

A Rockin' Good Time at the Flanigan's Rockin' Rib Run 10K



Congratulations to our Winners!

1st Overall Male – Jeffrey Eggleston

2nd Overall Male – Ethan Clary

3rd Overall Male – Stephen Pifer

1st Overall Female – Liza Rosenfield

2nd Overall Female – Shelby Speno

3rd Overall Female – Marlene Persson

Male Masters Winner – Mike Korir

Female Masters Winner – Michele Anthony



Rockin' It – continued

over a minute behind course record holder Stephen Pifer. Another factor in this year's race, which saw record numbers of runners, was the fact that unlike years past, this year saw temperature and humidity readings that approached record highs. Despite this, Ethan sounded confident when I chatted with him the day before the race that he would run competitively against both professional runners. He certainly lived up to his prediction!

The race looked as if it was going to run its predictable course at the halfway point, with Eggleston taking off from the pack of three and Pifer following close behind and Ethan trailing further back. However, Ethan had other plans and gutted it out in the extreme heat and humidity and by mile 4 he had overtaken Pifer and even made up time against Eggleston with the real estate he had left over the next two miles. Not only did Ethan place second and just a mere minute back from a 2:10 marathoner and short-list candidate to make the US Olympic Marathon Team, he also ran 20 seconds faster than the year before with a 31:31 and a full minute faster than the great Stephen Pifer! A local elite runner managed to more than hold his own against two of the country's best runners, and managed to beat one of them through never giving up and believing in his own ability. It is truly not every day that you witness professional runners being challenged by a local runner, albeit an elite one.

Ethan Clary has big plans of his own, with the next goal being the loftiest of them all. At Naples in January, Ethan, who has taken time off of work to focus on his running exclusively after an up and down year of running, is shooting for a 2016 Olympic Trial qualifying time of 1:05:00 in the half marathon. Beyond that, Ethan has his sights on the 3,000 meter steeplechase qualifying time on the track of 8:28. Look for great things from young Ethan Clary who uses running as "an outlet for any and everything going on in" his life.

Feel free to e-mail me at spencerrunner@gmail.com or message me on facebook with any topics or athletes of interest.

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!