305 Half Marathon & 5K

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2019 Athlete Guide

305 Half Marathon & 5K

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Welcome to the 305!!

We have an incredible event in store for you as we welcome nearly over 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 in 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 historic Ocean Drive in 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 features plays an integral role in our start and finish line and are partnered 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 providing mobile music throughout the course
- Cafecitos provided on race morning (near Gear Check).
- 305 Drive Ignited by <u>Athlinks</u> a 400-meter speed challenge within the half marathon course starting at the 15K split.
- Michelob ULTRA and a Bloody Mary Bar at the post-race beach party (21+ with a valid ID).
- Enhanced post-race finish festival amenities
 - Vendors offering product information and samples Yasso frozen yogurt, Air Relax compression boots and more!
 - Enhanced music and entertainment.
 - Pots & Pans Station for athletes to celebrate getting a PR!
- · Complimentary results and digital race photos courtesy of Athlinks
- Awards for top category finishers

We want to extend a very special thank you to the City of Miami, the City of Miami Beach, Miami PD, Miami Beach PD, Miami Fire Rescue, Miami Beach Fire Rescue, and Baptist Health South Florida for their support in keeping our participants safe. Additionally, we extend heartfelt appreciation to more than 1,000 resident volunteers who will be supporting our runners' 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 you up to race day. Remember to enjoy the moment and soak it all in. It is an honor to have you at our race, and we 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 Catalina Mendieta, Athlete Services Coordinator Maurya Lacey, Groups & Charities Manager Jessica Mejia, Volunteer Manager Nicole Bostick, Sr. Marketing Manager Samantha Bailey, Marketing Coordinator Yakov Hill, Marketing Specialist Luis Alberto Gomez, Warehouse Manager

Official Schedule of Events

THURSDAY, FEBRUARY 28

Packet Pickup

Go Run Kendall - 11650 N. Kendall Dr., Miami, FL 33176 Time: 12:00 – 7:00 p.m.

FRIDAY, MARCH 1

Packet Pickup

iRun - 5050 Biscayne Blvd. #103, Miami, FL 33137 Time: 12:00 – 7:00 p.m.

SATURDAY, MARCH 2

Packet Pickup

Nike Miami - 1035 Lincoln Rd, Miami Beach, FL 33139 Time: 12:00 – 7:00 p.m.

SUNDAY, MARCH 3

Race Site - Lummus Park 1100 Ocean Drive Miami Beach, FL 33139

- 5:00 a.m. Packet Pickup & Gear Check Opens
- 5:50 a.m. Half Marathon Packet Pickup Closes
- 6:10 a.m. Gear Check Drop-Off Closes
- 6:13 a.m. Half Marathon Wheelchair Start
- 6:15 a.m. Half Marathon Start
- 6:15 a.m. 5K Packet Pickup Closes
- 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, Finish Festival and Gear Check Pickup Closes

Important Information

PACKET PICKUP

All participants must pick up their race bib during one of the Packet Pickup times listed on the previous page.

Participants must bring a photo ID to the pickup location to retrieve their dynamically assigned race bib. Participants may pick up on behalf of others by presenting a copy of the participant's photo ID. *NOTE: There is limited race day Packet Pickup from 5:00 a.m. to 5:50 a.m. (5K pickup will remain open until 6:15 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.

Late Packet Pickup

Registered athletes will receive an email in advance of late Packet Pickup that will include an assigned bib number. Bring that number with you on race morning. There will be a Bib Look Up table stationed immediately as you enter Packet Pickup. If you do not receive your email or lose your information, please visit this table to check your bib number. On race morning late pickup 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. <u>View road closures</u>.

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 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

Important Information

Parking and Street Closures

No Parking zones along the course will be enforced beginning at 1:00 p.m. on Saturday, March 2. 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 3.

GENERAL RACE INFORMATION

Both the Half Marathon and 5K races will be fully supported with Aid Stations, Course Marshals, and a network of EMS resources and Radio Operators 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 must 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 (and to be on-course in general). Only give items to volunteers working at Gear Check.

