fitbit

MIAMI MARATHON AND HALF MARATHON

LIFE TIME

Athlete Guide

2019

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HEALTHY WAY OF LIFE
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MIAMI
MARATHON
IT'S NOT MIAMI WITHOUT YOU • 2019 • IT'S NOT MI

Table of Contents

Pg. 3 Race Medal Artist
Pg. 3 Official Race Gear
Pg. 5 Weekend Schedule
Pg. 6 Expo Information
Pg. 16 VIP Experience
Pg. 18 Race Etiquette
Pg. 19 Participant Instructions
Pg. 29 Spectator Information
Pg. 31 Official Charities
Pg. 32 Cheer Zone & Crew
Pg. 33 On Course Entertainment Zones
Pg. 34 Kids Run Miami
Pg. 36 Official Groups
Pg. 38 Our Sponsors
Pg. 41 The Course
Pg. 44 Abbott World Marathon Majors

Race Medal Ribbon Artist

Rigo Leon is a Cuban artist residing in Miami. His vision is to leave a positive imprint on the planet through his art. Rigo's paper boat concept, which is seen on the flamingo's head in the ribbon, brings attention to the idea of building a better life and achieving one's goals through change and dedication.

The meaning and inspiration of the medal neck ribbon is based on the vibrant colors of Miami, its culture, the folklore of its people, and the music that flows around anyone who visits this beautiful Caribbean-influenced city that is home to many dreamers wanting to build a better future.

El significado e inspiración es basado en los colores vibrantes de miami, el forcklor de su gente, cultura y música que contagia a cualquiera que visita esta hermosa ciudad caribeña hogar de muchos soñadores dispuestos a construir un futuro mejor.

2019 Official Race Gear

Check out the official 2019 Fitbit Miami Marathon & Half Marathon produced by Life Time® merchandise at the official store. Along with a lot of your favorite styles from this year's marathon, the new 2019 training gear and official apparel is now available for purchase online and at the 2019 Fitbit Miami Marathon & Half Marathon Expo. Presented by Technogym. Produced by Life Time®. Celebrate your commitment and accessorize your hard work with your own gear to commemorate your #MiamiFamous journey.

2019 Participation Shirts

For the love of starting something and finishing strong.

Welcome to the 2019 Fitbit Miami Marathon & Half Marathon. We're proud to produce an event that brings in people from all over the world to run, walk and move together.

Produced by Life Time. Made for you.

LIFE TIME®
HEALTHY WAY OF LIFE

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Friday

Fitbit Miami Marathon & Half Marathon Expo Presented by Technogym. Produced by Life Time®

Friday, January 25, 2019 – 12 P.M. To 7 P.M.

Exclusive VIP Early Access – 11 A.M. to 12 P.M.

Mana Wynwood Convention Center - 318 NW 23rd St, Miami, FL 33127

Saturday

Fitbit Tropical 5K produced by Life Time®

Saturday, January 26, 2019 – 7:30 A.M

Miami Children's Museum - 980 MacArthur Causeway, Miami, FL 33132

Fitbit Miami Marathon & Half Marathon Expo Presented by Technogym. Produced by Life Time®

Saturday, January 26, 2019 – 10 A.M. To 6 P.M.

Exclusive VIP Early Access – 9 A.M. to 10 A.M.

Mana Wynwood Convention Center - 318 NW 23rd St, Miami, FL 33127

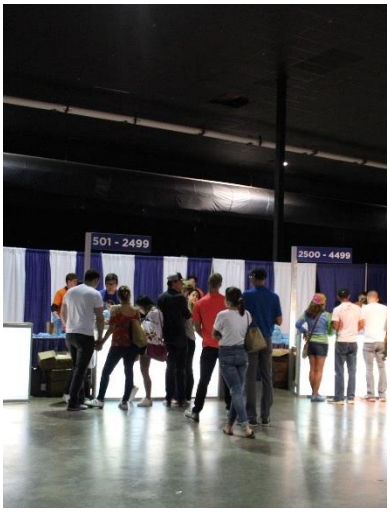
Sunday

Fitbit Miami Marathon & Half Marathon produced by Life Time®

Sunday, January 27, 2019 – 6:00 A.M | 601 Biscayne Blvd., Miami, FL 33131

Fitbit Kids Run Miami produced by Life Time®

Sunday, January 27, 2019 – 11:00 A.M



Open and free to the public, this two-day Expo at Mana Wynwood will feature over 100 exhibitors offering official race merchandise and the latest in running footwear, apparel, nutrition and technology. Participants and visitors alike will encounter engaging experiences and attractions throughout the venue!

Mana Wynwood, in the trendy Wynwood Arts District, will be the *only* place all registrants may pick up their race packet. Remember to bring a picture ID. If you need to have someone else pick up your packet, you must provide them with a copy of your photo ID and bib number.

If the races are not filled to capacity, there will be a registration booth within the packet pickup area at the Expo as well. ***Please note that there will be NO race-day registration and NO race-day packet pickup.***

PACKET PICKUP & RACE INFORMATION

You will be collecting your race bib during Expo hours - ***please know your number in advance so you can head to the correct line.*** You will also receive a plastic gear check bag, safety pins, and will be picking up your race participant t-shirt. If you've purchased any add-on items be sure to go to the respective booth to collect them as well.

REGISTRATION CHANGES

If you need to make any changes in registration information, changes will only be made in person at the Expo on Friday and Saturday. Visit the Solutions or Corral Review | Race Changes counters, based on your personal needs. Please review the web page details online.

VIP PACKETS

There will be a special booth in the Expo for those who are a part of the VIP Experience, just look for the red carpet. Pre-registered VIPs will collect their race packets there and, if space is available, VIP spots can also be purchased. There will also be an exclusive VIP lounge area within the Expo so don't forget to stop by!

SHUTTLE & METRORAIL TICKETS

Those who purchased race morning Shuttle and Metrorail tickets will pick these up at the Race Day Transportation booth. Tickets can also be purchased here, located within the packet pickup area.

PASTA PARTY RESERVATIONS

Visit the Barsecco booth (#333) at the Expo to purchase reservations for our official 2019 Fitbit Miami Marathon & Half Marathon produced by Life Time pasta party on Saturday evening. **Space permitting.*

BEER WRISTBANDS

Bypass the race day lines by visiting the Beer Wristband tent outside of the Expo for your ID check and beer wristband. As a reminder, you will have to wear the wristband from the time of ID check until after the race. (Must be 21+ with valid ID).

Life Time is excited to offer complimentary guest WiFi at the Expo. Select "Life Time Expo WiFi" on your device and agree to the internet provider terms and conditions to get connected. Cell phone charging stations are also located throughout the Expo.

Please leave your bags at home! Bags may be searched at the door, which may cause delays at the entrance. Limited bag check will be offered for luggage. See p. 10 for more information.

No dogs or other pets will be allowed into the venue, so please leave your furry friends at home!

