FLANIGAN'S

ROCKIN'



RIB RUN

10K Run

presented by:

Runner's DEPOT

2026

Participant Guide

THANK YOU TO OUR SPONSORS





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 11, 2026 • 12PM - 7PM
Thursday, November 12, 2026 • 12PM - 7PM
Friday, November 13, 2026 • 12PM - 7PM
Saturday, November 14, 2026 • 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 need a **PRINTED** copy of your ID and 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 you are not able to pick up your Race Packet during these times because you are travelling from outside the South Florida area and 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. This must be done no later than November 1st and a **$20.00 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 15th

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 $20 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 3,500 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 Elite finishers. The Elite racers 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 **MIAMI MARLINS KIDS 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 Kid's Dash will take place on the baseball field directly East of the Amphitheater.

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 - 10th 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.

Elite Prize Money - Overall Male & Female*

1st Place - $8,000
2nd Place - $4,000
3rd Place - $3,000
4th Place - $2,000
5th Place - $1,000
6th Place - $900
7th Place - $800
8th Place - $700
9th Place - $600
10th Place - $500

American Prize Money - Overall Male & Female

1st Place - $1,000

Masters Prize Money - Male & Female*

1st Place - $500
2nd Place - $250
3rd Place - $100

Event Record Bonus - $2,000

Current Event Records:

Men 27:43 (Mohammed El Youssfi) • Women - 31:23 (Sarah Naibei)

***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

