

FLORIDA RacePlace

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

Free

VOL 44 NO 5
Sept - Oct 2026

Online



January 16 & 17, 2027

5K/10K

Challenge

5K/10K

**St. Pete Beach
CLASSIC**

JANUARY 16 & 17



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FLORIDA RACE PLACE ONLINE

Index - Sept – Oct 2026



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Wobble Turkey Trot
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Outlets, Lutz FL.
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NOVEMBER 26

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Jan. 16,17 2027
St Pete Beach 1/2 Mar
St. Pete Beach, Florida
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St. Pete Beach CLASSIC
January 16 & 17, 2027
5K/10K
Challenge
5K/10K
St. Pete Beach CLASSIC
JANUARY 16-17

RPM MAGAZINE
3314 HENDERSON BLVD. Ste 100
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Oct. 10
Police Memorial Run
Page 26

32nd Annual Tampa Police Memorial

TAMPA POLICE
MEMORIAL 5K RUN
1225

Tampa Police Memorial Run
5K & 1 Mile Run/Walk
Saturday, October 10, 2026
5K Starts at 8 a.m.
1 Miler Starts at 9 a.m.
Lykes Gaslight Square Park



RUNNING TAMPA BAY

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
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	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	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	GADSEN PARK TAMPA FL.	
SATURDAY OCTOBER 10 TBA	TAMPA POLICE MEMORIAL RUN 5K	PAGE 26 WWW.RUNSIGNUP.COM	DOWNTOWN TAMPA FL.	
SATURDAY OCTOBER 17 TBA	CAMO AND COBWEBS 5K	WWW.RUNSIGNUP.COM	SUNEDIN FL.	
SATURDAY OCTOBER 17 TBA	WITHLACOOCHEE RIVER 5K	WWW.RUNSIGNUP.COM	DADE CITY FL.	
FRIDAY OCTOBER 23 TBA	RAGNAR SUNCOAST 127 MILE RELAY	START IN CLEARWATER	runraqnar.com/race/suncoast/	
SATURDAY OCTOBER 24 TBA	A KITTEN PLACE BLACK CAT 5K	WWW.RUNSIGNUP.COM	VALRICO FL.	
SATURDAY OCTOBER 24 TBA	HERNANDO HUSTLE 5K	WWW.RUNSIGNUP.COM	BROOKSVILLE FL.	
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.	
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	RED RIBBON RUN 5K	WWW.RUNSIGNUP.COM	LAKELAND 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.	
FRIDAY NOVEMBER 6 TBA	RICHARD'S RUN FOR LIFE 5K	WWW.RUNSIGNUP.COM	YBOR CITY FL.	



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 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	LAKE TO LAKE 10K	WWW.RUNSIGNUP.COM	LAKELAND FL.	
SATURDAY NOVEMBER 7 TBA	RACE FOR EDUCATION 5K	WWW.RUNSIGNUP.COM	USF CAMPUS 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	TURKEY TRAILS RUNS 10K AND 5K	WWW.RUNSIGNUP.COM	TAMPA 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	STEPS FOR STEPSON 5K	WWW.RUNSIGNUP.COM	THONOTOSASSA FL.	
SATURDAY NOVEMBER 14 TBA	USF SWE 5K	WWW.RUNSIGNUP.COM	USF CAMPUS TAMPA FL.	
SATURDAY NOVEMBER 14 TBA	VETERANS DAY RUNS 13.1, 10K, 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY NOVEMBER 21 TBA	CHERRIFF CHAD CHRONISTER'S ULTIMATE RUNS 10K AND 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY NOVEMBER 21 TBA	MILES FOR MOFFITT 10K AND 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
WEDNESDAY NOVEMBER 25 TBA	EAGLE 5K,10K AND 1/2 MARATHON	WWW.RUNSIGNUP.COM	NEW PORT RICHEY FL.	
THURSDAY NOVEMBER 26 TBA	BAYCARE WOBBLE TURKEY TROT	PAGE 43 WWW.RUNSIGNUP.COM	LUTZ FL.	
THURSDAY NOVEMBER 26 TBA	COFFEE POT TURKEY TROT 5K	WWW.RUNSIGNUP.COM	ST. PETE FL.	
THURSDAY NOVEMBER 26 TBA	FISHHAWK TURKEY TROT 10K AND 5K	WWW.RUNSIGNUP.COM	LITHIA FL.	
THURSDAY NOVEMBER 26 TBA	KIWANIS BROOKSVILLE TURKEY TROT 5K	WWW.RUNSIGNUP.COM	BROOKSVILLE FL.	
THURSDAY NOVEMBER 26 TBA	ST PETE RUNNING COMPANY THANKSGIVING DAY 5K	WWW.RUNSIGNUP.COM	ST. PETE FL.	
THURSDAY NOVEMBER 26 TBA	TAMPA PALMS 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
THURSDAY NOVEMBER 26 TBA	TAMPA YMCA TURKEY TROT	WWW.RUNSIGNUP.COM	TAMPA FL.	
THURSDAY NOVEMBER 26 TBA	TURKEY DAY 5K	WWW.RUNSIGNUP.COM	UPPER TAMPA TRAIL TAMPA 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.	
SUNDAY NOVEMBER 29 TBA	WHITE ELEPHANT 5K/10K	WWW.RUNSIGNUP.COM	LAKELAND FL.	
SATURDAY DECEMBER 5 TBA	CONQUOR CANCER WALK/RUN	WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY DECEMBER 5 8:00 AM	ANGEL TREE TOY RUN 10K AND 5K	WWW.RUNSIGNUP.COM	AST. PETE FL.	