Not only will you find all participant amenities at this two-day Expo, but there are also some awesome interactive and engaging experiences in store for all who attend!

VIP Experience

New this year is the addition of our VIP Experience presented by Technogym, where members will receive an exclusive experience and perks throughout race weekend. It's not too late to upgrade your #MiamiFamous weekend! Purchase during online registration for the Fitbit Miami Marathon & Half Marathon produced by Life Time® or visit the VIP Experience booth within the packet pickup area to purchase. See more on p. 16.

AthlEat Street

Don't forget to stroll down AthlEAT Street, which will feature 20 food and beverage exhibitors. Don't be afraid to come hungry! Goodies such as oatmeal, sports drinks, milked nuts, protein bars, workout supplements, and more will be offered.

#Insta-worthy Photo Opps

Snap some photos with the giant Miami Marathon letters, an immersive painting, various backdrops, and some of the entertainment that will be taking place throughout the Expo!

Interactive Video Booth

Miami made me do it! Tell us your story in the Miami Moments confessional. Take a brief video during Expo hours and share with us how your journey to the Fitbit Miami Marathon & Half Marathon produced by Life Time ® came to fruition. Or, tell us an inspirational or funny story that happened during training. Whatever the story, we want to hear it!

Life Time Events Experience

Bring your race experience up a notch and register for other premier Life Time Athletic Events located in iconic cities across the U.S. Visit the Life Time Events Experience at the Expo for discounted registration, information on Life Time's first-class events, and some irresistible SWAG!

Food Trucks

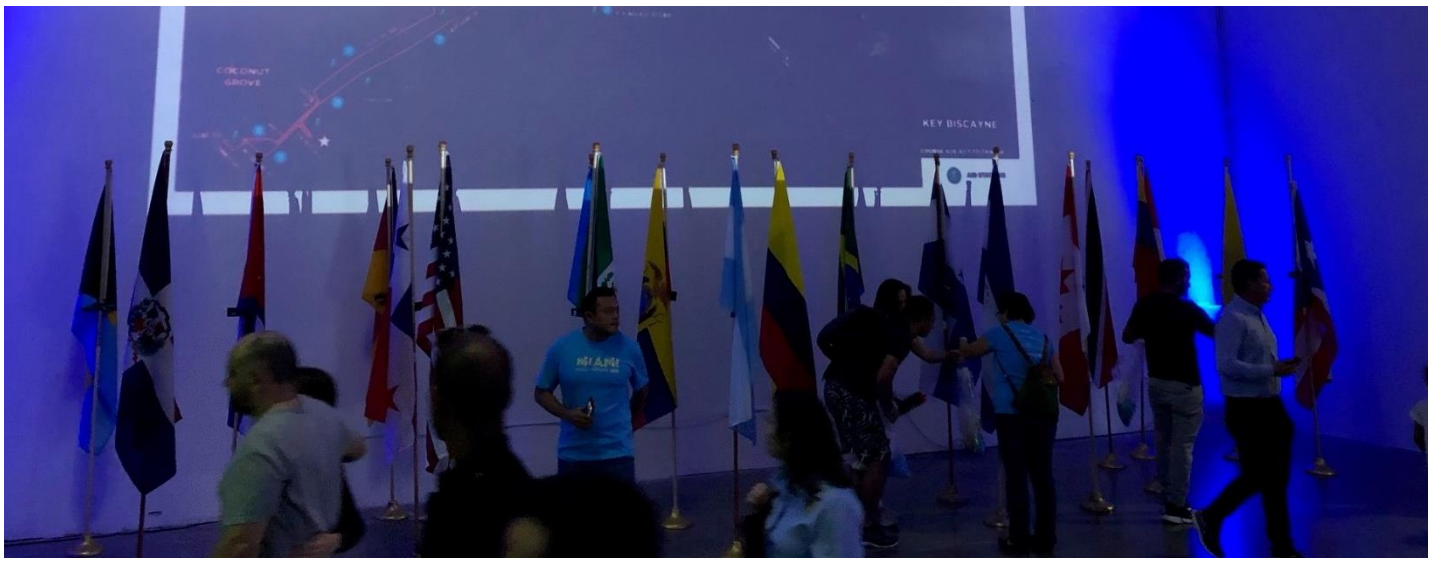
Grab a bite! In case you work up an appetite during all of the pre-race day festivities, we've got some options for you.

NFL Celebrity Runner Autograph Session

Pro football stars from the New York Jets and Chicago Bears, your fellow runners on Sunday, will host a meet-and-greet and autograph session! Visit them at the Life Time Athletic Events Experience area on Saturday during the Expo from 12:30 - 2:30 PM.

Top 10 Countries		Top 10 States		Top 10 Counties	
Colombia	1070	New York	1057	Miami	5372
Mexico	628	New Jersey	260	Fort Lauderdale	950
Canada	308	Illinois	256	Hollywood	606
Guatemala	253	Puerto Rico	253	Miami Beach	591
Costa Rica	245	Georgia	220	Pompano Beach	298
Brazil	225	Massachusetts	202	Hialeah	252
Ecuador	216	Texas	200	Boca Raton	245
Venezuela	158	California	158	Key Biscayne	231
Peru	151	Maryland	157	North Miami Beach	127
Dominican Republic	108	North Carolina	131	Homestead	119

Check how your country, state or Florida city stands in the 2019 Fitbit Miami Marathon & Half Marathon produced by Life Time® on the website!



Don’t forget to take a photo with your country’s flag at the 2019 Fitbit Miami Marathon & Half Marathon Expo. Presented by Technogym. Produced by Life Time®.

Friday

FRIDAY, JANUARY 25, 2019

Life Time Athletic Events Experience Area

12 - 12:30 PM Samba Dancers

3 - 3:30 PM Samba Dancers

4:00 – 5:00 PM #MiamiFamous Rookies: Tips for First-Timers
Presented by co-founder, Frankie Ruiz

5:30 – 6:30 PM Elite Athlete Info Session
Presented by co-founder, Frankie Ruiz

Saturday

SATURDAY, JANUARY 26, 2019

Life Time Athletic Events Experience Area

12 - 12:30 PM Samba Dancers

12:30 – 2:30 PM NFL Players Autograph Sessions

2 - 2:30 PM Samba Dancers

3:00 – 4:00 PM #MiamiFamous Rookies: Tips for First-Timers
Presented by co-founder, Frankie Ruiz

4:30 – 5:30 PM Elite Athlete Info Session
Presented by co-founder, Frankie Ruiz

*Samba dancers will make their way throughout the Expo venue. Entertainment is subject to change.

