

**Don't be cheap – continued**

I'm also a big believer in supporting your local merchants. The internet cannot give you that personalized attention needed to make sure you are making an informed decision about what is right for you. Plus, your local running store is also a great place to learn about local running groups and upcoming races. Spend wisely, but spend nonetheless on the only thing separating you from the pavement when you head out the door and log mile after mile.

If you have any topics or local athletes of interest, feel free to contact me at [spencerrunner@gmail.com](mailto:spencerrunner@gmail.com) or message me on Facebook.

**Special Upcoming Events!**

JOIN OUR ANNUAL 10K RACE | SUNDAY, NOVEMBER 8, 2015  
TREE TOPS PARK IN DAVIE | 7AM

**FLANIGAN'S  
Rockin'  
RIB RUN**

PRESENTED BY  
**Runner's  
DEPOT**

**REGISTER  
TODAY!**

www.FlanigansRockinRibRun10k.com  
or at any Runner's Depot store  
For more information, call 954-474-4074

**THIS RACE WILL SELL OUT!**

- Cash
- Prizes
- Trophies
- Finishers Medals
- Premium Goodie Packs
- Free Ribs, Beer and Wine (White Supplies Last)
- Kids Race in the Park

**EVENT IS CAPPED AT 1,500 RUNNERS**

Special Guest Host  
Julie Guy

101.5 **LITTY FM**  
refreshing

**Coca-Cola**

**Don Julio**

**FIREBALL**  
CINNAMON WHISKY

**DAILY'S**  
COCKTAILS

**PREMIER**  
BOTTLED

**Michelob's  
ULTRA**

**BOTRAN**  
AGED RUM

**Proceeds Benefit  
DADE CHRISTIAN SCHOOL**

**101.5 LITTY FM**

**Cupcake**  
TREATS

**JIM BEAM**  
MADE HISTORY

**REPUBLIC NATIONAL**  
DISTRIBUTING COMPANY

**Hatfield**

**RUM CHATA**

**OYSTER BAY**  
NEW ZEALAND


**RUSSIAN STANDARD**

**Orangetheory**  
FITNESS

**Red Bull**  
ENERGY DRINK

**ABSOLUT**  
VODKA


**Vista View 360**



**6th Annual  
VISTA VIEW 360**  
January 10, 2016  
Vista View Park

**6-Hour Ultramarathon &  
4-Person Relay  
6AM-12 Noon**

**11th Annual**



**Run Through  
Central Park**

**5K Run & Fitness Walk**

**February 7, 2016  
Central Park  
Plantation**

**7:00AM**

**Join us for a Group Run  
with your Friends!**



**So many fun workouts to choose from  
all across Broward county!**

**Sunday Morning – Hollywood Beach Broadwalk  
with the Hollywood Run Club, A-1-A & Garfield  
Street at Charnow Park. 7:00AM start. All paces,  
Runners & Walkers.**

**Sunday Morning – Vista View Park, Davie**  
On Boy Scout Road (142nd Ave.) just North of Orange  
Drive. 7:00AM start. All paces. Up to 13 miles or as  
many as you'd like. Run the 1.25 mile trail loop with  
hills. A great workout! Park by Shelter #1.

**Tuesday Evening – Hollywood Beach Broadwalk  
with the Hollywood Run Club, A-1-A & Garfield  
Street at Charnow Park. 7:00PM start. All paces,  
Runners & Walkers.**

**Wednesday Evenings – Robbins Park, Davie**  
**Just North of Orange Drive on Hiatus Road**  
6:00 PM – Meet by the bathrooms

All paces, 4, 5, or 6 miles. Stay after for the stretch

**Thursday Evenings - 17th Street Causeway**  
**Runner's Depot Run Club – Ft Lauderdale**  
6:30 PM - Starts at Runner's Depot - Ft. Lauderdale  
1489 SE 17 St. Causeway, Southport Center  
All paces, 4-6 miles. Refreshments & raffles!

**Thursday Evenings – Coral Springs-Parkland**  
**Runner's Depot Run Club – Coral Springs**  
Starts at Runner's Depot-Coral Springs  
5679 Coral Ridge Drive (954) 575-2090  
All paces, 3-5 miles. Refreshments & raffles!

**Thursday Evenings - Weston**  
**Runner's Depot Run Club – Weston**  
6:30 PM - Starts at Runner's Depot – Weston  
1378 Weston Road, Country Isles Plaza  
All paces, 4 miles. Refreshments & raffles!

**Saturday Mornings – Weston Town Center**  
6:00 AM. 5-10 Miles, All Paces, 2 Water Stops

**Saturday Mornings – Holiday Park, Ft Lauderdale**  
6:30 AM. 6-10 Miles, All Paces. Park by the gym on  
the south side of the park

**Runners and walkers - All paces Welcome!**