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RUNNING TAMPA BAY

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
FRIDAY DECEMBER 11 TBA	BOLEY'S CENTERS' JINGLE BELL RUN 5K	WWW.RUNSIGNUP.COM	MUSEUM FINE ARTS ST. PETE FL.	
SATURDAY DECEMBER 12 TBA	ARUTISUSE RUN 5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
SATURDAY DECEMBER 12 TBA	LAKE JOVITA 5K REINDEER RUN 5K	WWW.RUNSIGNUP.COM	DADE CITY FL.	
SATURDAY DECEMBER 12 TBA	RUN FOR BREAST CANCER 5K /10K 13.1 MILES	WWW.RUNSIGNUP.COM	CAMPBELL CAUSEWAYS TAMPA FL.	
SATURDAY DECEMBER 12 TBA	RUN FOR THE BEACHES 5K	WWW.RUNSIGNUP.COM	TREASURE ISLAND FL.	
SUNDAY DECEMBER 13 TBA	HOTCHOCOLATE RUN 15K/10K/5K	WWW.RUNSIGNUP.COM	TAMPA FL.	
SUNDAY DECEMBER 20 TBA	FLORIDA HOLIDAY DISTANCE CLASS 13.1/10K/5K	WWW.RUNSIGNUP.COM	SEMINOLE FL.	
SATURDAY JANUARY 16 8:00 AM	ST PETE BEACH CKASSIC HALF MAR/10K/5K	PAGE 18 WWW.RUNSIGNUP.COM	ST. PETE BEACH FL.	
SATURDAY MARCH 6 8:00 AM	ROTARY RUNS THE BEACH 5K AND 1 MILE	rotaryrunsthebeach@gmail.	INDIAN ROCKS BEACH FL.	

RUNNING SW FLORIDA

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
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 10 TBA	FLAMINGO 5K 5K	PAGE 40 WWW.RUNSIGNUP.COM	SARASOTA 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.	
SATURDAY OCTOBER 17 TBA	YMCA SANDBAR HALF MARATHON 13.1 AND 5K	WWW.RUNENGLEWOOD FL.		
SUNDAY OCTOBER 25 TBA	BILLS BEER RUN 5 MILER	WWW.RUNSIGNUP.COM	NOKOMIS FL.	
SATURDAY NOVEMBER 7 TBA	RUNWAY 5K / 10K	WWW.RUNSIGNUP.COM	NAPLES FL.	
THURSDAY NOVEMBER 26 TBA	THANKSGIVING DAY 5K 5K	WWW.RUNSIGNUP.COM	ESTERO / FORT MYERS FL.	
THURSDAY NOVEMBER 26 TBA	THANKSGIVING DAY 5K 5K	PAGE 37 WWW.RUNSIGNUP.COM	NAPLERS FL.	
SUNDAY DECEMBER 6 TBA	CALOOSA FEST 5K AND HALF MARATHON	PAGE 37 WWW.RUNSIGNUP.COM	ALVA FL.	

