

# 13.1 MIAMI BEACH

ATHLETE GUIDE

MARCH 5, 2017

**LIFE TIME**  
THE HEALTHY WAY OF LIFE COMPANY

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### MEDIA CONTACT

Those requesting official statements, media-related access to the venues or have general event related questions, please contact Amy Williams, PR Liaison, at [awilliams2@lifetimefitness](mailto:awilliams2@lifetimefitness).



## Welcome to the 13.1 Miami Beach weekend!

We have an incredible event in store for you as we welcome nearly 3,000 runners from 21 states and 15 countries to the greatest beach on earth!

To ensure your experience is top notch, please take a few minutes to read through the information within this Athlete Guide.

We are proud to offer you one of the most scenic road races around. The 13.1 Miami Beach Course starts and finishes within along a historic Miami Beach.

This venue is known world wide for it's art-deco architecture, stunning beaches, amazing views and infamous parties and each play integral parts of our Start and Finish line. Just wait until you see the Finisher Medals!

We want to extend a very special *Thank You* to the City of Miami Beach and the Miami Dade Sports Commission. More so, we extend heartfelt appreciation to more than 1,000 resident volunteers who will be out there to support your efforts and to celebrate your dedication. This race would not be possible without them. Please take a moment to thank them throughout the weekend.

You all deserve tremendous credit for everything that has led up to this day. Remember to enjoy the moment and take it all in. It is an honor to have you at our race, and hope you all have a successful and safe weekend.

Sincerely,

Your local, Miami race crew:

Frankie Ruiz, Chief Running Officer  
Alex DeGracia, Race Director  
Marielena Lopez, Operations Manager  
Maria Alea, Athlete Services Coordinator  
Yasamin Sabeti, Volunteer Manager  
Bryan Embrey, Volunteer Coordinator  
Nicole Bostick, Marketing Manager  
Samantha Bailey, Marketing Associate  
Ana Perez, Office Manager



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## OFFICIAL SCHEDULE OF EVENTS

### THURSDAY, MARCH 2

12:00 - 7:00 p.m. Packet Pick Up  
iRun - 5050 Biscayne Blvd. #103 - Miami

### FRIDAY, MARCH 3

12:00 a.m. - 7:00 p.m. Packet Pick Up  
Go Run Kendall - 11650 N. Kendall Dr. - Miami

### SATURDAY, MARCH 4

12:00 a.m. - 7:00 p.m. Packet Pick Up  
Fit2Run South Beach - 653 Collins Ave. - Miami Beach

### SUNDAY, MARCH 5

5:00 a.m. Packet Pick Up Opens  
Lummus Park - 1201 Ocean Drive, Miami Beach

5:00 a.m. Gear Check Opens

5:50 a.m. Packet Pick Up Closes

6:10 a.m. Gear Check Drop Off Closes

6:13 a.m. Wheel Chair Start

6:15 a.m. Half Marathon Start

6:30 a.m. 5K Start

7:00 a.m. Finish Festival begins at Lummus Park

8:15 a.m. Awards Ceremony - City of Miami Stage at Lummus Park

10:00 a.m. Finish Line Closes

10:30 a.m. Finish Festival and Gear Check Closes



#### NEW RACE APP

Be sure to download the new Race Day App powered by Athlinks App for your iPhone or Android. Select 13.1 Miami Beach for race access.



## PACKET PICK UP

### Location

<b>IRUN</b>	Thursday, March 2	12:00 p.m. - 7:00 p.m.
<b>GO RUN KENDALL</b>	Friday, March 3	12:00 p.m. - 7:00 p.m.
<b>FIT2RUN SOUTH BEACH</b>	Saturday, March 4	12:00 p.m. - 7:00 p.m.

### Packet Pick Up

All participants must pick up their race bib during one of the above Packet Pick Up times.

Participants must bring a photo ID to the pick-up location to retrieve their race bib. Participants may pick up on behalf of others by presenting a copy of the participant's photo ID and/or confirmation email.

**NOTE:** There is limited Race Day Packet Pick Up from 5:00 a.m. to 5:50 a.m. Please plan accordingly.

During Packet Pick Up, participants receive a race bib with timing chip attached, race t-shirt, safety pins and a clear plastic Gear Check bag. All participants must fill-in the emergency medical information on the back of the bib prior to Race Day. The clear plastic bag is required for those who plan to utilize Gear Check at the venue.

Participants will receive the t-shirt size they selected during registration. Those who wish to exchange shirt sizes may do so at the Results Tent on Race Day, subject to available sizes.

