

Join us for the inaugural year of this unique race series!  
Striving for the betterment of the community, the Up & Running Race Series partners with local non-profit organizations to make everyone's life...a little better.



## Move Your Mutt 2-Miler

Saturday, May 2, 2015 7:30 a.m.  
Satellite Beach Dog Park



Join other dog-lovers to run or walk 2 miles in the surrounding neighborhood. Begins and ends at our own Satellite Beach Dog Park. The Paw-fect start to your day! Water bowls and treats provided at the finish line. *You and your four-legged friend will be supporting [Brevard ASAP](#) (Aiding Shelter Animals Project) - Humans must eat to survive and so must our pets. A portion of funds will go towards food resources for dogs and cats abandoned or surrendered due to financial crisis.*

## Lost in the Bay Duathlon

Sunday, May 24, 2015 7:30 a.m.  
Bayside High School



Train for your next triathlon! Event-friendly for the beginner and seasoned duathlete alike. You begin by running a marked 5k course, followed by a 10-mile bike, followed by a 2-mile course. *You'll be running and biking for [Children's Home Society](#) who protect and heal children & strengthen families. Their services have impacted more than 2500 children and families in Brevard.*

## Up & Running's Adult Track Meet

Saturday, June 6, 2015 7:00 a.m.  
Merritt Island High School



Relive your glory days of track meets with this one of a kind local event...A track meet for adults! Come and run a 200, 400 and 800 meter event and participate in a 1600 meter relay! We'll even have a ball toss and a standing long jump for the field athletes. *Proceeds benefit [Serene Harbor](#) which provides safe refuge and life changing services to more than 25,000 women and children who were victims of domestic violence in Brevard.*

## Run the Tide Beach 5k

Saturday, July 25, 2015 8:00 a.m.  
Paradise Beach, Indianalantic, FL



Run, walk or stroll as you appreciate and support our unique coastline at low tide. *Proceeds benefit [Hubbs Sea World Research Institute](#) (Melbourne Beach facility). In addition to being the first responders to stranded whales and dolphins on the East Central Florida beaches, the Institute has wide-ranging studies that include global research on bioacoustics, animal physiology and aquaculture.*

For more info about the race series visit:  
[UpRunningRaceManagement.com](http://UpRunningRaceManagement.com)