FROM AIRPORT (MIA)
MERGE Airport Expy/FL 112 E EXIT 2A
RIGHT TURN onto NW 12TH AVE
LEFT TURN onto NW 29 ST
RIGHT TURN onto NW 5TH AVE
MANA WYNWOOD on LEFT after 23RD ST

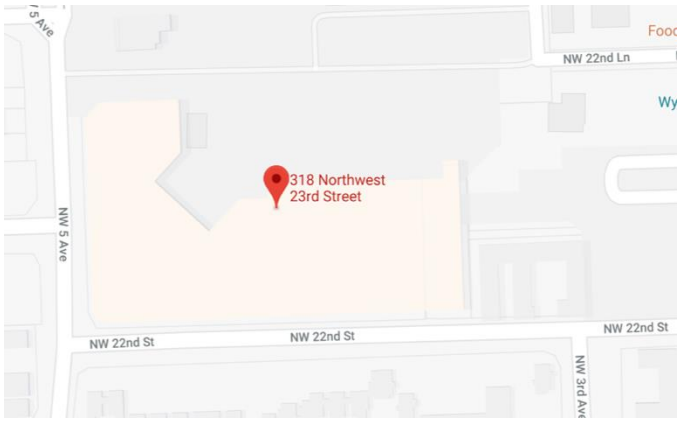
FROM THE NORTH:
I-95 South
EXIT 4A-4B and MERGE onto I-195 E EXIT 2A
RIGHT TURN onto N. Miami AVE
RIGHT TURN onto NW 36TH ST
LEFT TURN onto NW 5TH AVE
MANA WYNWOOD on LEFT after 23RD ST

FROM THE SOUTH:
I-95 North
EXIT 4 and MERGE onto I-195 E EXIT 2A
RIGHT TURN onto N. Miami AVE
RIGHT TURN onto NW 36TH ST
LEFT TURN onto NW 5TH Ave
MANA WYNWOOD on LEFT after 23RD ST

FROM THE WEST
836 East
I-95 North
EXIT 4 and MERGE onto I-195 E EXIT 2A
RIGHT TURN onto N. Miami AVE
RIGHT TURN onto NW 36TH ST
LEFT TURN onto NW 5TH AVE
MANA WYNWOOD on LEFT after 23RD ST

FROM THE EAST (MIAMI BEACH)
WEST on 41 ST onto I-195 West EXIT 2B - Biscayne BLVD
LEFT onto Biscayne BLVD
RIGHT onto NE 36TH ST
LEFT onto NW 5TH AVE
MANA WYNWOOD on LEFT after 23RD ST

FROM DOWNTOWN MIAMI
NORTH on Biscayne Blvd
LEFT onto NE 29TH ST
LEFT onto NW 5TH AVE
MANA WYNWOOD on LEFT after 23RD ST



EXPO PARKING
Self and paid valet parking will be available at Mana Wynwood on a first-come, first-serve basis. Self-parking rates as follows:

Up to 1 Hour $10.00	Up to 3 Hours $15.00
Up to 12 Hours $20.00	Up to 24 Hours $25.00

Please be sure to pay and obtain a ticket from the parking machine before entering the expo.

Other lots in the surrounding area are also available in the following locations:

Intersection of NW 2nd Ave & NW 22nd Terrace.

Wynwood Parking Lot at intersection of NW 2nd Ave & NW 27th St

210 NW 22nd St Lot at intersection of NW 22nd St & NW 2nd Ave

Metered parking is available in the surrounding area of Wynwood. If you decide to use the metered parking, we suggest to park in the north or west areas of the venue as there will be other activities taking place in the immediate area to the west of the venue.

NW 2nd Ave	NW 5th Ave
NW 22nd St.	NW 24th St.
NW 23rd St.	NW 25th St.
NW 26th St.	

Please remember to lock your vehicle and to not leave any valuables inside. The event and its organizers are not responsible for your vehicle or any lost or stolen items.

Expo guests are encouraged to leave bags at home. Bags may be searched at the door, which may cause delays at the entrance. All athletes will receive a bag at packet pick-up for your Expo goodies. For those traveling directly from the airport to the Expo, a complimentary bag check will be provided for your luggage.

SKIP THE DRIVE & TRY ALTERNATIVE TRANSPORTATION!

Please note that there will be other activities occurring simultaneously in the immediate area to the east of the Mana Wynwood Convention Center. We suggest that Expo attendees avoid having to park a vehicle and elect to ride our FREE Expo shuttles or to select one of the following alternative modes of transportation to and from the Expo.

COMING FROM THE AIRPORT (MIA)

Take the Orange Line from MIA direct to Government Center Station then hop onto the MetroMover to the Bayside Station, from there take our FREE Bayside Marketplace shuttle to the Expo.

METRORAIL AND METROMOVER

Take the train to Government Center Station then hop on the MetroMover to the Bayside Station, from there take our **FREE** Bayside Marketplace shuttle to the Expo. (See more on p. 25)

FREE BIKE VALET

If you'd like to ride your own bike to the Expo, City Bikes is offering FREE, supervised bike valet during Expo hours. This service is first-come, first-served.

CITI BIKE RENTAL STATIONS

Station 655

Address: NW 2nd Ave & 24th St (In front of Coyo Taco) Approximately 7 minute walk from Mana

Station 665

Address: NW 2nd Ave & 26th St (In front of Wynwood Kitchen) Approximately 10 minute walk from Mana

MORE INFORMATION.

MIAMI TROLLEY

Find MORE INFORMATION.

RIDE SHARE

Avoid parking altogether and opt for a ride share option to the Expo. Please instruct your driver to drop off at NW 5th Ave and NW 23rd St to avoid delays on the east side of the Mana Wynwood venue, as there will be other events happening in the area.

BAYSIDE® MARKETPLACE

BAYSIDE MARKETPLACE

Conveniently located just South of the Start Line and one of our Expo shuttle pick-up and drop-off locations, Bayside Marketplace is a hub for great shopping and restaurants. On race day, your family and friends can head over to Bayside Marketplace for breakfast starting at 7am while they wait for you to journey back into downtown Miami. After the race, enjoy some lunch and shopping!

In order to best accommodate our participants, we offer a convenient and complimentary shuttle service to and from the Expo at two locations. Please review the schedule below.

Friday

JANUARY 25, 2019

BAYSIDE/MANA WYNWOOD | 11:30 AM – 6:15 PM

Shuttle Service will run every 20 minutes from Bayside Marketplace to Mana Wynwood

Pick Up/Drop off BAYSIDE – At Bayside Marketplace inside the circle between NE 4th Street and NE 3rd Street.

Pick Up/Drop off Mana Wynwood – On NW 5th Ave between NW 22nd St. & NW 22nd Lane (West side of venue)
The last bus will leave Bayside at 6:15 PM. The last bus will leave Mana Wynwood at 7:15 PM.

1800 MERIDIAN AVE, MIAMI BEACH/MANA WYNWOOD | 11:15 AM – 6:00 PM

Shuttle Service will run every 35 minutes from 1800 MERIDIAN AVE, MIAMI BEACH to Mana Wynwood.

Pick Up/Drop off 1800 MERIDIAN AVE, MIAMI BEACH – On Meridian Ave between 18th & 19th St.