### Bib Look Up

Look for the Bib Look-Up Table stationed immediately as you enter Packet Pick Up. Please visit this table to check your bib number. You will need to know your bib number before walking over to any of the Packet Pick Up kiosks.

### RACE BIB

Remember to complete your emergency contact on the back of your participant bib.



**MEDICAL INFORMATION**  
FOR YOUR OWN SAFETY, PLEASE COMPLETE PRIOR TO THE RACE

**IN CASE OF MEDICAL EMERGENCIES,  
PLEASE CALL 888-543-3133**

NAME, FIRST: \_\_\_\_\_ LAST: \_\_\_\_\_ AGE: \_\_\_\_\_

EMERGENCY CONTACT ON RACE DAY

NAME: \_\_\_\_\_ PHONE: \_\_\_\_\_

DOCTOR: \_\_\_\_\_ PHONE: \_\_\_\_\_

ALLergies/PREVIOUS MEDICAL CONDITIONS: \_\_\_\_\_

CURRENT MEDICATIONS: \_\_\_\_\_

**LIFETIME**

## RACE DAY LOGISTICS

### Race Location

Lummus Park  
 Ocean Drive between 5th and 15th Street  
 Miami Beach, Florida

**The Race Venue is housed in Lummus Park, set along Miami Beach's historic South Beach art deco district. Due to road closures in preparation for the race, participants are encouraged to have a plan in place for getting to the venue.**

Gear Check and Will Call open at 5:00 a.m. Half marathon corral will close at 6:10 a.m. , followed by the Race start at 6:15 a.m. on Ocean Drive just north of 11th Street. Depending on logistics, participants should plan adequate time to check gear, locate the Start Line, find friends, etc.

### Ride Your Bike

Dedicated, unsecured bike parking will be available in the Finish Festival area in Lummus Park. Look for bike parking racks. Please plan to lock-up your bike while you participate. The event is not responsible for lost, stolen or damaged items.

### Driving/Parking

Parking is available in any public parking garage throughout the Miami Beach area. Standard parking rates apply.

We suggest using one of the following parking locations for convenience to the race:

Garage at 7th Street and Collins Ave  
 Garage at 12th Street and Drexel Ave  
 Garage at 13th Street and Collins Ave

The Start Line is at a 5-10 minute walk from each of the aforementioned parking lots.

### Parking and Street Closures:

No Parking Zones along the course will be enforced beginning at 1:00 p.m. on Saturday, March 4. Please look for 'No Parking' signs in your area for full details. Street closures along the route will occur between 3:00 a.m. and 1:00 p.m. City streets will re-open promptly as the final runners pass through (at a 16-minute mile pace). Miami and Miami Beach Police will be responsible for closing and re-



opening streets. Please follow their instructions when approaching the course.

Towing of vehicles along posted *No Parking* zones will be enforced beginning at 1:00 a.m. on Sunday, March 5.

## **GENERAL RACE INFORMATION**

Both the Half Marathon and 5K races will be fully supported with Aid Stations, Course Marshals, a network of EMS resources and Radio Operators both along the course and at the Start and Finish. CarbBoom! Energy Gels will be provided at Aid Station F (mile 7.7). Specifically, the event will provide the following:

### **Start Corrals**

All Half Marathon runners will line up in the Start corral based on estimated finish time..

5K Runners will assemble in the 5K corral based on estimated finish time, with walkers and strollers to assemble toward the back.

### **Gear Check**

The Gear Check facility is located within the Finish Festival, located in Lummus Park.

*NOTE: All baggage must be inside the CLEAR PLASTIC BAG provided at Packet Pick Up. Baggage will not be accepted if items are not properly stored inside the bag. Personal bags or backpacks may not be placed directly in the clear bags. Participants must remove all contents from their backpack, place them inside the clear bag, then place the backpack in the clear bag. All items must be visible.*

Gear should be dropped-off prior to entering the Start Corral. Additional clear bags will be available on race morning. Place all items inside the clear plastic bag and affix the Gear Check label from the race bib to the bag. Participants must have a race bib to use Gear Check. Only give items to volunteers working at Gear Check.

Arrive early to check bags, as Gear Check will close five minutes before Race Start. Life Time is not responsible for any lost or stolen items. After the race, items must be picked up from the same location before Gear Check closes at 11:00 a.m. Unclaimed items will be donated to charity. All bags are subject to search and



seizure by the Miami Beach Police, event security and Race Officials.