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RUNNING ORLANDO				
DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
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 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.	
SUNDAY NOVEMBER 15 TBA	COCOA BEACH HALF MARATHON 13.1 AND 10K	PAGE 15 WWW.RUNSIGNUP.COM	COCOA BEACH FL.	
SATURDAY NOVEMBER 21 TBA	GOBBLE 5K/10K & 13.1	WWW.RUNENGLEWOOD FL.	DEBARRY FL.	
SUNDAY NOVEMBER 22 TBA	SPACE COAST MARATHON 26.2/13.1 MILES	WWW.RUNSIGNUP.COM	COCOA FL.	
THURSDAY NOVEMBER 26 TBA	SENIOR FIRST TURKEY TROT 5K	EMMI 407-896-1160	ORLANDO FL.	
THURSDAY NOVEMBER 26 TBA	TURKEY DAY 5K	WWW.RUNSIGNUP.COM	CLERMONT FL.	
SATURDAY DECEMBER 5 7:15 AM	PUC ORLANDO 1/2 MARATHON	EMMI 407-896-1160	ORLANDO FL.	
SUNDAY FEBRUARY 7 7:00 AM	HEALTH FIRST FLORIDA MARATHON MARATHON.HALF.10K.5K	PAGE 23 WWW.RUNSIGNUP.COM	MELBOURNE FL.	



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Age Group Awards - Half Marathon

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RUNNING NORTH

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
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.	
SUNDAY OCTOBER 11 TBA	PENSACOLA HALF MARATHON 13.1/ 5K	WWW.RUNSIGNUP.COM	PENSACOLA 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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RUNNING SOUTH

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
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.	
SATURDAY NOVEMBER 21 TBA	BOCA RATON TURKEY TROT 5K	WWW.RUNSIGNUP.COM	BOCA RATON FL.	
THURSDAY NOVEMBER 26 TBA	FORT LAUDERDALE TURKEY TROT 5K	WWW.RUNSIGNUP.COM	FORT LAUDERDALE FL.	
THURSDAY NOVEMBER 26 TBA	TURKEY TROT MIAMI	WWW.RUNSIGNUP.COM	MIAMI FL.	



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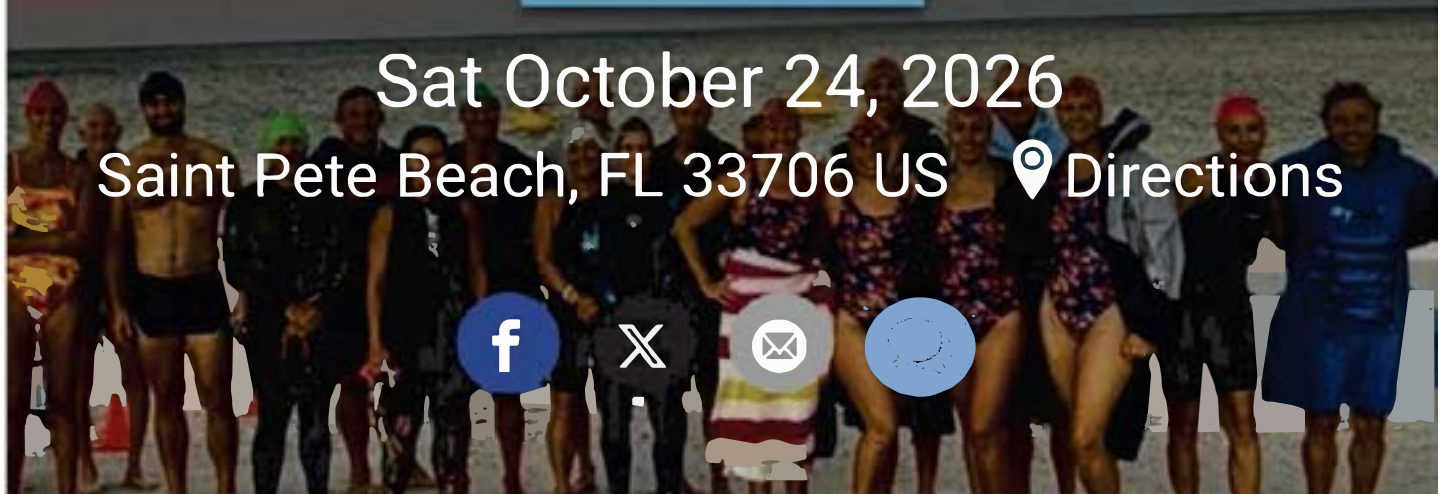


