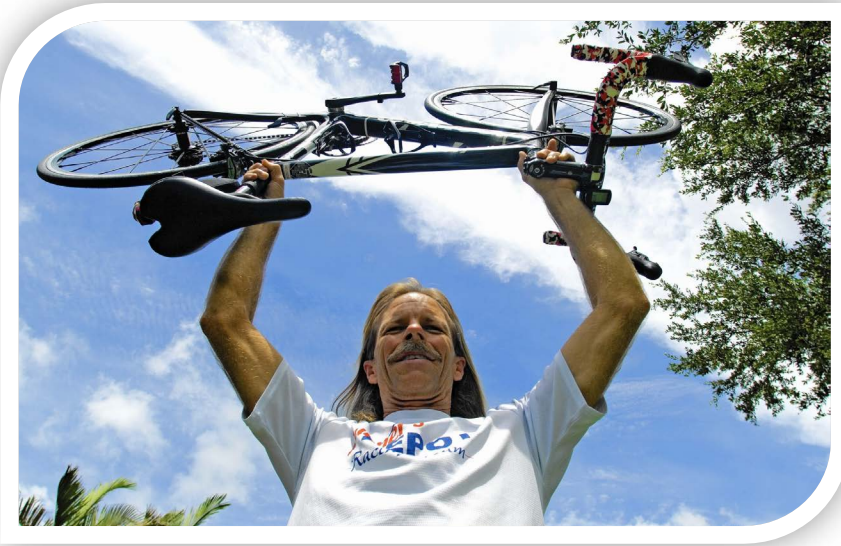


## Nine Lives – continued

me to the reason for writing this article: yep, the comeback! On the morning of October 11, 2015, Tim Nicholls tried in vain to stay under the radar when he unloaded his new bike from his car at the Columbus Day Duathlon in CB Smith Park. You see, Tim, registered just a day or two before, didn't tell a soul except his fellow duathlete wife, Mary, and kept his head down as he walked into the transition area. Only hiccup in his plan was the giant banner MultiRace hung from the transition area proclaiming "**Welcome Back Tim!**" You see, Tim can't stay under the radar, not when he's been winning duathlons in what has to be record numbers in Florida.

If Tim didn't want to be noticed on his first time back in the racing saddle since the accident that almost killed him, he certainly showed no sign of that as he completely dominated the entire field of athletes to WIN overall, besting the nearest athlete to him by 40 seconds (and that guy was 16 years Tim's junior—Tim is 56!) I am not sure what the moral of this story is, other than the fact that some athletes are gifted with ability, some with stamina, some with amazing strength to overcome seemingly impossible obstacles, and some are born Tim Nicholls! Tim, be careful out there and keep winning for all of us!



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.

## 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 (142<sup>nd</sup> 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!**

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TREE TOPS PARK IN DAVIE | 7AM

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**Rockin'**  
**RIB RUN**

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- Trophies
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- Free Ribs, Beer and Wine (While Supplies Last)
- Kids Race in the Park

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

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Coca-Cola  
Don Julio  
FIREBALL  
PREMIER  
Cupcake  
RUM CHATA  
DAILY'S  
JIM BEAN  
REPUBLIC NATIONAL  
OYSTER BAY  
OrangeTheory  
BOTRAN  
AGED RUM  
PROCEEDS BENEFIT  
DADE CHRISTIAN SCHOOL  
Halfield  
RUSSIAN STANDARD  
Red Bull  
ENERGY DRINK  
ABSOLUT  
VODKA