Pick Up/Drop off Mana Wynwood – On NW 5th Ave between NW 22nd St. & NW 22nd Lane (West side of venue)
The last bus will leave Miami Beach at 6:00 PM. The last bus will leave Mana Wynwood at 7:15 PM.

Saturday

JANUARY 26, 2019

BAYSIDE/MANA WYNWOOD | 9:30 AM – 5:15 PM

Shuttle Service will run every 20 minutes from Bayside Marketplace to Mana Wynwood.

Pick Up/Drop off BAYSIDE – At Bayside Marketplace inside the circle between NE 4th Street and NE 3rd Street

Pick Up/Drop off Mana Wynwood – On NW 5th Ave between NW 22nd St. & NW 22nd Lane (West side of venue)
The last bus will leave Bayside at 5:15 PM. The last bus will leave Mana Wynwood at 6:15 PM.

1800 MERIDIAN AVE, MIAMI BEACH/MANA WYNWOOD | 9:15 AM – 5:00 PM

Shuttle Service will run every 35 minutes from 1800 MERIDIAN AVE, MIAMI BEACH to Mana Wynwood.

Pick Up/Drop off 1800 MERIDIAN AVE, MIAMI BEACH – On Meridian Ave between 18th & 19th St.

Pick Up/Drop off Mana Wynwood – On NW 5th Ave between NW 22nd St. & NW 22nd Lane (West side of venue)
The last bus will leave Miami Beach at 5:00 PM. The last bus will leave Mana Wynwood at 6:15 PM.

CONVENIENT PARKING IS AVAILABLE AT BOTH SHUTTLE LOCATIONS:

1800 MERIDIAN AVE, MIAMI BEACH – Miami Beach Parking Garage (17th Street) | BAYSIDE – Bayside Garage

*Standard parking rates apply.

305

HALF MARATHON 5K

MARCH 3, 2019

The new 305 Half Marathon & 5K (March 3, 2019) is all about local vibes, attracting visitors from all over the world and those who are fired up to call Miami their home. This ultimate 305 experience is a cultural gem that will have you running like you live here. Count on a fast & coastal course with a fresh & vibrant Miami soul.

$10 OFF!

Code 2019EXPOMIAMI | Valid through Feb. 15

305HALFMARATHON.COM

Baptist Health

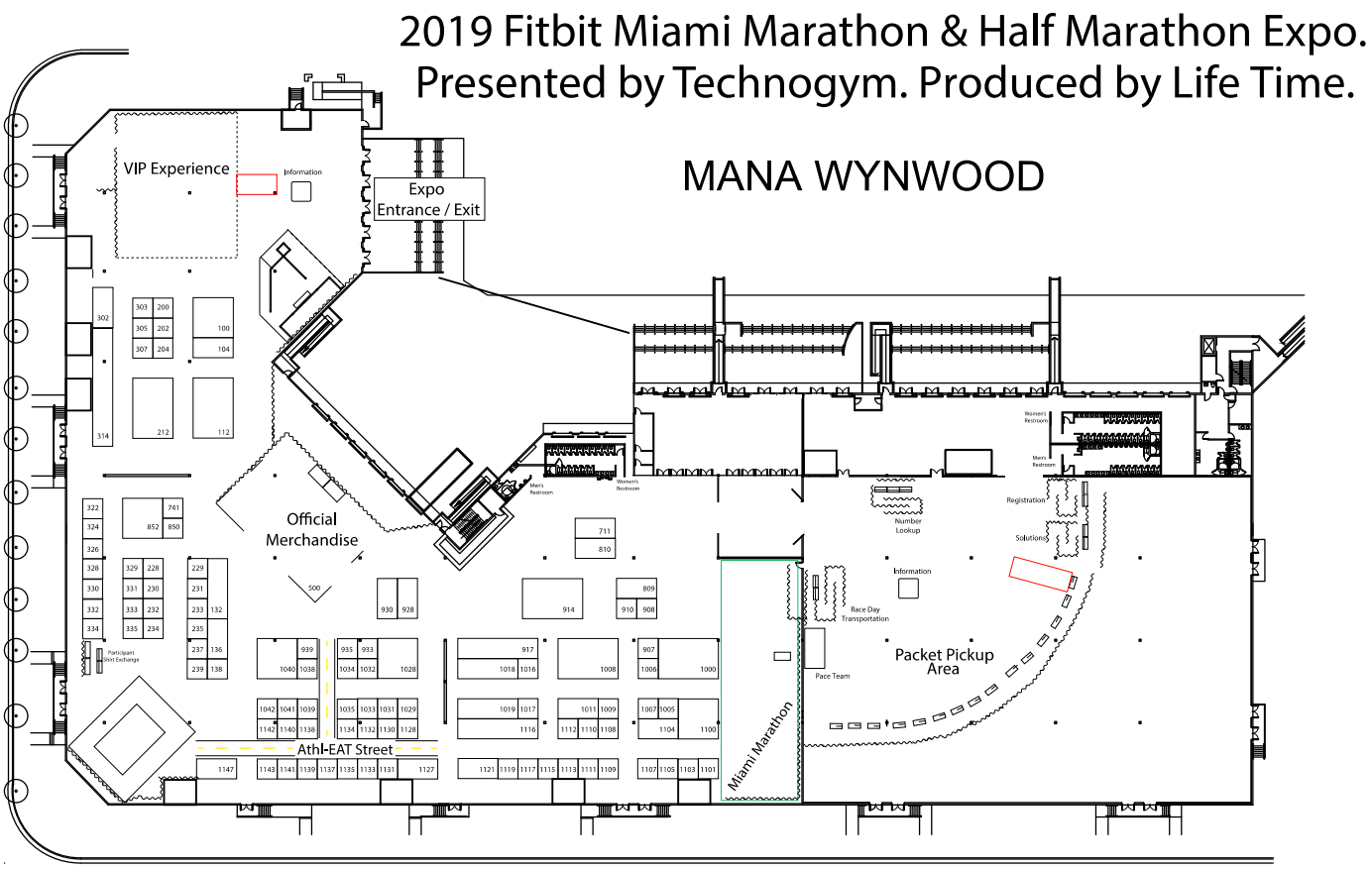
ENDURANCE

TECHNOGYM The Wellness Company

up4 PROBIOTICS

ATHLINKS

LIFE TIME HEALTHY WAY OF LIFE



LIFE TIME® FOUNDATION

Do something good.

Come meet the Life Time® Foundation and our special guests at the *Fitbit Miami Marathon & Half Marathon Expo. Presented by Technogym. Produced by Life Time®.* at Mana Wynwood!

The Life Time® Foundation is dedicated to helping children live healthy, happy lives. Our grants support school districts in the elimination of highly processed, unhealthy foods from school meals. This year, we are impacting 544 schools, 310,000 students, and 44 million meals.