BI-TRIATHLONS

DATE	EVENT/DISTANCE	CONTACT	LOCATION	MISC.
SUNDAY SEPTEMBER 6 8:00 AM	MANATEE MAN TRIATHLON SPRINT AND INTERNATIONAL	GAME ON ! 561-768-7889	WESTIN RESORT, CAPE CORAL	
SATURDAY SEPTEMBER 26 TBA	LAKE NONA TRIATHLON SERIES RACE #1	WWW.RUNSIGNUP.COM	ORANGE PARK FL.	
SATURDAY SEPTEMBER 26 TBA	TARPON SPRINGS TRIATHLON	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 24 TBA	LIVE WILDLY OPEN WATER TEAM SWIM CELEBRATING WORLD SWIM DAY	PAGE 16 GAME ON ! 561-768-7889	SAINT PETE BEACH FL.	
WEDNESDAY NOVEMBER 11 TBA	ST. AUGUSTINE TRIATHLON	WWW.RUNSIGNUP.COM	VILANO BEACH FL.	OLYMPIC SPRINT AND RELAYS, DUATH
SATURDAY NOVEMBER 14 7:00 AM	LAST CHANCE TRIATHLON TRI / DUATHLON / AQUA BIKE	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 17 GAME ON ! 561-768-7889	SAN ANTONIO FL.	LAGOON TRIATHLON AND DUATHLON
SUNDAY NOVEMBER 15 TBA	MIAMI MAN TRIATHLON OLYMPIC DUATHLON	OLYMPIC TRIATHLON WWW.RUNSIGNUP.COM	MIAMI FL.	
WEDNESDAY NOVEMBER 18 TBA	BILL BONE TRIATHLON	WWW.RUNSIGNUP.COM	LAKE WORTH FL.	SPRINT, OLYMPIC AND DUATHLON PLU RELAYS
WEDNESDAY NOVEMBER 18 TBA	GREAT FLORIDIAN TRI	WWW.RUNSIGNUP.COM	CLERMONT FL.	SPRINT TRIATHLON
WEDNESDAY NOVEMBER 25 TBA	ULTIMATE TRIATHLON	ST JOHNS FLORIDA FL.	SPRINT TRIATHLON	
SATURDAY DECEMBER 5 TBA	CLASH DAYTONA TRIATHLON SPRIN SPRINT DUATHLON & RELAYS 2 DAY EVENT	WWW.RUNSIGNUP.COM	DAYTONA BEACH FL.	
SUNDAY DECEMBER 6 TBA	TREASURE COAST TRIATHLON	WWW.RUNSIGNUP.COM	FORT PIERVE FL.	OLYMPIC SPRINT AND RELAYS
SUNDAY DECEMBER 13 TBA	1/2 IRONMAN HAINES CITY HALF IRONMAN 70.7	WWW.RUNSIGNUP.COM	HALF IRON 70.3	

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Sunday, Nov. 15, 2026

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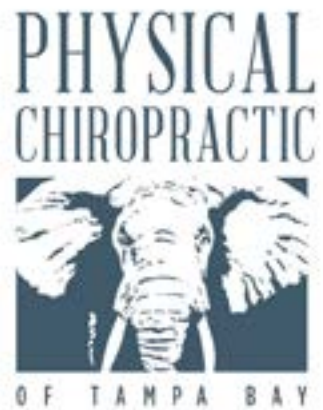
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Half Marathon
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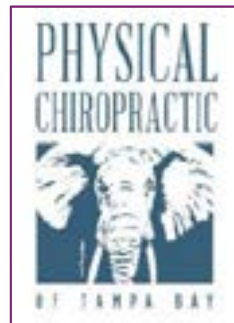
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Running Her Way: Decoding Female Biology for Peak Performance

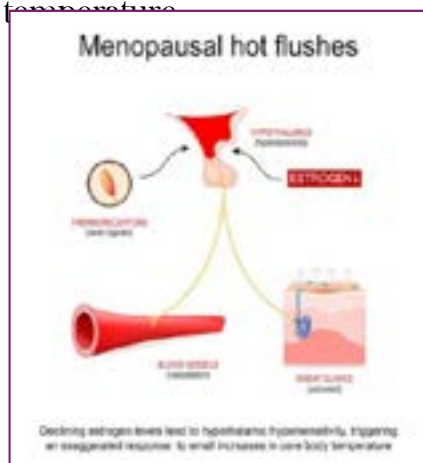
Navigating perimenopausal hormonal waves to reduce hot flashes and sustain endurance By: Sabrina Medfu



For decades, standard distance running advice was built on a male-biased model that failed to account for the unique physiological adaptations females require during hormonal shifts, most notably during perimenopause. Female athletes face major hormonal shifts long before menopause, and those fluctuating levels directly affect heat tolerance and muscle recovery. By understanding these early changes, runners can use exercise to manage hot flashes and stay strong for the long haul.

