



305

HALF MARATHON 5K

305 Half Marathon & 5K

2020 Athlete Guide

Table of Contents

<u>Welcome</u>	2
<u>Schedule of Events</u>	3
<u>Packet Pickup</u>	5
<u>Race Day Logistics</u>	5
<u>Race Information</u>	6
<u>On-Course Support</u>	7
<u>Course Map</u>	9
<u>Course Turn-by-Turn</u>	10
<u>Finish Festival</u>	11
<u>Results</u>	13
<u>FAQs</u>	15
<u>Groups & Charities</u>	16
<u>Sponsors</u>	18



Welcome to the 305!

We have an incredible event in store for you as we welcome nearly 3,000 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 - some will be completing their 3-0-5 Three-Peat Challenge!
- Gender-specific tech t-shirts – the first white shirt in over 10 years!
- On-course “only in Miami” flair with enhanced DJ sets
- Cafecitos provided on race morning courtesy of Abuela Mami Coffee (near Gear Check)
- Michelob ULTRA at the post-race beach party (21+ with a valid ID)
- Enhanced post-race finish festival amenities
 - **Vendors offering product information and samples – Lifevine Wine, Reset Cryotherapy and more!**
 - **Enhanced music and entertainment**
 - **Súper Miami photo opps**
 - **Pots & Pans Station for athletes to celebrate getting a PR!**
- Complimentary results and digital race photos courtesy of Marathon-Photos
- 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, Course Manager

Catalina Mendieta, Athlete Services Coordinator
Maurya Lacey, Groups & Charities Manager
Jessica Mejia, Volunteer Coordinator

Nicole Bostick, Associate Marketing Director
Samantha Bailey, Associate Marketing Manager
Luis Alberto Gomez, Warehouse Manager

Official Schedule of Events

THURSDAY, FEBRUARY 27

Packet Pickup

DICK'S Sporting Goods – Dadeland Station
8364 S Dixie Hwy Dadeland Station, Miami FL 33143
Time: 12:00 – 7:00 p.m.

FRIDAY, FEBRUARY 28

Packet Pickup

DICK'S Sporting Goods – Shops at Beacon Lakes
(near Dolphin Mall)
1720 NW 117th Place, Miami FL 33182
Time: 12:00 – 7:00 p.m.

SATURDAY, FEBRUARY 29

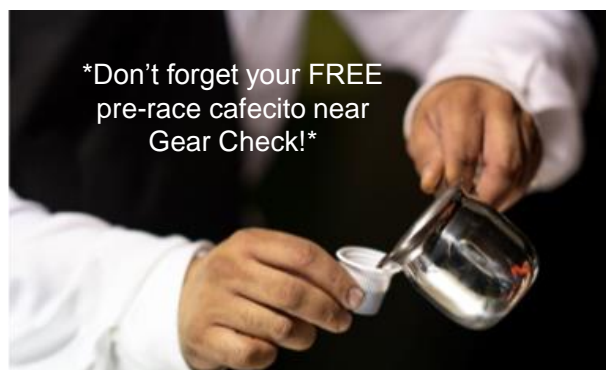
Packet Pickup

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

SUNDAY, MARCH 1

Race Site - Lummus Park 1200 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 Closes



Don't forget your FREE pre-race cafecito near Gear Check!

*Limited space for Packet Pickup available on race day.



TAKE
\$10 OFF
YOUR PURCHASE OF \$50 OR MORE

EVERY SEASON STARTS AT
DICK'S
SPORTING GOODS



Limit one coupon per customer per transaction. Excludes: taxes, prior purchases, gift cards, extended warranties, licenses, store credit, services or excluded items detailed in-store or at [DICKS.com/Exclusions](https://www.dicks.com/exclusions). Cannot be combined with other offers. No reproductions or rain checks accepted. Valid 1/1/20 - 12/31/20.

