

305 HALF MARATHON 5K

LIFETIME
HEALTHY WAY OF LIFE



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Welcome to the 2018 305 Half Marathon & 5K!

We have an incredible event in store for you as we welcome nearly 2,500 runners to do it like a local in the one-and-only 305.

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 305 Half Marathon & 5K courses start and finish along the historic Ocean Drive in the world-renowned Miami Beach.

This venue is known worldwide for its Art Deco architecture, stunning beaches, amazing views and upbeat, party-type lifestyle. Each of these play an integral role in our start and finish line along with some other awesome race day perks:

- 305-inspired finisher medals and gender-specific tech t-shirts
- On-course “only in Miami” flair with enhanced DJ sets
- Pacers running with speakers for mobile music throughout the course
- [Athlinks App](#) featuring runner tracking and more
- Cafecitos provided on race morning courtesy of Aroma Espresso
- 305 Drive Ignited by [Athlinks](#) – a 400-meter speed challenge within the half marathon course starting at mile 3.05
- Eppa Suprafruta Sangria Bar and Michelob ULTRA at the post-race beach party (must be 21 with a valid ID).
- Enhanced post-race finish festival amenities
- Recovery sessions including massage, electrostimulation and Game Ready boots from Dr. Be, and stretching courtesy of Stretch Zone.
- Complimentary digital race photos on-course and at the finish line
- Awards for top finishers

We want to extend a very special thank you to the City of Miami, City of Miami Beach, Miami PD, Miami Beach PD, Miami Beach Fire Rescue, Miami Fire Rescue, and Baptist Health South Florida for their support and in keeping our participants safe. Additionally, we extend heartfelt appreciation to more than 1,000 resident volunteers who will be supporting your efforts throughout race weekend. This race would not be possible without them so 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 soak 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
Maurya Lacey, Groups & Charities Manager

Jessica Mejia, Volunteer Manager
Nicole Bostick, Sr. Marketing Manager
Samantha Bailey, Marketing Coordinator
Andrew Honiotes, Marketing Specialist
Luis Alberto Gomez, Warehouse Manager

OFFICIAL SCHEDULE OF EVENTS

THURSDAY, MARCH 1

Packet Pickup

Go Run Kendall - 11650 N. Kendall Dr., Miami, FL 33176

Time: 12:00 a.m. – 7:00 p.m.

FRIDAY, MARCH 2

Packet Pickup

iRun - 5050 Biscayne Blvd. #103, Miami, FL 33137

Time: 12:00 a.m. – 7:00 p.m.

SATURDAY, MARCH 3

Packet Pickup

Nike Miami - 1035 Lincoln Rd, Miami Beach, FL 33139

Time: 12:00 a.m. – 7:00 p.m.

SUNDAY, MARCH 4

Race Site - Lummus Park

1130 Ocean Drive

Miami Beach, FL 33139

5:00 a.m.	Packet Pickup Opens
5:00 a.m.	Gear Check Opens
5:50 a.m.	Packet Pickup Closes
6:10 a.m.	Gear Check Drop-Off Closes
6:13 a.m.	Wheelchair 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 - Main Stage at Lummus Park
10:00 a.m.	Finish Line Closes
10:30 a.m.	Finish Festival and Gear Check Closes



Be sure to download the new [Athlinks App](#) for your iPhone or Android. Select 305 Half Marathon & 5K for event page access. Receive updates on athletes as they move along the course using your mobile phone.

**Note the athlete you are tracking must race with their mobile phone and have the GPS enabled for live tracking.*

PACKET PICKUP

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

Participants must bring a photo ID to the pickup 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 Pickup from 5:00 a.m. to 5:50 a.m.

During Packet Pickup, 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 Pickup. 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 Pickup kiosks.

RACE DAY LOGISTICS

Race Location

Lummus Park - Ocean Drive between 5th and 14th Street
Miami Beach, Florida

The race venue is housed in Lummus Park, set along the 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. [View road closures.](#)

The half marathon start line will close at 6:10 a.m., followed by the race start at 6:15 a.m. on Ocean Drive at 11th Street. The 5K start line will close at 6:25 a.m. followed by the race start at 6:30 a.m. Participants should plan adequate time to check gear, locate the start line, find friends, etc.

Driving/Parking

Parking is available in any public parking garages throughout the Miami Beach area. Standard parking rates apply. We strongly recommend that you do not leave valuables in your car. We will not be held liable for any theft or damage to any of the cars.

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 areas.

Parking and Street Closures

No Parking zones along the course will be enforced beginning at 1:00 p.m. on Saturday, March 3. 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. on race day. 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 4.