Perimenopause & Thermoregulation: The Neural Thermostat

During perimenopause, erratic spikes and drops in estrogen alter signaling in the preoptic area of the hypothalamus, the brain's central thermostat (1). Falling estrogen levels narrow the body's thermal neutral zone, meaning even minor increases in core body temperature



trigger an aggressive heat-dissipation response: vasodilation, elevated heart rate, and intense hot flashes.

- **Acute Response:** High-intensity running in hot environments can temporarily trigger a hot flash because dropping estrogen makes the hypothalamus hyper-sensitive to tiny increases in core body temperature (1).
- **Perimenopausal Buffer:** Regular aerobic conditioning perimenopause acts as a physiological buffer.

tent exercise improves vascular response and

thermoregulation over time, widening the thermal neutral zone to reduce the overall frequency and severity of daily hot flashes (1).

Perimenopausal Training Pivots

To manage shifting levels of 17β -estradiol (E2) and progesterone, lower hot flash risk, and protect muscle, female runners need to adjust how they train during perimenopause:

1. **Prioritize Heavy Lifting:** Estrogen directly drives muscle repair and bone strength. As E2 fluctuates, heavy lifts trigger key growth pathways (mTOR), keeping muscles strong and joints safe (2).



2. **Overcome Anabolic Resistance:** Hormonal changes make it harder for muscles to rebuild. Consuming 30-40g of high-quality protein after runs flips the biological switch for muscle repair (3).
3. **Expand Plasma Volume for Cooling:** Dropping estrogen and progesterone levels delay sweating and lower blood volume, making you heat up faster. Drinking high sodium electrolytes before hot runs boost blood volume, reducing heart strain and preventing temperature spikes that trigger hot flashes.

Cycle-Mapping Through Irregularity

As perimenopause progresses, ovulation becomes irregular, causing wide fluctuations in cycle length and hormone intensity. While predictable phase-based training around a standard 28-day cycle becomes harder, tracking symptoms alongside your cycle remains essential. Monitoring key markers like elevated resting heart rate, higher rate of perceived exertion, or sudden drops in heat tolerance during high-estrogen or low-progesterone spikes, allows athletes to pivot workouts dynamically (2). On days when hormone drops make recovery harder, swapping a high-intensity tempo run for an easy recovery session prevents excess autonomic stress while preserving long-term fitness.

Conclusion: Proactive Adaptation

Perimenopausal hormone shifts don't mean your running days are over, they just mean it's time to adapt. By lifting heavy, fueling with protein, and staying hydrated, female athletes can stop symptoms before they start and keep running strong for years to come (1,2).

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1. Gombert-Labedens, M., Vesterdorf, K., Fuller, A., Maloney, S. K., & Baker, F. C. (2025). Effects of menopause on temperature regulation. *Journal of Neuroendocrinology / Frontiers in Endocrinology*, PMC12051537.
2. Karkwowska, M., et al. (2025). The Preventive Role of Resistance Training in Perimenopausal Women: A Literature Review. *Journal of Sports Medicine and Physical Fitness*.
3. Mercer, D. N., et al. (2020). Protein Requirements of Pre-Menopausal Female Athletes: Systematic Literature Review. *Nutrients*, 12(11), 3527; PMC7696053.



32ND Annual Tampa Police Memorial Run

5K & 1 Mile Run/Walk

IN COOPERATION WITH THE CITY OF TAMPA AND GASPARILLA DISTANCE CLASSIC ASSOCIATION

SATURDAY, OCTOBER 10, 2026

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LATE ONLINE REGISTRATION OCT. 5, 2026 UNTIL MIDNIGHT ON WED, OCT. 7, 2026)

5k - \$45 1-MILE - \$25

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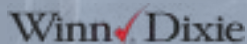
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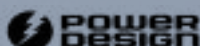
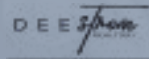


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Show up Hydrated!!

It's best to drink your body weight in ounces in small frequent doses throughout the day to show up well hydrated for each workout. For example, if you weigh 150 lbs, your goal should be to drink 150 ounces of water daily by drinking 15 ounces every hour for 10 hours of the day as it's best to stop drinking 2 hours before bed time.

