

RACE HIGHLIGHTS

••• JANUARY

Mean & Green 5 Mile Trail Race. Added in 2020, this event supports Holloway Park and cross country running in Polk County. This grass course provides a peaceful refuge in the middle of Lakeland, and is a to race a different distance - 5 miles - during Florida's cool season. This event is low-key, green and environmentally friendly.

150 entries

••• MAY

Mayfaire 5k Road Race & Walk. This premier evening 5K race is held in conjunction with the Mayfaire by-the-Lake festival, with a finish line on the Frances Langford Promenade at Lake Mirror. This race was started in 1980 and supports the Polk Museum of Art.

1,100 entries

••• JUNE, JULY, AUGUST

Summer Sunrise Watermelon Series. This three-race 5K series around Lake Hollingsworth keeps runners motivated throughout the hot and humid summer months. This race benefits the Polk Education Foundation Scholarship fund.

1,000 entries per race

••• SEPTEMBER

Aching Quad Challenge – Four Races in 24 Hours This challenge includes four races: a 5k on Friday, and a 1-mile, 2-mile, and 5k on Saturday over a 24-hour period around Lake Hollingsworth, Lake Morton and Lake Hunter.

260 entries

••• NOVEMBER

Lake to Lake 10k The oldest continual race in Polk County. Held since 1977, the 10k winds through Lakeland's chain of lakes and historic district before finishing on the Frances Langford Promenade at Lake Mirror, this course is as challenging as it is beautiful. This race supports the Lakeland YMCA.

350 entries