### Medical Support

Medical assistance, provided by Miami Beach Fire & Resue and Miami Fire Rescue, will be available along the route, along with a Medical Facility provided by Baptist Health South Florida located at the Finish Line. Participants requiring medical assistance may be transported to one of the nearby hospitals, and will be billed by the hospital and ambulance provider. Participants must give on-scene medical personnel the freedom to determine which facility will be utilized.

*IMPORTANT! Each participant must complete the medical information form on the back of their bib. Please take time to fill out your medical information and provide emergency contact information. This makes your information available to health care professionals in the event you are unable to communicate with them.*

**Mobile medical responders will also be stationed throughout the course,**

### Aid Stations

Water and Gatorade Endurance Formula will be provided along 10 Course Aid Stations and at the Start/Finish. Aid Stations will be located at the following locations: Start line, Mile 1.5, Mile 2.5, Mile 3.5, Mile 4.75, Mile 6.1, Mile 7.7, Mile 8.75, Mile 9.6, Mile 10.5, Mile 11.5, Mile 12.5 and the Finish Line. CarbBoom! Energy Gels will be provided at Aid Station F (mile 7.7)

Portable toilets will be included at each of the Aid Stations listed above, as well as throughout the Start, Finish and Finish Festival areas.

### Mile Markers and Split Times

Each mile marker will have a large display clock indicating the elapsed time of the event. These display clocks will show the time from the official start of the race (elapsed time), not an individual's "chip time".

### Pace Groups

iRun will provide pace groups for the following finishing times: 1:40, 1:50, 2:00, 2:10, 2:20. Participants do not need to sign up for a pace group in advance, they can simply join the group the day of. They will be carrying signs with the finish time.



#### Gatorade Endurance Formula

Gatorade Endurance Formula will be on course at every aid station. With nearly double the sodium and triple the potassium of original Gatorade Thirst Quencher, Endurance Formula is a specialized sports drink designed to hydrate athletes engaging in prolonged training and racing when fluid, electrolyte and carbohydrate losses can be significant.

[Learn more here.](#)

## Course Closures / Pace Requirements

The 13.1 Miami Beach Marathon is one of few races to utilize an entirely traffic-free road ways. Witnessing the sweeping views along one of the nation's most famous and scenic roadways requires intricate coordination with the City of Miami and City of Miami Beach, the Police Department and the Department of Transportation.

In order to lessen the community impact of closing streets, this event offers a 16-minute mile pace requirement.

### DON'T BE LATE!

Half Marathon corral close at 6:10 a.m.,

The new 16-minute mile pace goes into effect as soon as the last participant crosses the start line and is maintained by the Back of the Pack Crew - a group of volunteer runners who encourage runners to stay on-pace. The Back of the Pack Crew is followed by the SAG van and a clean-up crew, who work to immediately reopen the course at specific time intervals.

The Finish Line will remain open until 10:00 a.m. Gear Check and the Finish Festival will close at 11:00 a.m.

PLEASE DO NOT START EARLY! Traffic and safety rules prohibit early starts. Early starts will be eliminated from the Official Results. If you cannot maintain a 16-minute per pace mile, you will be required to board the support vans.

## SAG Support / Back of the Pack Crew

The Back of the Pack Crew and SAG van will signify the end of the field and the maximum 16-minute per mile pace. They will not start timing until the last person crosses the Start Line and will be with you throughout the race. If you cannot keep pace, the Crew will help you as you board the SAG vans.

**Event Alert System (EAS)**

This race will utilize the EAS system, encompassing a color-coded system to reveal current event conditions.

Participants will notice flags posted throughout the Race Venue, at the Finish Line and at each Aid Station on Race Day.

EAS updates will be communicated through PA announcements, social media, web posts and/or dedicated emails.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
<b>EXTREME</b>	EVENT CANCELED/EXTREME AND DANGEROUS CONDITIONS	PARTICIPATION STOPPED FOLLOW EVENT OFFICIAL INSTRUCTIONS
<b>HIGH</b>	POTENTIALLY DANGEROUS CONDITIONS	SLOW DOWN / OBSERVE COURSE CHANGES / FOLLOW EVENT OFFICIAL INSTRUCTION / CONSIDER STOPPING
<b>MODERATE</b>	LESS THAN IDEAL CONDITIONS	SLOW DOWN / BE PREPARED FOR WORSENING CONDITIONS
<b>LOW</b>	GOOD CONDITIONS	ENJOY THE EVENT BE ALERT

**FINISH FESTIVAL**

Invite your friends and family to join you in the Finish Festival to celebrate your accomplishment as well as cheer on other participants as they cross the Finish Line. There will be food, Michelob ULTRA (ID Required), local vendors and great activities for all ages.

