AM EDT

Strawberry Classic
5k
\$30
8:30AM EDT - 11:59AM EDT

Strawberry Classic
5k Student
\$20
8:30AM EDT - 11:59AM EDT

Strawberry Classic
15k Challenge
\$55
7:00AM EDT - 11:59AM EDT

Strawberry Classic
15k Challenge
Student
\$45
7:00AM EDT - 11:59AM EDT

Strawberry Classic
Fun Run
\$10
9:00AM EDT - 11:59AM EDT

Virtual Strawberry
Classic 5K
\$30

Virtual Strawberry
Classic 10K
\$35

Virtual Strawberry
Classic 15K Challenge
\$55

Virtual Strawberry
Classic Fun Run/1 Miler
\$10



www.TampaBayRunners.com

PRESENTING SPONSOR GOLDEN BERRY SPONSOR



45th Annual Driscoll's Strawberry Classic (runsignup.com)

The 45th Annual Driscoll's Strawberry Classic will be on Saturday, March 28, 2026. For 44 years, we have been putting on a race that benefits our charities, our members and our community. Race benefits Local Meals on Wheels and Children's Dream Fund. This Year join us for the 5k, 10k or 15k Distance Challenge (5k+10k). Those ambitious runners will be able to run both! Register now! Don't forget to invite friends and family to join you in the running (or walking) fun!

We love dogs, and they make great training partners, but for their safety and yours, please leave your pet at home on race day. **NO DOGS** are allowed on the race course.

VIRTUAL OPTION!

For those who are unable to attend the 2026 Driscoll's Strawberry Classic Race in person, we have the virtual option. This option allows you to run at your own convenience wherever and whenever you choose to do it and still get all the race medals, shirts and bibs. (Virtual Race Packets can be picked up at the same time and locations as the live event). Any packets remaining for Virtual runners only will be mailed out Monday after the Live Event.

(Please note: Shirts sizes are only guaranteed if preregistered before March 1, 2026. After that, the shirts will be available as noted when you register. Some shirt sizes will not be available close to and on race day)

RACE START TIMES

7:00am - 10k race start

8:30am - 5k race start

9:00am - 1 mile Strawberry Fun Run start

All races begin at the Temple Terrace Elementary School

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

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

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

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

Team Medals - NEW THIS YEAR!! Award to the largest team with the MOST team members REGISTERED. So be sure to sign up or add to your favorite team/group!

Race t-shirts for all races!* If you complete the 15k challenge you will receive three medals.

EARLY RACE PACKET PICKUP

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

- Thursday, March 26 from 4:30pm - 6:30pm
Location TBD
- Friday, March 27 from 4:30pm - 7:30pm
Location TBD
- Day of race - Saturday, March 28, 2026
Temple Terrace Elementary School
124 Flotto Ave, Tampa, FL 33617

B.I.P (BERRY IMPORTANT PERSON) SPONSOR





CALIENTE
BARE DARE
5k 

17th ANNUAL
CLOTHING-OPTIONAL RUN


Caliente
Club & Resorts

SUNDAY, APRIL 26, 2026 - 8:30 AM

LAND O'LAKES, FLORIDA
REGISTER: NUDE5K.COM

JUNE 27

**AL LOPEZ PARK
8:00AM START
TAMPA, FLORIDA**

BelieveWithMe.com's
FREEDOM 
4 *Miler*



Scan to Sign Up!

**A 4 MILE RUN WHERE 100% OF THE PROCEEDS
BENEFIT THE FAMILIES OF FALLEN SERVICE MEMBERS.**

**EACH MILE IS NAMED AFTER A FALLEN HERO.
LEARN THEIR STORY AS YOU RUN ALONG THE WAY.**

FUN FOR THE WHOLE FAMILY!

- FREEDOM 4 MILER RUN/WALK
- I MILE LITTLE PATRIOT'S RUN
- TINY CADET DASH
- GIFT DROP OFF FOR "CHRISTMAS IN JULY!"
- SNOWBALL FIGHT & MORE!

**SIGN UP NOW
BEFORE
PRICES RISE!**

**TAMPA, FLORIDA - JUNE 28
AL LOPEZ PARK @ 8AM**

All proceeds go directly towards benefitting Believe With Me's families of fallen soldiers! Learn more at BelieveWithMe.com.



**FLORIDA'S LARGEST
DUATHLON**
Chilly Willy
Duathlon 2027



wants you



Sunday February 27th

Run 5K Bike 10 Miles Run 5K

Plus This Year Super Sprint Distance

Run 5k Bike 18 Miles Run 5K

Registration is Open!



**FREE Gift with any HOKA purchase
from Feet First during during the promo dates
APRIL 15th- 30th**



Feet First Tampa
3401 W Bay to Bay Blvd.
Tampa, FL 33629
813-835-1339

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

feetfirstrunning.com

Finish Line Racing Multi-Sport Events

May 3, 2026

Fort Desoto Park

Saint Petersburg Fl.



536

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