Come say hi and get your picture taken with our mascots at the expo! We will be located right off the front entrance – you can't miss us! Bring your camera for a memorable keepsake, and join the community by sharing your photos using #fueledbyrealfood

To learn more, visit ltfoundation.org

LIFE TIME®
FOUNDATION

45th Bermuda Marathon Weekend
Active Sol Eyewear
Air Relax
Aminorip
Anatag
Auria Llc
Baptist Health South Florida
Barsecco / V&e Restaurant Group
BFF PRO:: Electric Foam Roller
Blackstage Productions
BLUE Buffalo
Caliloko
Cancun Marathon
Caoba Miami Worldcenter
City Bikes
Coast To Coast Natural
Deezer
Don Mofongo Food Truck
Exosports
Extra Sweet Corp
Fit2run
Fitletic Sport LLC.
Flipbelt
Florastor
Florida Army National
Floyd's Of Leadville
Foreo
GEICO/Intersport
Gentera Center For Regenerative Medicine
Getaround
Gmcvb
Go Run Miami
Greater Fort Lauderdale Road Runners Club
Hoka One One
Infinity Sports
Ironhack
Irun Company, LLC
Jugo Boss
Kingston City Marathon L Half Marathon L 10k L 5k (Jamaica Tourist Board)
KT Tape
Lasik Plus
Lasik Vision Institute
Life Time Foundation
Mack Cycle & Fitness
Maratón Medellín
Miami Downtown Development Authority
Miami Tri Events
Mivip Medical Group
My Fit Key
My Olympic Coach
Namirsa Tens Therapy
National Running Center
National Running Center
Never Give Up Foundation
No Boundaries Sport
Normatec
One More Mile
Portamedallas / Media Maratón De Bogotá
Preferred Care Partners Medical Group Centers
Publix Fort Lauderdale A1A Marathon & Half Marathon
Reggae Marathon & Jamaica Tourist Board
Roosport
Rotary Club - Got Sneakers
San Jose Marathon
Seemeibelonghere
Skyros Sports
Sleefs
Soldier For Life
Spara Inc
Takeya USA
Team FDC
The Biostation
Tornado Food Truck
Usa-sport.Com
VAM Athletic
Varadero Half Marathon
We Run Miami/Brickell Run Club

Athl-EAT St.

5-hour Sample, LLC
Avelina Rolled Oats
CBDurance
DeliverLean
Doctor D's Sparkling Probiotic
Elmhurst Milked
EPIC Bar
Fullei Fresh
GERMAN BREAD HAUS
Harmless Harvest Coconut Water
HiBall
KAMSA
Kevita
Latitude 4t, Inc
LEON SPORT
MaraNatha Nut Butters
Power Crunch
Powerful Foods
Quten Research Qunol
Snap Nutrition
Supreme Alpha
TEN Water

Check out the official 2019 Fitbit Miami Marathon & Half Marathon produced by Life Time® merchandise at the Expo and at the Finish Festival on race day! Be sure to snag your commemorative shirts, hats, jackets and more to remember your #MiamiFamous moment for years to come.

VIP EXPERIENCE

LIFE TIME
HEALTHY WAY OF LIFE

Step-up your Fitbit Miami Marathon & Half Marathon produced by Life Time® weekend experience with our exclusive VIP Experience presented by Technogym. Enjoy a full spread of goodies (both pre- and post-race) from food and drinks to massages, and yes, even private bathrooms! Not only can runners upgrade their #MiamiFamous weekend – family, friends, and spectators can too.

These amenities are exclusive to VIPs ONLY. But YOU can become a VIP. All you need to do is sign up during online registration for the Miami Marathon or Miami Half Marathon, or visit the VIP Experience booth at the Expo and start taking advantage of all the exclusive race weekend experiences, including:

VIP EXPERIENCE WEEKEND ACCESS

Expo: January 25 – 26
- Expo Early Access
- Valet Parking
- Fast Track VIP packet pick-up
- Premium Swag
- Private Expo Lounge
- Pre-Race Massage
- Light snacks and beverages

Evening of Friday, January 25: VIP Cocktail Reception

Race Day: January 27
- Reserved Parking
- Private gear check at start and finish
- Private restrooms and start and finish
- Early Start VIP Corral
- Breakfast and Lunch
- VIP Bar
- Finish Line View
- Post-Race Massage and Recovery
- Private Changing Areas

Elevate your experience.

Welcome to the 2019 Fitbit Miami Marathon & Half Marathon.

Enjoy a VIP experience that includes start-to-finish services incorporating rest, recovery, nourishment and more.

Learn more at **themiamimarathon.com**

TECHNOGYM **VIP** EXPERIENCE LIFE TIME HEALTHY WAY OF LIFE

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ANNOUNCEMENTS. Please listen to announcements at the start, on course and at the finish line. We ask that you pay close attention and follow instructions so that we can maximize your positive experience and keep you safe on race day. This includes doing your part to read your participant instructions and website so that you don't overwhelm staff and volunteers.

GEAR CHECK. This may sound petty but please leave your keys and other rattling items at home or check them in with your clear gear check bag. Runners around you want to hear the sounds of Miami not the clanking of your keys in your pocket.

KNOCK, KNOCK. The portable restrooms are all around the start and course but of course there aren't 20,000 of them so you may have to wait a bit. Two things to do when using the facilities is to knock before you swing the door open, sometimes the runners are a bit nervous and they forget to lock. The second thing is to do your best to treat the facility like it is your bathroom at home because others have to use it after you.

LET THE FASTER RUNNERS LINE UP IN FRONT. We assign your bibs according to your submitted estimated finish time as validated in our Smart Corral Athlinks history of your races. Please don't harass the security and volunteers to line up in front of runners that are faster than you. If you want to run with a friend you can drop back to the slower corrals but not the other way around. Race officials will be spot-checking corrals, don't be that person that gets asked to go back to your corral because you snuck into the wrong one.

FAST PASS LEFT. Run like we drive in the US, the fast lane is on the left side of the road. On the race course make sure you run to the right and pass on the left. A lighthearted shout to the runners ahead of you indicating you'll be passing is appreciated.

Keep in mind that not everyone speaks English because we have so many runners coming from outside of Miami… so be patient.

SAY NO TO DANCING LINES. Please run with only one friend at a time. Pack running is fine but we ask that you not run or walk more than two runners abreast. Chitchat along the way is good but don't forget this is a race!

NO TEXTING AND RUNNING. We know that runners are great multi-taskers but running and texting shouldn't be practiced on race day. We know you'll be snapping pics and taking selfies but don't stop in the middle of the road to post to your Instagram story. Move over to the side of there road out of the way to upload your shots if you can't wait until the finish line.

KEEP THE VOLUME LOW. If you choose to wear headphones we ask that you wear only one side and keep the volume down. We ask this for your safety and for the safety of others around you. Not to mention we have music and spectators out there!