GET THE MOST OUT OF YOUR GEAR. CHECK OUT OUR IN-STORE SERVICES AT [DICKS.COM/THEPROS](https://www.dicks.com/thepros)

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 Gear Check bag. All participants must fill in the emergency medical information on the back of the bib prior to race day. The clear 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.

Race Day Packet Pickup *Limited Availability*

Registered athletes who are not able to attend any of the [Packet Pickup dates](#) will receive an email in advance of race morning 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. [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 12th 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, February 29. 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 1.

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 7.5).

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.

Pace Groups

Go Run will provide pace groups for the following finishing times: 1:30, 1:35, 1:40, 1:45, 1:50, 2:00, 2:05, 2:10, 2:15, 2:20, 2:30, 2:40, 2:50, 3:00

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 indicating their estimated finish time.

Gear Check

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

NOTE: All baggage must be inside the CLEAR 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 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! Abuela Mami Coffee will be set up next to the Gear Check area.

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.

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.

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, mile 2.5, mile 3.5, mile 4.75, mile 6.1, mile 7.5, 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 7.5).

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.

ENDURANCE FORMULA + ENERGY GELS



Gatorade Endurance is a portfolio of products created specifically for endurance athletes who are training and racing for prolonged periods of time when fluid and electrolyte losses can be significant. Gatorade Endurance Formula and Energy Gels help deliver critical fluids and nutrients to get you through the 305 Half Marathon. We'll have Lemon-Lime Endurance Formula on-course at all aid-stations, and both caffeinated Energy Gels (Strawberry and Lemon-Ginger) and non-caffeinated Energy Gels (Blackberry, Mango, Apple Pear, and Vanilla) available at (mile 7.5). Learn more about the Gatorade Endurance line of products at www.GatoradeEndurance.com

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".

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 vehicle – a Chiva bus! – 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 Chiva bus.

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 nationwide.

AVAILABLE IN LEMON-LIME, ORANGE, CHERRY, AND WATERMELON
SOLD EXCLUSIVELY AT RUN, BIKE, AND TRI SHOPS
ONLINE AT GATORADEENDURANCE.COM



Gatorade® Endurance Formula has nearly twice the sodium (300mg) and more than triple the potassium (140mg) of regular Gatorade® to help meet endurance athletes' needs.
©2019 S-VC, Inc. GATORADE ENDURANCE and G DESIGN are registered trademarks of S-VC, Inc.

305

HALF MARATHON 5KSM

MARCH 1, 2020

START TIMES

WHEELCHAIRS 6:13AM

HALF MARATHON 6:15AM

5K 6:30AM

- HALF MARATHON ROUTE
- 305K ROUTE
- ① MILE MARKERS
- 💧 AID STATION WITH WATER
- Ⓢ START/FINISH



Turn by Turn

Half Marathon 6:15 AM

START: Ocean Drive Between 11th Street & 12th 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

Continue Straight onto South Pointe Park Path

Left on South Pointe Park Path

Left at 5th Street continuing Lummus Park Serpentine Path

FINISH: Lummus Park & 12th Street Serpentine Path

5K 6:30 AM

START: Ocean Drive Between 11th Street & 12th Street

North onto Ocean Drive

Left onto 14th Street

Right onto Washington Ave

Left onto 17th Street

UTurn 17th Street & Convention Center Drive

Continue east on 17th Street

Right onto Washington Ave

Left 14th Street

Right Ocean Drive

Left 5th Street to merge onto Lummus Park Serpentine Path

FINISH: Lummus Park & 12th Street Serpentine Path



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
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 INSTRUCTIONS/ CONSIDER STOPPING
MODERATE	LESS THAN IDEAL CONDITIONS	SLOW DOWN/BE PREPARED FOR WORSENING CONDITIONS
LOW	GOOD CONDITIONS	ENJOY THE EVENT AND 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.

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 a sample from Lifevine Wine and relax with Reset Cryotherapy during the Finish Festival and don't forget to bang on the pots & pans in the finish chute if you get a PR!