During the summer months, when the temperature and humidity levels are higher, our body has to work harder at each pace level due to having to spend more energy to cool itself as well as there being less density of oxygen in the air (displaced by the water molecules in the higher humidity). Because the body has to work more we may need to adjust our pace expectations for summer workouts. On days when the temperature and/or humidity levels are high we need to back off our normal training paces a slight bit to compensate, but no worries we will still get the same benefits as we would at the cooler and quicker paces, our bodies are still doing the same level of work. How much we need to adjust our paces depends on many factors and will change as we get more acclimatized to the weather (our bodies can become more efficient at cooling itself over time). Below is a chart that will help you get a base level adjustment that you can then tweak (lessen) based on how acclimatized you have become.

Generally what we see is that the pace adjustments in this chart tend to hold true early in the spring/summer and then as the summer wears on and the athlete gets more acclimatized the adjustments needed become less. Also, athletes who live in warmer climates tend to acclimatize quicker and stay more acclimatized through-out the year.





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Unlock Your Potential in the Water with Coach Leo Briceno

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In a recent session, one of my athletes dropped from 38 strokes per 25 yards to just 20 by focusing on the same technical adjustments we will cover together. Whether you are aiming to conserve energy for the bike and run or simply want to glide through the water with ease, we will fine-tune your performance.

The investment for a private, personalized session is \$80. If you are looking for long-term development, custom packages are available upon request to help you reach your goals consistently.

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Spaces are filling up quickly. Reach out to me today to book your session before the price increases. You can contact me directly via email at owdleio11@gmail.com or by text at 727-455-0748.

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A young boy with short brown hair, wearing black wrap-around sunglasses and a light blue t-shirt, is smiling at the camera. He is holding a white toy handgun in his right hand. The background shows a living room with a blue sofa, red cushions, two lit lamps with yellow shades, and decorative shelves on the wall.

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.

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Oct 3
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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
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Feb 27
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Half Marathon & 5K





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Half Marathon and Marathon Fall / Winter Training Tips

As we approach the fall and winter season, you have most likely already picked out your goal races. While the level of difficulty in your training is related to your experience and normal weekly mileage, there are some themes for key marathon and half marathon workouts that are universal.

First is your weekly long run. At the beginner or intermediate level, your goal here is to just get the miles, usually at a moderate pace. If it is your first time training for a half marathon you will likely be aiming at an 11 or 12 mile run a couple weeks before the race. If you're a first-time marathoner that target is going to be somewhere between 16 and 21, depending on what kind of plan you used. Those are challenging runs without any additional details!

While advanced runners will also include long runs like above where you just cover the distance, some of your long runs will also have goals like progression or tempo / pace repeats within the long run itself.

An example of a progression run for half marathon training is 2 miles easy warm up, 3 miles moderate or steady, then three or four miles at goal half marathon pace or slightly faster, with a mile or two easy at the finish to cool down.

An example of an interval pace run for marathon training is 3 or 4 miles easy, then 3 times 3 miles at pace followed by a half mile or mile easy each time. You can see how that turns into a 16 mile workout session!

The next type of key session is going to be structured around a midweek interval run day. Newer or beginner runners will do these more sparingly and less aggressively in order to help prevent injuries and burnout. For example, in a half marathon training program, a newer runner might do a session later in the program that consists of a one or two mile warm up followed by 3 or 4 mile repeats or 5 or 6 half-mile repeats no faster than their half marathon goal pace, with a fair bit of rest after each work interval.

Advanced runners could do the same type of workout but get into the 6 to 8 mile range of total work intervals. These runners may also be running closer to 10K pace. Obviously these sessions are challenging and athletes need a significant amount of fitness just to do them without undue risk of injury or problems.

Marathon training often considers total weekly running volume just as important as hitting some of these key sessions. In other words, there is an equal amount of utility from just running several days a week as there is from nailing any particular interval session. The goal is to improve your pace at an aerobic effort level so that you can conserve muscle glycogen and hit the finish line before you are tapped out. Improving your aerobic efficiency is best accomplished by frequent running and total volume.

It is still important for long distance runners to include sessions that challenge their anaerobic capacities. So every couple of weeks it is helpful to do sessions where the main set is something like 8-12 by 400s at 5k pace—walk or jog after each .if you are injury prone skip this one.

Runners need to be careful that they don't stack too many challenging sessions in any particular week. For example, it would probably be too much for most runners to do a short track day, a tempo interval day, and a progression long run all in the same week. Newer runners might attempt one of those. Intermediate to advanced runners might do two, and only really advanced athletes would do three, and that would be based on their overall training volume being high enough to support that level of effort.

Remember, your training plan is for you. You don't need to exactly match your Brewery Run Club friends mileage or pace. Everyone has a different starting point and end goals. You do you!

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



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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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