GRAB & GO! When you pass those water and Gatorade stations don't stop to chat nor come to a walk if you were running. If you must stop, don't do it right in front of the tables, wait until after you have passed the volunteers and slide over out of the lane of oncoming runners. Squeeze that cup and hold it to your mouth and drink while you move forward. We ask that you do the same at the finish line, keep walking all way through the chute. And by the way, you don't have to lunge for the first table, that area is usually the most crowded so keep moving to the later tables. Most stations should have Gatorade first and water second but sometimes volunteers switch things up on us in the midst of the excitement and busy time.

KEEP MIAMI CLEAN. The streets, sidewalks and neighborhoods are some of the most beautiful in the country, don't litter them with the cups and gel packets. Take your trash and throw it away at the aid stations. Many of us like to carry our cups for a while, so just fold them up and hold onto them when you are done so you can toss them in the trash when you encounter the next station. And be kind to Biscayne Bay, you'll be running alongside almost 6 miles of it so definitely don't throw anything on the ground in that area that the wind might pick up and blow into the water.

IT'S YOUR RACE BUT THERE ARE THOUSANDS OF OTHERS DOING IT TOO. We love that you have friends and family cheering you on but we ask that you keep them as spectators and not drag them through the final stretch of the race. We have bandit-catchers ready to pull folks off the course for doing this. It is a safety hazard to pull others from the crowd to run in down the final hundred meters along Biscayne Boulevard with you. If the want to run in with you so badly, have them sign up and train with you. It's your moment and thousands of other registrants around you as well. We don't want to ruin it by having a runner trip on one of your loved ones. If you know of someone that is planning on banditting (running without registering) the race, tell them they should reconsider and register because we will have spotters and police along the route to pull unregistered runners off. This is for your safety and theirs.

BE INSPIRING. Some might be running their first race so they can use all the positive words of encouragement they can get out there. Don't be afraid to say hi and maybe even strike up a conversation. We know that some of the best friendships have started at races. We know this is a race, but runners are generally quite the friendly competitors so if you are passing someone, a thumbs up or a simple 'Let's go' can inspire someone to push through that next mile. Don't just pass people quietly. In a race this long, they might be passing you later on and you might need their words to get to that Finish Line. Congratulate and hug those around you when you cross that line and most definitely say something if you see someone wearing their spinning Miami Marathon medal out and about town post race. It's #NotMiamiWithoutYou

KNOW YOUR BIB

- Emergency contact and medical information on the back of the bib MUST be filled out prior to race day.
- Bib number must remain visible AT ALL TIMES on race day. We recommend that you fasten your bib on all four corners with the safety pins provided.
- The Chronotrack B-tag® timing chips are affixed to the back of the bib. DO NOT physically alter (cut, fold, obscure) your bib number in any way. Doing so can run the risk of improper scoring.
- Participants must cross the Start Line during the official start window of time. Those who begin before the official start time or cross after the starting mats have been removed will not receive an official time.
- The Chronotrack B-tag® is a single-use device and does not need to be returned upon finishing the event. It will activate the moment you cross the Start line. Your time will be recorded from this point until you cross the timing mats at the Finish line.
- If you are participating in the Tropical 5K on Saturday, please make sure to use the correct bib for the Marathon/ Half Marathon the following day. The Tropical 5K b-tag timing chip will NOT work on Sunday's event.
- You must ONLY wear the bib number assigned to YOU, the registered participant. Runners not wearing a bib will be immediately removed from the course.
- The sale and/or UNOFFICIAL transfer of bibs is strictly prohibited. Anyone caught wearing the bib number of another participant will be immediately removed from the course pending further disciplinary action.

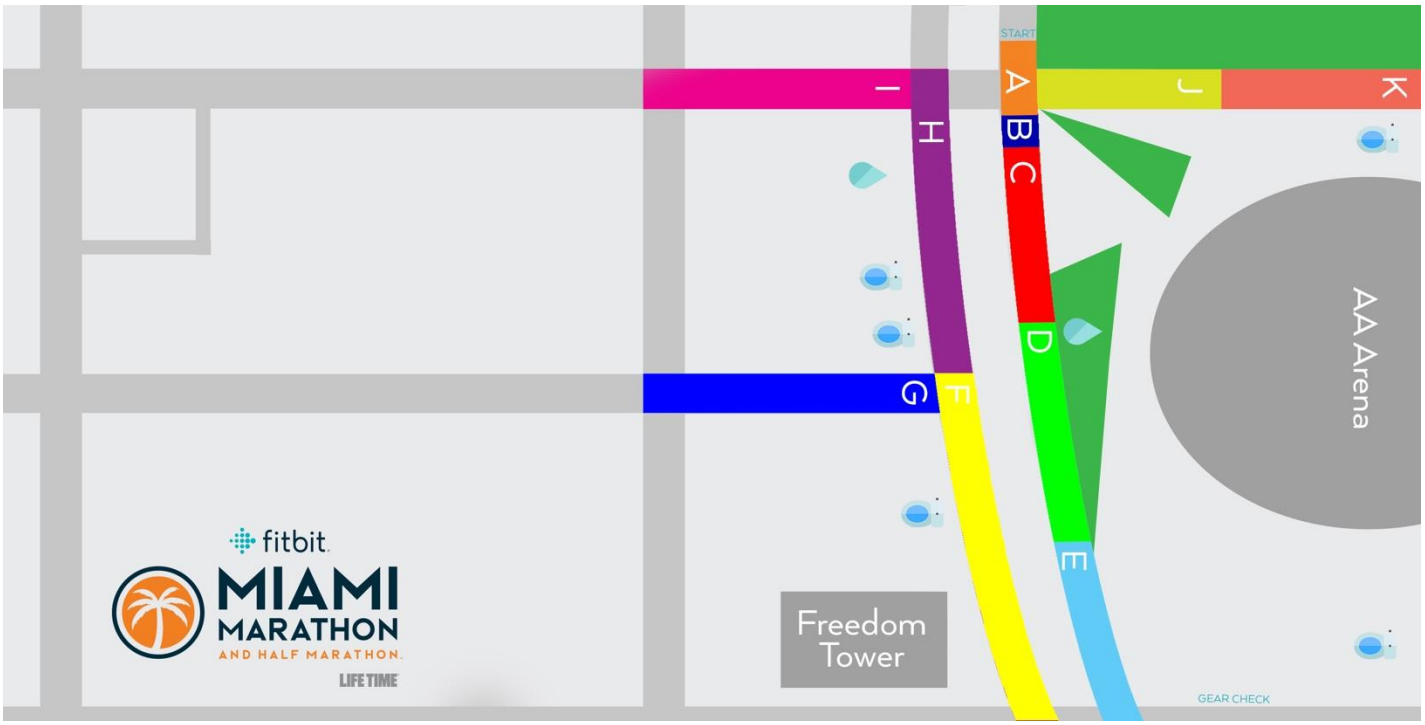
YOUR RACE PACKET INCLUDES

- Bib number with gear check tag (emergency contact on back)
- Chronotrack B-Tag timing chip (affixed to back of bib number)
- Safety pins for your bib and a zip tie for the gear check tag
- Clear goodie bag for gear check

RACE DAY TIMES

5:00 AM All corrals open
5:45 AM Opening
5:50 AM Ceremony
6:00 AM Baptist Health Athletes w/ Disabilities start
6:15 AM Corrals ABCD start
6:30 AM Corrals EFGHI start Corrals JK start

No runners will be able to start after 7 AM. Participants will be able to use Start Line walkways to access their corral until 15 minutes before their estimated start time above. If you see something happening that does not look right, SAY something! Text 305-799-5266 to report any suspicious activity.