**Michelob ULTRA Beer Garden:** Participants & Spectators 21 years and older can enjoy a complimentary Michelob ULTRA at the Finish Festival.

**Music:** The Finish Festival area will be a great place for participants and spectators to celebrate their accomplishment. Enjoy the great music on the City of Miami Stage from 7:00 a.m. - 10:30 a.m.

**Sponsor Village:** Sponsors and groups will be located throughout the park area providing a variety of giveaways and hands-on activities throughout the day.

## Race Results / Awards

Live race results will be available online, at the Athlinks Results Tent on race morning and within the Race Day by Athlinks App.

Awards will be presented to the top three overall female and male finishers in both Half Marathon and 5K distances. Age group awards will be distributed at the Results Tent to these age group divisions:

### 5K Age Group Awards

- |                |             |
|----------------|-------------|
| o 14 and Under | o 45-49     |
| o 15-19        | o 50-54     |
| o 20-24        | o 55-59     |
| o 25-29        | o 60-64     |
| o 30-34        | o 65-69     |
| o 35-39        | o 70 -74    |
| o 40-44        | o 75 and Up |

### HALF MARATHON Age Group Awards

- |                |             |
|----------------|-------------|
| o 19 and Under | o 50-54     |
| o 15-19        | o 50-54     |
| o 20-24        | o 55-59     |
| o 25-29        | o 60-64     |
| o 30-34        | o 65-69     |
| o 35-39        | o 70 -74    |
| o 40-44        | o 75 and Up |

As a reminder, *Clock Time* starts when the race begins, and ends when a participant crosses the Finish Line timing mat. Overall winners are determined by the fastest clock time. *Chip Time* begins when participants cross the Start Line timing mat and ends when they cross the Finish Line timing mat. Age group awards are determined by the fastest chip time in each division.

## Race Photos

ChronoTrack Photography will photograph you multiple times throughout the race course as well as before and after the race. Be sure to smile when you see the photographers and make sure your bib number is clearly visible for the camera.

Photos are FREE and will be available alongside your results. Photos may take 24-48 hours to process.





## FREQUENTLY ASKED QUESTIONS

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### Registration FAQs

Q. Do you offer refunds or transfers?

A. We do provide an optional registration refund, however no transfers from one person to another will be permitted. You may not give or sell your race number to another individual.

Q. Can I register the day of the event?

A. There will be race day registration on race morning up until 45 minutes prior to race start.

Q. How do I change my race distance once it has been submitted?

A. [Click here](#) to go to your Chronotrack registration and select “Change Race” to choose a new distance. All changes must be done two weeks prior to the event before signing up.

Q: I have a friend who cannot participate in the event, may I take his/her place?

A: No. Each participant must have his/her own registration. In the event of an emergency, race officials must have emergency contact information on hand, therefore you are NOT allowed to participate using another person's registration. There are NO exceptions to this policy.

Q. Are iPods or headphones allowed on course?

A. We do allow headphones, but recommend that participants using them take extra cautions for the safety of themselves and the participants surrounding them such as using a low volume and wearing only one earbud.

Q. Can I run with a baby jogger, skateboard, bike or dog?

A. No, in consideration for the safety of all participants skateboards, bikes and animals are prohibited on the course. Baby joggers are allowed, and must start in the back of the Half Marathon or 5K start corral.

Q. How long is the 13.1 Miami Beach course open for?

A. The race course will be open for 3 hours and 30 minutes. Runners are expected to maintain a pace that will allow them to finish the course within that time. After that, runners will be able to finish the race on the sidewalk and will be treated like pedestrians.







# MIAMI BEACH

**START TIME**  
LIFE TIME 5K 6:30 AM

## MAP LEGEND

-  START
-  FINISH
-  MILE MARKER
-  WATER STATION



# 13.1 MIAMI BEACH

## 13.1 MIAMI BEACH HALF MARATHON & 5K March 5<sup>th</sup>, 2017 at 6:15AM TURN BY TURN

### HALF MARATHON

#### **START: OCEAN DRIVE & 11<sup>TH</sup> STREET**

- **NORTH** on OCEAN DRIVE
- **LEFT** on 14<sup>th</sup> STREET
- **RIGHT** on WASHINGTON AVE
- **LEFT** on 16<sup>th</sup> STREET
- **RIGHT** on MERIDIAN AVE
- **LEFT** onto DADE BLVD
- **RIGHT** on N MICHIGAN AVE
- **RIGHT** on ALTON RD
- **MERGE** onto EXIT RAMP of JULIA TUTTLE CSWY/195
- **CONTINUE STRAIGHT** onto JULIA TUTTLE CSWY (WB on EB LANE)
- **MERGE** onto NE 36<sup>th</sup> STREET
- **LEFT** onto NE 2<sup>nd</sup> AVE

