

**KEYS**WEEKLY

## IN PICTURES: KEY COLONY BEACH BRAVES '7 METERS OF GRUELING RUNNING' IN ANNUAL BRIDGE RACE

By **Alex Rickert** - February 13, 2026



*To be frank, Ken Bower has a great costume.*

Measure the Sadowski Causeway bridge however you want – 7 meters, 275 inches or 4.11 smoots (Google it, it's real). Traversing the entire length takes a special breed of athlete, but for dozens of runners, walkers and costumed partiers at the 7 Meter Bridge Run, it's all about a celebration of community. One of the most well-attended runs in the event's 10-year history filled the road for a brief shutdown on Feb. 10 to complete the Key Colony Beach Community Association's "7 Meters of Grueling Running." Afterward, runners and fans retired to a food truck jamboree in the 7th Street Park with live music by the Rick Lieder Band.





ALEX RICKERT



Alex Rickert made the perfectly natural career progression from dolphin trainer to newspaper editor in 2021 after freelancing for Keys Weekly while working full time at Dolphin Research Center. A resident of Marathon since 2015, he fell in love with the Florida Keys community by helping multiple organizations and friends rebuild in the wake of Hurricane Irma. An avid runner, actor, and spearfisherman, he spends as much of his time outside of work on or under the sea having civil disagreements with sharks.