KNOW YOUR CORRAL

Runners have been pre-assigned a Start Line corral which is indicated on your bib number. Corrals will be labeled by large signs. Match the letter of your bib to the letter of your corral. Varying time gaps will be used between each corral, closely resembling a wave start format.

START LINE SERVICES

GEAR CHECK

Gear check is located three blocks south of the Start Line, right past the Bayside Marketplace. The clear bag provided at packet pick-up must be used.

WALKWAY

Participants will be able to use Start Line walkways to access their corral until 15 minutes before their estimated start time.

MEDICAL

A medical unit will be located at the Start Line for your safety. Please look for medical personnel in green t-shirts if you need assistance. Water/ Gatorade Endurance® stations will be located on both sides of the Start line area.

BATHROOMS

Port-o-lets and facilities will be located towards the front and back of the Start line and inside the American Airlines Arena (no bags permitted). Two ADA restrooms will be located at 8th St. and Biscayne Boulevard. (More locations listed on p. 22).

FOR THE SAFETY OF PARTICIPANTS, CORRAL SECURITY HAS BEEN INCREASED TO ENSURE THAT ALL ATHLETES ARE ENTERING ONLY INTO ASSIGNED CORRALS.

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.
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ON THE COURSE

MILE AND KILOMETER MARKERS

Highly visible mile markers will be located at every mile and kilometer markers will be located every 5 kilometers. Most will be located on the right side of the course.

INFORMATION BOOTHS

Information Booths will be available to participants and spectators with event information, course maps, general inquiries, and last minute race morning participant needs (safety pins, clear bags).

Booths will be located in the following areas:

- Stairs of the American Airlines Arena by the Start
- South of the Start at the Gear Check area
- North side of the main Bayfront park walkway next to the Results tent.*

* ALL LOST & FOUND ITEMS THAT ARE TURNED IN CAN BE CLAIMED AT THIS BOOTH.

RACE AID STATIONS

25 aid stations will be located on course (including the Start and Finish lines) at approximately every 1 mile starting at the Coast Guard station on the MacArthur Causeway. Each aid station will include the following amenities:

- Water
- Gatorade® Endurance formula (Lemon-Lime)
- Port-o-lets
- Medical aid stations staffed by Baptist Health

NEW

This year we will be offering bananas on-course at the Omni Cheer Station (mile 11) and pretzels for the full marathoners at mile 23.7!

ADA RESTROOM LOCATIONS

Start (2) – 8th St. & Biscayne Boulevard
Finish (4) – Flagler & Biscayne at Bayfront Park
Medical Tent at Finish (2)
Ocean Drive (1)
NE 15th St. (2)
Rickenbacker Causeway (2)
S. Miami Ave (1)
Tigertail Ave (1)

MEDICAL SUPPORT

Baptist Health

Baptist Health is there to tend to your needs. Doctors, nurses, and other medical professionals from Baptist Health, which includes Baptist Hospital, South Miami Hospital, Doctors Hospital, Homestead Hospital, West Kendall Baptist Hospital and Mariners Hospital, as well as our Baptist Medical Plazas will be available at the Start and Finish Lines as well as the numerous aid stations throughout the course.

The main medical station will be located at the Finish Line in front of Bayfront Park. All medical personnel will be wearing the below medical shirt for easy recognition and will be on hand before, during and after the race. From blisters and bandages to cramps and compresses, Baptist Health will be there for any bumps along the way. Thanks to the great staff of volunteer medical professionals from Baptist Health for helping make the pain go away.

You must provide medical and emergency contact information on the back of your bib.

TIMING CHECKPOINT AND CLOCKS Timing mats and digital clocks will be positioned at the Start, throughout the course, and at the Finish Line. Your Chronotrack B-Tag® will register at each of these checkpoints. Digital clocks will provide the elapsed race time, thus the time elapsed since the start of Corral A. Individual race time may differ from the digital clock displayed based on when you cross the official Start Line.

TIME LIMITS

The Fitbit Miami Marathon & Half Marathon produced by Life Time® requires participants to be properly prepared and trained to complete the marathon within 6 hours (~14 min/mile pace) and the half marathon within 3.5 hours (~16 min/mile pace). In order to comply with city permits, the roads will reopen in a graduated fashion after those respective times.

Please note: The marathon Finish Line will remain open for 7 hours and the half marathon Finish Line for 4 hours. However, participant support (i.e. water stations, volunteers, course marshals, clocks, etc) is NOT guaranteed and you will be required to adhere to local pedestrian rules (move to curbsides, break down lines, sidewalks, etc.) Medals and official finish times will be given to all finishers who complete the race within 7 hours.

MARATHON CHECKPOINT & CUT-OFF POLICY

Marathon participants must reach the 12.8 mile mark within 3 hours and 15 minutes in order to be allowed to continue, at which point participants will be encouraged to finish the half marathon.
3:15 for check point; 6 hours (~14 min/mile) for the course. 7 hours (~16 min/mile) for the Finish Line (use sidewalks, curbside, etc.)

HALF MARATHON CUT-OFF POLICY

3.5 hours (~16 min/mile pace) for the course. 4 hours (~18 min/mile pace) for the Finish Line (use sidewalks, curbside, etc.)

ASSISTANCE TO THE FINISH

Transport back to the Finish Line will be provided for runners unable to complete the race. A runner follow-up bus/ van will be available throughout the course at the back of the pack. The Finish Line is on Biscayne Boulevard (between SE 1st St. and Flagler St.) and will remain open until 2:00 PM.

PROHIBITED DEVICES ON COURSE

Wheeled devices are not permitted on course by anyone other than registered and authorized wheelchair and hand cycle participants. Prohibited devices include but are not limited to strollers, roller skates, baby joggers, skateboards, and/or bicycles. Selfie sticks, Go Pro's, camera mounts, video devices and all other mobile devices, while not prohibited, are not recommended on course. All media devices and bags are subject to security searches prior to entering your corral. Any damage/loss suffered on course is at owner's expense. Music devices are permitted for use on course so long as participants are alert to their surroundings at all times. We recommend that only ONE headphone is used in order to hear important announcements made on course or in the event of an emergency.

FINISH LINE PROCEDURES

Upon finishing, you will be approached by a volunteer who will award you with your 17th Anniversary Spinning Palm Finisher Medal, complete with artistic neck ribbon designed by local Miami artist Rigo Leon. Please notify anyone on staff if you are in need of medical attention at this point. You will then have the option to grab an ice towel and proceed through the food tent towards the end of the finish chute. For the convenience and safety of all participants, please continue moving; no stopping or loitering is allowed. Once you exit the Finish area, there is no re-entry.

