

FLANIGAN'S
Rockin'



RIB RUN

10K Run

presented by:



2023

Participant Guide

Participant Instructions

BEFORE THE RACE

Packet Pick-up & Expo:

Your Race Packet which includes your Race Bib with timing tag and your fully-loaded gear Backpack will be available for pick-up at the Race Expo at Runner's Depot, 2233 S. University Drive, Davie, FL 33324, during the following times:



Wednesday, November 15, 2023 • 12PM - 7PM

Thursday, November 16, 2023 • 12PM - 7PM

Friday, November 17, 2023 • 12PM - 7PM

Saturday, November 18, 2023 • 10AM - 5PM

You MUST pick up your Race Packet before Race Day

It is NOT possible for us to have packet pick-up on Race Day. You may have someone pick up your Packet for you if you cannot make it. They will simply need a copy of your ID or confirmation. Inside your race bag, you will find a **Flanigan's Gold Drink Coin** and **Flanigan's \$10 Gift Card** - good at any Flanigan's Seafood Bar & Grill!

If for some unforeseen reason you are not able to pick up your Race Packet during these times, or someone else cannot pick it up for you, you must e-mail the Race Director to make arrangements for picking it up Race Day morning and a **\$10.00 surcharge (cash only) will be assessed.** renee@runnersdepot.com

Directions to Runner's Depot-Davie: 1/4 Mile South of I-595 on the West side of University Drive in the Promenade Plaza. (954) 474-4074

RACE DAY

Sunday, November 19th

Miramar Regional Park
16801 Miramar Parkway
Miramar, FL 33027

Park Opens: 5:00AM

Race Start: 7:00AM

Kid's Race: Approx. 8:45AM

Awards Ceremony: 9:00AM



Post-Race Feast - Ribs, Beer and Wine - while quantities last.
Must be 21 years of age or older and MUST SHOW ID for alcohol.

Food & Beverage Wristbands must be worn by all runners to partake in the post-race party. Non-runners may purchase a wristband for \$10 at Packet Pick-up or on Race Day.

Parking & Transportation:

Only one entrance will be open on Race Day. You must enter the park at the Main Entrance on Miramar Parkway. You will follow the parking attendants' directions to the main parking lot where they will have you park quickly and safely.

Arrive Early! We will be sold out at 3,000 runners, spectators, volunteers, and sponsors. Allow more time than you think you will need.
Carpool if possible!

OTHER RACEDAY INFORMATION

Road Closures:

Please aim to arrive and be parked no later than 6:30AM.

Road closures will begin at that time and will make it more difficult for you to get to the starting line on time.

Race Morning Instructions:

After you arrive and park on race morning, you should have allowed enough time to stretch, use the restroom if necessary and walk to the race start. There is a map at the end of this packet so you can easily find your way through the park and to the start. Please be at the starting line by 6:50AM at the latest and line up according to your expected pace. We expect some very fast runners at the front of the pack. If you are not able to run a 5 minute/mile pace or faster, please do not start in front of them. There is a **Starting Mat** that you must cross in order to receive your correct Net Time for the race. There is no need to push to the front of the line as you will be scored according to this Net Time with the exception of the Top 5 Overall finishers. The top 5 are scored on Clock Time.

Your **RACE BIB** must be visibly pinned to the **FRONT** of your shirt or shorts. **DO NOT PIN OR FOLD THE TIMING STRIPS. No runners will be permitted on the race course without a Race Bib.** We will have spotters and if you are on the race course without a bib, you will be removed. **You are NOT PERMITTED to wear anyone else's RACE BIB. Anyone doing so will disqualify both parties involved from this race and any future Rockin' Rib Run races.**

The **KID'S DASH** will start at approximately 8:45AM and it is approximately 400 meters long. An announcement will be made when it's time to head to the starting line. The starting line is at the North entrance gate (about 400 yards west of the finish line) and will finish through the same finish line as the 10K race.

Getting around the park:

Please allow enough time to park and walk to the Starting Line as shown on the map below.



Awards

Awards will be presented in the following categories:

Overall Male & Female - 1st - 5th Place

Masters Male & Female - 1st - 3rd Place

Age Group Male & Female - 1st - 3rd Place

Age Groups will be:

7-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

Kid's Race: All registered kids will receive a T-shirt and Finisher Ribbon.

Top 10% Award: Runner's who placed in the top 10% of all finishers will receive a special 10-Year Anniversary Award. These will be available at the Runner's Depot Orange Tent after the race.

Prize Money

Overall Male & Female*

1st Place - \$7,000

2nd Place - \$4,000

3rd Place - \$2,000

4th Place - \$1,500

5th Place - \$1,000

Masters Male & Female*

1st Place - \$500

2nd Place - \$250

3rd Place - \$100

Event Record Bonus - \$2,000

Current Event Records:

Men 28:23 (David Bett) • Women - 31:50 (Vicoty Chepngeno)

***Qualifying Time Requirements for Full Prize Money**

(If qualifying times are not met, prize money will be cut in half)

Top 5 Overall: Men (sub 33:00) and Women (sub 37:15)

Top Masters: Men (sub 35:00) and Women (sub 41:00)

Certified Course Map

Rockin' Rib Run 10k Miramar, FL.