Arrive early to check bags, as Gear Check will close 5 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 10:00 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.

Don't forget to grab a complimentary cafecito after you drop off your gear! Aroma Espresso will be set up next to the Gear Check area.

Medical Support

Medical assistance, provided by Miami Beach Fire Rescue and Miami Fire Rescue, will be available along the route as well as in 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 Information

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 Lines and the 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 <u>Energy Gel</u> provides 20g of carb energy, natural flavors, and a light texture and taste. Take it just before, or on course (mile 7.7), 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: 1:30, 1:40, 1:45, 1:50, 1:55, and 2:00 Go Run will provide pace groups for the following finishing times: 1:35, 2:05, 2:10, 2:15, 2:20, and 2:30

Participants do not need to sign up for a pace group in advance, you 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 can enjoy music throughout the course.

Course Closures / Pace Requirements

In order to lessen the community impact of street closures, this event stipulates 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 SAG van and a clean-up crew, who work to immediately reopen the course at specified time intervals.

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

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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.

305 Drive Ignited by Athlinks

We've teamed up with <u>Athlinks</u> to make your race day even more exciting with a new timed challenge. Get ready to turn on your thrusters and accelerate through a 400-meter dash race within the half marathon starting at the 15K split (MacArthur Causeway).

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 <u>Athlinks</u> profile before race day. Prizes will be distributed at the Results tent.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS	
EXTREME	TREME EVENT CANCELED/EXTREME FOLLOW EVENT OFFICIA AND DANGEROUS CONDITIONS		
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	



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, refreshments, local vendors and great activities for all ages.

NEW **Bloody Mary Bar**: Participants 21 years and older can enjoy a complimentary Bloody Mary 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. - 10:00 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 Attractions: Try Yasso frozen yogurt and Air Relax compression boots during the Finish Festival and don't forget to bang on the pots & pans in the finish chute if you get a PR!

Florida Storm Series: Have you completed 3 or more Life Time Florida running events? Stop by the Florida Storm Series tent to pick up your Category 3, 4 or 5 medal during the Finish Festival! Check the list of Series races on the next page to see if you qualify.

Need the '3' Medal?: Those who already purchased or would like to purchase* the '3' medal from the 2018 race may do so at the Results tent. *Purchases based on availability.

Race Information

FLORIDA **STORM** SERIES

CATEGORY 3, 4 & 5 CHALLENGE Complete your choice of 3, 4 or 5 of these premier Life Time Run Florida events and receive the corresponding medal – each getting bigger as your Category classification increases. • 13.1 FORT LAUDERDALE, RELAY & 5K – Nov. 11, 2018

- BAPTIST HEALTH TURKEY TROT MIAMI 5K/10K PRESENTED BY PUBLIX Nov. 22, 2018 • FITBIT TROPICAL 5K PRODUCED BY LIFE TIME - Jan. 26, 2019
- FITBIT MIAMI MARATHON & HALF MARATHON PRODUCED BY LIFE TIME Jan. 27, 2019 • 305 HALF MARATHON & 5K (formerly 13.1 Miami Beach & 5K) - Mar. 3, 2019 • FIRST WATCH SARASOTA HALF MARATHÓN, RELAY & 10K - Oct. 20, 2019 *New Date* * Only one 5K permitted. Remaining races must be longer than a 5K distance.

PERFECT STORM CHALLENGE Complete the longest individual distance of all 6 Life Time running events above, plus the two premier Life Time Triathlon events below and receive a custom award and the ultimate bragging rights. • ESCAPE TO MIAMI TRIATHLON (International distance) – Sept. 30, 2018 • SOUTH BEACH TRIATHLON (International distance) - Apr. 14, 2019 * No relays permitted



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*Participants must have an Athlinks Athlete Profile and claim all results during the season. Full policy details online. Prior year's medals featured.

Results

Results

RACE RESULTS / AWARDS

Live race results will be available online at <u>Athlinks.com</u>, at the Athlinks Results tent on race morning, and posted on our event website.

