

The 2011 road racing season is rapidly coming to a close as 2012 gets closer, but there are still lots of opportunities to run in quality events. Here are some great Holiday Racing Season choices!

## GIVING THANKS

Thanksgiving now has three area race options, but if you're not already registered, you may be on the outside looking in! The inaugural Palm City Turkey Trot 5K Run has now SOLD OUT and there will be NO race-day registration. Race organizers hit their 350-runner cap a couple of days ago and in order to maintain safe running conditions and to provide a quality race experience, closed registration. If you'd like to experience the 'other side' of running, why not try volunteering to work at the race instead?

The Run 4 The Pies in Tequesta has also sold out, for the second time in two years. Your best Turkey Day racing option at this point may be the Harvest Outreach Trot Against Hunger 5K in Riverside Park in Vero Beach. For more information, call Runner's Depot in Vero at 772-569-7364 or e-mail them at [runnersdepot@comcast.net](mailto:runnersdepot@comcast.net) .

## RUN AND PARTY FOR A CAUSE ON SATURDAY

If you're looking for a way to burn off a few of those Thanksgiving Day calories, try the second annual Beach2Bar 5K Run in Stuart. This race takes place Saturday AFTERNOON – not Saturday morning – November 26<sup>th</sup> at 4:30 PM and gives you the chance to run from Stuart Beach back into Stuart, crossing TWO bridges before finishing in front of Carson's Tavern. Once you finish, the party begins! Your race bib gets you a free beer, sandwich and chips while you listen to great music. Race proceeds will go to the Cystic Fibrosis Foundation, and timing and scoring will be by MCM Timing and Results LLC. This year's event will be bigger and better than last year's race, which had 350 finishers. Get there in time to register and ride the bus to the start! For more information or to register, check out the race website at [www.beach2bar5k.org](http://www.beach2bar5k.org) or visit the Fleet Feet Stuart store [www.fleetfeetstuart.com](http://www.fleetfeetstuart.com) .

## SUNDAY ANNIVERSARY RUN

Looking for a race that's a little longer? Try the Space Coast Marathon in Cocoa on Sunday morning November 27<sup>th</sup>. There's a half-marathon as well, and it's the 40<sup>th</sup> anniversary of one of the oldest and best races in the state. Check out [www.spacecoastmarathon.com](http://www.spacecoastmarathon.com) for more information.

#### GIVE A LITTLE FOR A GOOD CAUSE

Joey Swanson, a local Jensen Beach boy, has been diagnosed with brain cancer. The Run For Joey Swanson at 8:00 AM on Saturday, December 3<sup>rd</sup>, will give you a chance to run through downtown Stuart and contribute to a good cause at the same time. The race begins and ends in Flagler Park in the shadow of the south end of the Roosevelt Bridge, and features a pancake breakfast after the race. Call Karen Gilmore at 772-529-1717 for more information, or register online at [www.active.com](http://www.active.com) or at the store at Fleet Feet Stuart. You can also get a PDF file of the race application at [www.mcmtiming.com](http://www.mcmtiming.com).

#### MARATHON OF THE PALM BEACHES

The Marathon of the Palm Beaches will take place on Sunday, December 4<sup>th</sup> at 6:45 AM. There's a half-marathon option here that draws more runners than the full marathon does. For more information visit [www.runpalmbeaches.com](http://www.runpalmbeaches.com).

#### RUN WITH REINDEER

The Junior League of Martin County is sponsoring the third annual Rudolph's Reindeer Dash 5K at 7:00 AM on Saturday, December 10<sup>th</sup> in Sewall's Point. To register, visit [www.jlmcflorida.com](http://www.jlmcflorida.com) or visit the Fleet Feet Stuart store, or print out the PDF of the race application from [www.mcmtiming.com](http://www.mcmtiming.com).

The 4<sup>th</sup> annual Rudolph Run 5K Run/Walk will take place at South Beach Park in Vero Beach at 7:30 AM on Saturday, December 10<sup>th</sup>. To register or for more information visit [www.runnersdepotvb.com](http://www.runnersdepotvb.com) or call 772-569-7364.

## JINGLE YOUR WAY TO THE FINISH

Saturday December 17<sup>th</sup> is a busy day to run! The YMCA in Stuart will kick off with the Jingle Bell Run at 7:30 AM at the YMCA facility on Monterey Road. This is always a good time so plan on being there! For more information or to register visit [www.ymcatreasurecoast.org](http://www.ymcatreasurecoast.org) or visit the Fleet Feet Stuart store.

Saturday the 17<sup>th</sup> also has the Classics By The Sea 5K/10K Runs in Carlin Park in Jupiter. The 14<sup>th</sup> annual edition of this race will feature lots of competition on a lightning-fast race course. The 5K starts at 7:25 AM and the 10K kicks off at 7:30 AM. Bring a new unwrapped toy to contribute to the toy drive! For more information or to register visit [www.palmbeachroadrunners.com](http://www.palmbeachroadrunners.com) or call Tri Running Sports at 561-386-5401.

If you're looking to run in the Vero Beach area or thinking about running 'off-road', then the Vero Beach High School Cross Country Challenge may be your cup of tea! Or you might want to run in the Head, Heart, Hand, Health Hustle 5K (say THAT five times really fast!) Run/Walk at Riverview Park in Sebastian. Visit [www.runnersdepotvb.com](http://www.runnersdepotvb.com) or call 772-569-7364 for more information.

## RUN INTO THE NEW YEAR!

If you're looking to close out your 2011 running season in style, why not try the second annual Peanut Island races in West Palm Beach? This is a unique race format in South Florida – there are five different race options to choose from! The course is the same for all of them – it's a 1.234-mile USATF-certified loop around historic and scenic Peanut Island, located in the Intracoastal Waterway near the Port of Palm Beach.

The wide brick-paver pathway offers a mostly flat (there IS a 15-foot-high hill on the east side of the island) smooth surface to run on, and your goal is to pile up as many miles possible in the time allotted to each race. Timing and scoring will be by MCM Timing and Results LLC, so you don't have to count your own loops – it's all automated! You're free to go as fast or as slow as you like, and you can take as many breaks as you wish, starting and stopping at your leisure. Of course, the longer you're on the course, the more miles you'll pile up ;-)!

There are two different 6-Hour race options – the first begins at 10:00 AM on Saturday, December 31<sup>st</sup> and finishes at 4:00 PM that afternoon, giving you plenty of time to get ready for that all-important New Year's Eve party! The second 6-Hour option begins at 6:00 PM and finishes at the stroke of midnight, allowing you to run right up to the very end of the year!

Two 12-Hour options are also available – the first one begins at 12 Noon and finishes at Midnight, while the second option begins at 10:00 PM and finishes at 10:00 AM on New Year's Day.

Finally, the 24-Hour option gives you the ability to run from one year into the next! It will begin at 10:00 AM on Saturday, December 31<sup>st</sup> and finish at 10:00 AM on Sunday, January 1<sup>st</sup>.

Why not try something different for a change? You might like it ;-)! For more information or to register, visit [www.peanutisland24.com](http://www.peanutisland24.com) .

We wish everyone a Happy Holiday Season and the best of running now and into 2012!

Sincerely,

Mike Melton

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