



STARS & STRIPES 5K

St. Augustine | July 4 | 8am

<https://www.webscorer.com/register?raceid=96994>

GLOW FOR IT 5K

Ormond Beach | July 7 | 7pm

<https://www.webscorer.com/register?raceid=100925>

BFAST SPRINT & OLYMPIC TRIATHLONS

Ponte Vedra Beach | July 8 | 7am

<https://runsignup.com/Race/FL/PonteVedraBeach/BFASTSprintOlympicTriathlons>

BRIDGE OF LIONS 5K

St. Augustine | July 15 | 7:30am

<https://runsignup.com/Race/Register/?raceId=3247>