Awards will be presented on the Main Stage to the top three overall female and male finishers in both Half Marathon and 5K distances. 305 Drive prizes and age group award medals (pictured right) will be distributed at the Results tent to the following age group divisions:

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.



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

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 65-69 Ages 70-74 Ages 75+

Ages 45-49 Ages 50-54 Ages 55-59 Ages 60-64 Ages 65-69 Ages 70-74 Ages 75+

Race Photos

Athlinks 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 online results. Photos may take 24- 48 hours to process.



Turn by Turn

Half Marathon 6:15 AM

START: Ocean Drive & 11th Street North onto 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 On Ramp Merge onto the MacArthur Cswy EB Sharp Right onto Baywalk Path Continue onto South Pointe Park Path Left Turn 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 6:30 AM

START: Ocean Drive & 11th Street South onto Ocean Dr Left 5th Street Right South of 5th Boardwalk Left South Pointe Park Path Right towards Continuum UTurn South Right South Pointe Park Path Right South Pointe Park Path becomes Washington Ave Right South Pointe Drive Left Ocean Drive Right 5th Street Left 5th Street to merge onto Lummus Serpentine Park Path **FINISH: Lummus Park & 12th Street Serpentine Path**

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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 <u>FLevents@lt.life</u>

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. *Dependent upon available spots.

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. Email <u>FLevents@LT.LIFE</u> for questions or additional assistance.

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 corrals.

Q. How long is the 305 Half Marathon & 5K course open?

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 (approximately 16-minute per mile pace). After that, runners will be able to board the SAG vehicle or finish 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 are posted. Visit our <u>Community Impact Notice</u> page for the list of street names 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 Gatorade Endurance Formula.

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 and at the finish area.

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 to this particular area.

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 <u>FLevents@lt.life.</u> We will also be sending out a post-race participant experience survey within a few days of the event.

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South Beach Triathlon benefitting Save the Children

April 14, 2019

The <u>South Beach Triathlon</u>, benefitting Save the Children, is known as one of the nation's most prestigious races, due to its unique and intense course combined with great perks.

The race begins with an ocean swim in the beautiful water that runs parallel to world-famous South Beach. The bike course crosses over Miami Beach's famous Causeways with scenic views of the Intracoastal Waterway, downtown Miami and Miami Beach. The run course runs alongside Miami Beach's Art Deco District, finishing on the white sands of South Beach.

The race features the International Distance, a .93 mile swim, a 24.25 mile bike and a 6.2 mile run; or the Classic Distance features a .5-mile swim, 20.7-mile bike and 4-mile run.

#SoBeTri #LifeTimeTri #IfINeverTri

Life Time Tri Miami Challenge

For years, triathletes have gathered every April for an early season test of body and spirit at the famed South Beach Triathlon (4.14.19). And every September, triathletes flock to the ultimate Miami multisport competition, the <u>Escape to Miami Triathlon presented by Voler</u> (9.22.19). These two races are now united to present the premier Miami triathlon experience: The Life Time Tri Miami Challenge. Earn extra bling and race apparel when you complete both races in 2019!

Learn More

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LIFE TIME HEALTHY WAY OF LIFE

February 9, 2020

Registration Now Open

Register Today & Save!

February 4 – April 4

Marathon - \$100 -Half Marathon - \$85 -

Tropical 5K - \$40

themiamimarathon.com









The new 305 Half Marathon & 5K (March 1, 2020) is all about local vibes, attracting visitors from all over the world and those who are fired up to call Miami their home. Once known as the 13.1 Miami Beach & 5K, this ultimate 305 experience is a cultural gem that will have you running like you live here. Count on a fast and coastal course with a fresh and vibrant Miami soul.

Early Bird Registration Pricing. Register Early & Save! March 4 - Half Marathon \$55 / 5K \$25 March 5-6 - Half Marathon \$60 / 5K \$30 March 7-11 - Half Marathon \$66 / 5K \$35

MARCH 1, 2020

305HALFMARATHON.COM