



Bruce Flinchbaugh

Earlier this week, the Dallas Running Club lost a beloved and dedicated member with Bruce Flinchbaugh's passing. To celebrate a wonderful man, friend, father, and runner, we are sharing his story.

Bruce joined the Dallas Running Club in 2012 because he wanted to run a marathon. He started out in the beginner training program, and through his journey to run a marathon, became a dedicated member of the Dallas Running Club and the training program.

Bruce started training for his first marathon in fall of 2013. He had his eyes set on finishing the Dallas Marathon, but an ice storm hit Dallas and forced the race to be canceled. Challenges only made Bruce try harder. He immediately signed up for the BCS Marathon and made the trek to College Station for his first marathon. He finished in 4:48!



Bruce was an amazing story-teller and entertained his group during the Saturday long runs. One of his pace leaders recalls getting so engrossed in Bruce's story during an 18 miler that they skipped a turn and ended up running 2 bonus miles. He was the first to step in and lead the group when needed, and he would often choose to volunteer at the club races instead of running. He loved the role of "staff photographer"...he was frequently the guy out on the course taking your picture.

Bruce loved running with the club, but his favorite running partners were his children, John and Anne. They ran many races together, including the DRC Half marathon.



To sum up Bruce in his own words:

"Annual report: I was a very happy runner in 2015, setting new personal best times across the board: 5K (25:48), 10K (55:51), 15K (1:23:17), half marathon (1:54:41) and marathon (4:21:14). Also a new personal distance record this year: 1,550 miles overall, running a total of 284.6 hours. And my hair is longer than ever. "

Bruce was training to run the Cowtown Ultra when he passed away. We have no doubt he would have crushed his time!

If you would like to celebrate Bruce, you can join the family on Friday, February 5. The memorial service for Bruce Flinchbaugh will be at 11 AM at All Saints Catholic Church (5231 Meadowcreek Dr, Dallas, TX 75248). Reception to follow. The family welcomes everyone who wants to pay their respects to a man who impacted so many lives for the better. Dallas Running Club will honor Bruce with a moment of silence before our Love the Loop race on February 6, at 7:55 a.m.