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. Gatorade Endurance Energy Gels will be provided at Aid Station F (mile 7.7).

Start Corrals

All Half Marathon runners will line up in the start corral based on estimated finish time (faster in front).

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 Pickup. 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 line area. 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 Rescue and Miami Fire Rescue, will be available along the route as well as 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 a moment 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 11 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. Gatorade Endurance 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.



Lemon-Lime Gatorade Endurance Formula will be available on course at all aid stations. Endurance Formula has nearly two times the sodium and three times the potassium of traditional Gatorade. It also contains no artificial flavors and has a lighter taste. [Learn more here.](#)

Gatorade Endurance Energy Gel provides 20g of carb energy, natural flavors, and a light texture and taste. Take it just before, or on course, and chase with water.

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, and 2:10

Go Run will provide pace groups for the following finishing times: 2:20, 2:25, 2:30, 2:35, 2:40, and 2:50

Participants do not need to sign up for a pace group in advance, they can simply join the group the day of. Pacers will be carrying signs with the finish time as well as a mobile speaker so you may enjoy music throughout the course.

Course Closures / Pace Requirements

In order to lessen the community impact of closing streets, this event offers a 16-minute mile pace requirement. The 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, the Athlinks App, social media, web posts and/or dedicated emails.*

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

***NEW* 305 Drive Ignited by Athlinks**

We've teamed up with [Athlinks](#) to make your race day even more exciting with an all-new timed challenge. Get ready to turn on your thrusters and accelerate through a 400-meter dash race within the half marathon starting at mile 3.05.



Top males and females in each age group who clock the fastest time on this 400-meter segment will earn a special prize! **To get ready to conquer this challenge, sign up for a FREE Athlinks profile before race day.*

***NEW* Official Music Provider**

We're proud to partner with DEEZER, home to over 43 million tracks, available at the touch of a button wherever you are. Their team of Editors have hand-curated playlists to help you run further faster, train better and enjoy your runs more. As our sponsors, they've made 60 days of their Premium+ service available to all 305 Half Marathon & 5K runners so you can listen to your music offline and ad-free.



[TRY A FREE 60-DAY TRIAL](#)

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, Eppa Superfruta Sangria and Michelob ULTRA (ID required), local vendors and great activities for all ages.

Eppa Superfruta Sangria Bar: Participants 21 years and older can enjoy a complimentary Eppa Superfruta Sangria at the Finish Festival (Valid ID required).

Michelob ULTRA Beer Garden: Participants 21 years and older can enjoy a complimentary Michelob ULTRA at the Finish Festival (Valid ID required).

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

Sponsor Village: Sponsors, groups and charities will be located throughout the park area providing a variety of giveaways and interactive activities throughout the day.

Post-Race Participant Recovery: Recovery sessions including massage, electrostimulation and Game Ready boots from Dr. Be, and stretching courtesy of Stretch Zone will be available on a first-come, first-served basis.

Race Results / Awards

Live race results will be available online, at the Athlinks Results tent on race morning and within the Athlinks App.

Awards will be presented on the Main Stage to the top three overall female and male finishers in both Half Marathon and 5K distances. Age group award medals (pictured right) will be distributed at the Results tent to the following age group divisions:



Half Marathon Divisions

- Ages 19 and under
- Ages 20-24
- Ages 25-29
- Ages 30-34
- Ages 35-39
- Ages 40-44
- Ages 45-49
- Ages 50-54
- Ages 55-59
- Ages 60-64
- Ages 65-69
- Ages 70-74
- Ages 75-79
- Ages 80+

5K Divisions

- Ages 14 and under
- Ages 15-19
- Ages 20-24
- Ages 25-29
- Ages 30-34
- Ages 35-39
- Ages 40-44
- Ages 45-49
- Ages 50-54
- Ages 55-59
- Ages 60-64
- Ages 65-69
- Ages 70-74
- Ages 75-79
- Ages 80+

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 photographers 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 in order to receive access to your photos.

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

2017-18 Florida Storm Series

Have you completed 3 or more Life Time Florida running events in the 2017-18 race season? You may qualify for BIG BONUS bling in the [Florida Storm Series](#)! Complete 3, 4 or 5 qualifying events from November 2017 through March 2018 and receive the corresponding Category 3, 4 or 5 medal. Check the qualifying events list below to see if you will qualify at the 305 Half Marathon & 5K for your bonus bling!