NEW Chancleta Toss! You may have tossed (or hurled) a few in your life – this is your chance to work on your aim!

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.

Purchased the '3' and/or '0' Medal?: Those who already purchased the '3' and/or '0' medals from the 2018 or 2019 race may do so during Packet Pickup or at the Results tent on race day.



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.

Sarasota Half Marathon | Relay | 10K & 5K // Oct. 20, 2019
13.1 Fort Lauderdale, Relay & 5K // Nov. 10, 2019
Baptist Health Turkey Trot Miami 5K/10K presented by Publix // Nov. 28, 2019
2020 Life Time Tropical 5K // Feb. 8, 2020
Life Time Miami Marathon & Half Marathon presented by cbdMD // Feb. 9, 2020
305 Half Marathon & 5K // Mar. 1, 2020

*Only one of your Category races may be a 5K; remaining races must be a longer 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. 22, 2019
South Beach Triathlon (International distance) // Apr. 19, 2020



Results

RACE RESULTS / AWARDS

Live race results will be available online at [Athlinks.com](https://athlinks.com), 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. 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 50-54
Ages 20-24	Ages 55-59
Ages 25-29	Ages 60-64
Ages 30-34	Ages 65-69
Ages 35-39	Ages 70-74
Ages 40-44	Ages 75+
Ages 45-49	

5K Divisions

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

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.

Thank You Volunteers!

We wouldn't be able to do it without our over 400 volunteers who support our event throughout the weekend. Be sure to say "THANK YOU" and give them a high five! Shout out to some of our groups who will be supporting us this year:

- Black Girls Run
- Coral Park Band
- Doral Academy Key Club
- Miami High School Interact Club
- Miami Beach High School JROTC
- Reagan High School Multicultural Club

*If you do not pick up your award from the Results tent, you may pick it up at the event office or pay for it to be shipped.



Race Photos

Marathon-Photos photographers will snap pictures of 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 [online](#) post-race. Photos may take 24- 48 hours to process.

cbdMD

ESCAPE TO MIAMI TRIATHLONSM

10.04.2020

The cbdMD Escape to Miami Triathlon is viewed by many as one of the premiere triathlons in the state. This event sells out at 1,750 participants every year due to its unique and intense course combined with great perks. International distance participants depart on a ferry to our very own Escape Island where they'll be welcomed by tiki torches and live music as they prepare for their open water swim back to the mainland. Prepare for your journey into the cbdMD Escape to Miami Triathlon.



REGISTRATION NOW OPEN!

EscapeToMiamiTriathlon.com

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

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 FLevents@LT.LIFE 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 [Community Impact Notice](#) 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 FLevents@lt.life. We will also be sending out a post-race participant experience survey within a few days of the event.



Thanks to Our Valued Groups...

- Collins Aerospace
- GoRun
- iRun
- Pura Vida Runners
- 1KRC
- 101 Training
- Tri2One
- FDC
- Friends in Training
- Achilles International
- Nirvana Project
- Skyros
- 54 D
- We Run Happy
- Team Hammerheads
- Full Circle Coaching

And Charities!!

- Beth David Congregation
- Friendship Circle – Miami
- G's Angels Society
- Every Mother Counts
- ThumbsUp International



MAKE MIAMI YOURS

General registration opening May 1st!



01.31.2021

TheMiamiMarathon.com



Thank You to Our Sponsors!





305

HALF MARATHON 5KSM

**Score the lowest pricing during
early bird registration!**

March 2 - 9, 2020

305K - \$40 / Half Marathon \$75

March 10, 2020 - February 27, 2021

305K \$50 / Half Marathon \$110

*Pricing subject to change.

03.07.2021

305HalfMarathon.com



You've got better things to do than laundry.

Laundrify picks up, cleans, and delivers your laundry & dry cleaning.

Just download our app, schedule a pickup, and **get \$10 off** with code **RUN305**.

laundrify®

www.getlaundrify.com | [@getlaundrify](https://www.instagram.com/getlaundrify)