

Run To Your Heart's Content in Myrtle Beach

The growing popularity of marathons, 5Ks and also themed races certainly hasn't bypassed the Myrtle Beach area. There are a number of upcoming events sure to please everyone who enjoys lacing up their sneakers and pounding the pavement.

In November, runners will embrace every gorgeous color the rainbow has to offer. The Color Run will make its debut along the Grand Strand on Nov. 9. This 3.1-mile race is known as the "Happiest 5K on the Planet." That seems a legitimate claim, given that runners are covered from head to toe in a variety of different colors at every kilometer. Go to www.thecolorrun.com/myrtle-beach for more information.

The Grand Strand's premiere race event comes back around in February with the 17th annual MyrtleBeach.com Myrtle Beach Marathon. A weekend's worth of race events culminates on Feb. 15, 2014, as runners from across the country and world take to the streets of Myrtle Beach for a thrilling 26.2-mile endeavor. The half-marathon option is also available. Go to www.mbmarathon.com.

This last one is for the ladies. The Divas Half Marathon and 5K Series returns to North Myrtle Beach on April 27, 2014, and promises another strong display of girl power. Women are encouraged to embrace their inner diva and rock a boa and tiara while striving for personal-best records. Go to www.runlikeadiva.com for more information.

As you can see, there is no shortage of big races along the Grand Strand over the next six months. So, do a few stretches, double-knot that most comfortable pair of Nikes, down a banana and come join us for some running fun!