**You must have a FREE [Athlinks profile](#) and claim your results throughout the season to qualify.*

- 2017 [13.1 Fort Lauderdale, Relay & 5K](#) – Nov. 12
- 2017 [Baptist Health Turkey Trot Miami 5K/10K presented by Publix](#) – Nov. 23
- 2018 [Fitbit Tropical 5K](#) – Jan. 27
- 2018 [Fitbit Miami Marathon & Half Marathon](#) – Jan. 28
- 2018 [305 Half Marathon & 5K](#) (formerly 13.1 Miami Beach & 5K) – Mar. 4
- 2018 [First Watch Sarasota Half Marathon, Relay & 10K](#) – Mar. 18

* Only one of your Category races may be a 5K.

305

HALF MARATHON 5K

MARCH 4, 2018

START TIMES

WHEELCHAIRS 6:13AM

HALF MARATHON 6:15AM

5K 6:30AM



COURSE TURN BY TURN

Half Marathon

START: Ocean Drive & 11th Street

North on Ocean Drive

Left onto 14th Street

Right onto Washington Ave

Left onto 17th Street

Right onto Meridian Ave

Left onto Dade Blvd

Right onto N Michigan Ave

Right onto Alton Road

Merge onto Exit Ramp of Julia Tuttle Cswy/195

Continue Straight onto Julia Tuttle Cswy (WB on EB Lane)

Merge onto NE 36th Street

Left onto NE 2nd Ave

Left onto NE 15th Street

Right onto N Bayshore Drive

Continue Straight onto the MacArthur Cswy/395 Onramp

Merge onto the MacArthur Cswy EB

Sharp Right onto Baywalk Path

Continue onto South Pointe Park Path

Left onto Washington Ave

Right onto South Pointe Drive

Left onto Ocean Drive

Right at 5th Street onto Lummus Park Serpentine Path

FINISH: Lummus Park & 12th Street Serpentine Path

5K

START: Ocean Drive & 11th Street

South on Ocean Dr.

Left at Nikki Beach

Right onto South Pointe Park Path

U-turn just before Smith & Wollensky

Continue back onto South Pointe Park Path

Left at Nikki Beach

Right at 5th Street onto Lummus Park Serpentine Path

FINISH: Lummus Park & 12th Street Serpentine Path

FREQUENTLY ASKED QUESTIONS

Q. Do you offer refunds or transfers?

A. No refunds are permitted. However, you may transfer your race entry to another non-registered individual or defer your entry to the following year's race (fee associated with both options). Please email FLevents@lt.life for more information.

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. Access your Chronotrack registration and select "Change Race" to choose a new distance. All changes must be done two weeks prior to the event.

Q. Are iPods or headphones allowed on course?

A. We do allow headphones, but recommend that participants using them take extra caution 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 305 Half Marathon & 5K 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.

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 [Community Impact Notice](#) page for the street lists and times.

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

A. There will be 11 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 305 Half Marathon & 5K 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@lt.life.

Thank you for running with us, we appreciate you choosing to do it like a local at the 305 Half Marathon & 5K!

Good luck, runners!

Join Us at Our Other Life Time Florida Events

First Watch Sarasota Half Marathon, Relay & 10K – March 18, 2018

Enjoy breathtaking views of Sarasota Bay as you cross the John Ringling Causeway before traversing through Sarasota's stunning neighborhoods and historic sites such as St. Armand's Circle, John Ringling Bridge, Downtown Sarasota and the Ringling Museum of Art.

Crossing the Finish Line, you'll be treated to a gourmet breakfast buffet provided by [First Watch](#) and enjoy the bayside beer garden featuring live music and more. The [First Watch Sarasota Half Marathon, Relay & 10K](#) is one of the premiere running events in West Florida, making this a tradition for family, friends and runners from all over the country to enjoy.

**Florida Storm Series qualifying race.*

South Beach Triathlon benefitting Save the Children – April 15, 2018

Experience the nation's ultimate destination triathlon, right here in South Florida. Swim the warm waters of the Atlantic. Ride to Miami and back across two famous causeways. Run through the Art Deco District and finish atop the legendary white sands. Only at the [South Beach Triathlon](#).

305

HALF MARATHON 5K™

LIFETIME™

HEALTHY WAY OF LIFE

G ENDURANCE

NO ARTIFICIAL FLAVORS WITH A LIGHTER TASTE



FORMULATED FOR *FARTHER*

Endurance athletes take things farther. Gatorade® Endurance Formula is designed for the specific demands of endurance athletes. On course at over 300 races.



AVAILABLE IN LEMON-LIME, ORANGE AND CHERRY
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