- **LEFT** onto NE 15<sup>th</sup> STREET
- **RIGHT** onto N BAYSHORE DRIVE
- **CONTINUE STRAIGHT** onto the MACARTHUR CSWY/395 ON RAMP
- **MERGE** onto MACARTHUR CSWY EB
- **RIGHT** onto BAYWALK PATH
- **CONTINUE** through SOUTH POINTE PARK PATH
- **LEFT** at NIKKI BEACH
- **RIGHT** onto OCEAN DRIVE
- **RIGHT** into 5<sup>th</sup> STREET PARKING LOT
- **LEFT** onto **LUMMUS PARK SERPENTINE PATH**

**FINISH: LUMMUS PARK & 8<sup>TH</sup> STREET  
SERPENTINE PATH**

### 5K

#### **START: OCEAN DRIVE & 11<sup>TH</sup> STREET**

- **SOUTH OCEAN DR**
- **LEFT** at NIKKI BEACH
- **RIGHT** SOUTH POINT PARK PATH
- **LOOP AROUND** SOUTH POINT PARK PATH
- **LEFT** at NIKKI BEACH
- **RIGHT** onto OCEAN DRIVE
- **RIGHT** onto 5<sup>th</sup> STREET PARKING LOT
- **LEFT** onto LUMMUS PARK SERPENTINE PATH

**FINISH: LUMMUS PARK & 8<sup>th</sup> STREET SERPENTINE PATH**



## ATHLETE TRACKING

Receive updates on athletes as they move along the course, using your mobile phone. Download the Race Day by Athlinks App.

\*Note the athlete you are tracking must race with their mobile phone for live tracking.

Q. Am I allowed to walk?

A. Yes, participants may walk but they must be able to complete the race by 9:45 a.m. Walkers must start behind the runners at the starting line. There is NO early start.

Q. What time will the roads and lanes be closed for the race?

A. Road and lane closures will be posted. Visit our Parking & Directions page for the street list with times.

Q. How many aid stations and what type of fluid replacements are offered?

A. There will be 10 aid stations along the course with plenty of water and sports drinks.

Q. What do I do if I injure myself on the course?

A. There will be ambulance and bike EMS teams providing medical support along the course. Runners will have access to medical support at each aid station.

Q. Will there be food at the finish line?

A. Yes, there will be a variety of food options available at the finish line festival. All race participants will have access to the food tent. Spectators will not have access.

Q. Is the course USATF-Certified?

A. Yes, the 13.1 Miami Beach course is USATF certified.

Q. If I have feedback concerning the race, whom should I contact?

A. We appreciate feedback. If you have any comments about the race please email us at [FLevents@lifetimefitness.com](mailto:FLevents@lifetimefitness.com).

Thank you for running with us, we appreciate you choosing 13.1 Miami Beach.

Good luck, runners!

# South Beach

## TRIATHLON

BENEFITTING



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FOR BEST CURRENT  
PRICING.**



  
**MIAMI MARATHON  
AND HALF MARATHON**<sup>SM</sup>

**JANUARY 28, 2018**

**THEMIAMIMARATHON.COM**



# CHICAGO SPRING HALF MARATHON/10K

**MAY 21, 2017** Awaken the Spring with the Chicago Spring Half Marathon & 10K. Just steps away from Chicago's Lake Michigan waterfront; enjoy the intimate urban venue and gorgeous lakefront course. Every participant is treated to a gourmet hot breakfast buffet and the Market 14 Finish Festival.

[CHICAGOSPRINGHALF.COM](http://CHICAGOSPRINGHALF.COM)

# CHICAGO HALF MARATHON/5K

**SEP. 24, 2017** Don't miss Chicago's historic half marathon featuring a flat, fast and traffic-free course atop scenic Lake Shore Drive. Complimentary shuttle transit included for the first 5,000, plus a HUGE finisher medal worthy of Chicago's big shoulders.

[CHICAGOHALFMARATHON.COM](http://CHICAGOHALFMARATHON.COM)

# CHICAGOLAND HALF MARATHON SERIES

**2 GREAT RACES, ONE AMAZING CITY**  
Take on the 26.2 Challenge: Complete both races with the Chicagoland Half Marathon Series, Chicago Spring Half Marathon and Chicago Half Marathon, to receive the 26.2 Challenge Finisher's Medal.



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