RACE RESULTS

Unofficial race results will be available from the Results tent at the post-race area, on our website and accessible through the Athlinks App. Please keep in mind that all times are preliminary upon initial postings. Official results will be available on our website on Sunday evening.

AWARDS

The Elite Athlete overall awards ceremony will begin at the main stage at 9:30 AM. Age group awards will be awarded 3 deep in each age group division in the full and half marathon. **All age group awards will be mailed to you at the address provided in your registration**.

FAMILY REUNION AREA

Reunite with your friends and family post-race at our Family Reunion area located north of the Bayfront Park main walkway once you exit the Finish chute. The area will be organized by alphabetical signs (A-Z) to facilitate meeting locations by name. When making plans to reunite with your loved ones, factor in the time that it will take you to go through the chute as well as an alternative meeting place planned if you are unable to locate them in the reunion area.

PHOTOS

Athlinks will be providing race-day photography along the course and at the Finish line to capture your achievements. Be sure to have your bib number visible at all times and SMILE! Event photos will be available online a few days post-event and will appear next to your race results.

POST-RACE BOXED MEAL

Another proud partner of ours is DeliverLean, the official provider for all athlete food at the 2019 Fitbit Miami Marathon & Half Marathon produced by Life Time. Be on the lookout for your meal after you cross the Finish Line and let DeliverLean handle your meal prep so you can focus on your #MiamiFamous moment!

DeliverLean™

Carnival Fun Zone Finish Fest

Join us in Bayfront Park for a celebration of epic proportions. Enjoy live performances by the 13th Army Band and the Inner Music Band as you enjoy your #MiamiFamous moment with your well-earned 17th Anniversary Finisher's Medal.

After the race, all participants may enjoy a complimentary beer in the Michelob ULTRA beer garden (21+ with valid ID) located near the main stage.

Michelob ULTRA

Plus, don't forget to visit our sponsors and vendors within Bayfront Park. Official race merchandise will be available to commemorate your 2019 #MiamiFamous moment.

BAYFRONT PARK ADA

ACCOMMODATIONS In accordance with the American with Disabilities Act of 1990, persons needing special accommodations to participate in this event may contact the Fitbit Miami Marathon & Half Marathon produced by Life Time® staff via email at FLevents@lt.life no later than three (3) business days prior to the event.

GET TO THE RACE ON METRORAIL OR METROMOVER!

Miami-Dade Transit has got you covered for early morning race day transportation. Metrorail trains will depart the southern- most station (Dadeland South) and northern-most station (Palmetto) starting at 4:00 AM for the Fitbit Miami Marathon & Half Marathon produced by Life Time®. Transfer to the FREE Metromover at the Government Center stop to get the best access to the race.

For the START line, get off at the Freedom Tower or College/Bayside Stations. For the FINISH line, the Bayfront Park or College/ Bayside Stations are your stops. Participants are strongly encouraged to arrive 15 minutes early to ensure an early ride on the rail.

Don't forget to download the Miami-Dade Transit Tracker app to plan your trip and track your ride in real- time. The new EASY Pay Miami app, also from Miami-Dade Transit, allows riders to purchase their fare from the palm of their hands. Buy your one-day pass ($5.65) with EASY Pay and head to the Marathon seamlessly. EASY Cards are still accepted at the Metrorail fare gates for your convenience. In honor of the Marathon, Miami-Dade Transit is offering complimentary parking at all their Metrorail garages and surface lots.

RACE DAY SHUTTLES For those of you who purchased race morning shuttle tickets, you must pick up your tickets at the TRANSPORTATION BOOTH at the 2019 Fitbit Miami Marathon & Half Marathon Expo at Mana Wynwood. Tickets may still be available for purchase at the Expo for $20 round trip.

PRE-RACE SHUTTLE LOADING Shuttles will be leaving 1800 Meridian Ave, Miami Beach at 4:00 AM to ensure timely arrival at the Start line. Loading will be located on Meridian Ave. between 18th and 19th Streets.

POST-RACE SHUTTLE LOADING Post-race shuttles will operate from 8:00 AM to 1:00 PM. Shuttle loading will be located at NE 8th St. and Biscayne Blvd., next to American Airlines Arena (North Side).

NEW RACE MORNING BRIGHTLINE TRAIN

Avoid race morning traffic and take the Brightline train directly to the Start Line!

Take the exclusive early train from the West Palm Beach station (departs 3:45 AM) or the Fort Lauderdale station (departs 4:15 AM) and be dropped off in Downtown Miami, a less than 10-minute walk to the Start Line. Learn more and purchase your tickets now!

brightline

DRIVING INTO DOWNTOWN

To avoid delays due to road closures please follow these directions to arrive in downtown Miami. These directions will get you to the downtown area adjacent to the Start line at the American Airlines Arena. **DO NOT USE BRICKELL AVENUE BRIDGE.**

DRIVING FROM THE NORTH

I-95 south to exit 3B (NW 8th Street). Go left onto NW 8th Street. Take 8th Street east into downtown.

DRIVING FROM THE SOUTH

I-95 north to exit 2B (NW 2nd Street). Go North to NW 5th Street and make a right towards Biscayne Blvd.

DRIVING FROM FROM WESTBOUND ON MACARTHUR CAUSEWAY (I-395)

Exit at Biscayne Boulevard. Go South into downtown.

DRIVING FROMFROM EASTBOUND ON SR 836/I-395 (DOLPHIN EXPRESSWAY)

Exit at NE 2nd Avenue. Go South into downtown.

We encourage participants to use shuttles or Metrorail / Metromover to get to downtown on race morning. Parking will be available at lots and garages throughout downtown Miami and participants should plan to arrive no later than 5:00 AM. We recommend using lots operated by the Miami Parking Authority or the garages at American Airlines Arena and Bayside Marketplace. Please stop by the info booth at the Expo, or go online to miamiparking.com for a detailed map of the area. Parking is at your own discretion. The Fitbit Miami Marathon & Half Marathon produced by Life Time® is not responsible or liable for your parking. Please be sure not to leave valuables in parked cars.

AMERICAN AIRLINES ARENA
LOCATION: 601 BISCAYNE BLVD.
RATE: $5 FLAT FEE
ENTRANCE: 5TH ST. TO PORT BLVD ONLY
BISCAYNE BLVD. ENTRANCE WILL BE CLOSED.

BAYSIDE MARKETPLACE
LOCATION: 401 BISCAYNE BLVD.
RATE: TBD
ENTRANCE: BISCAYNE BLVD.

G-2
LOCATION: 300 BISCAYNE BLVD.
RATE: TBD
ENTRANCE: BISCAYNE BLVD.

G-3
LOCATION: 190 NE 3RD ST.
RATE: TBD
ENTRANCE: SE 2ND ST. & SE 3RD ST.

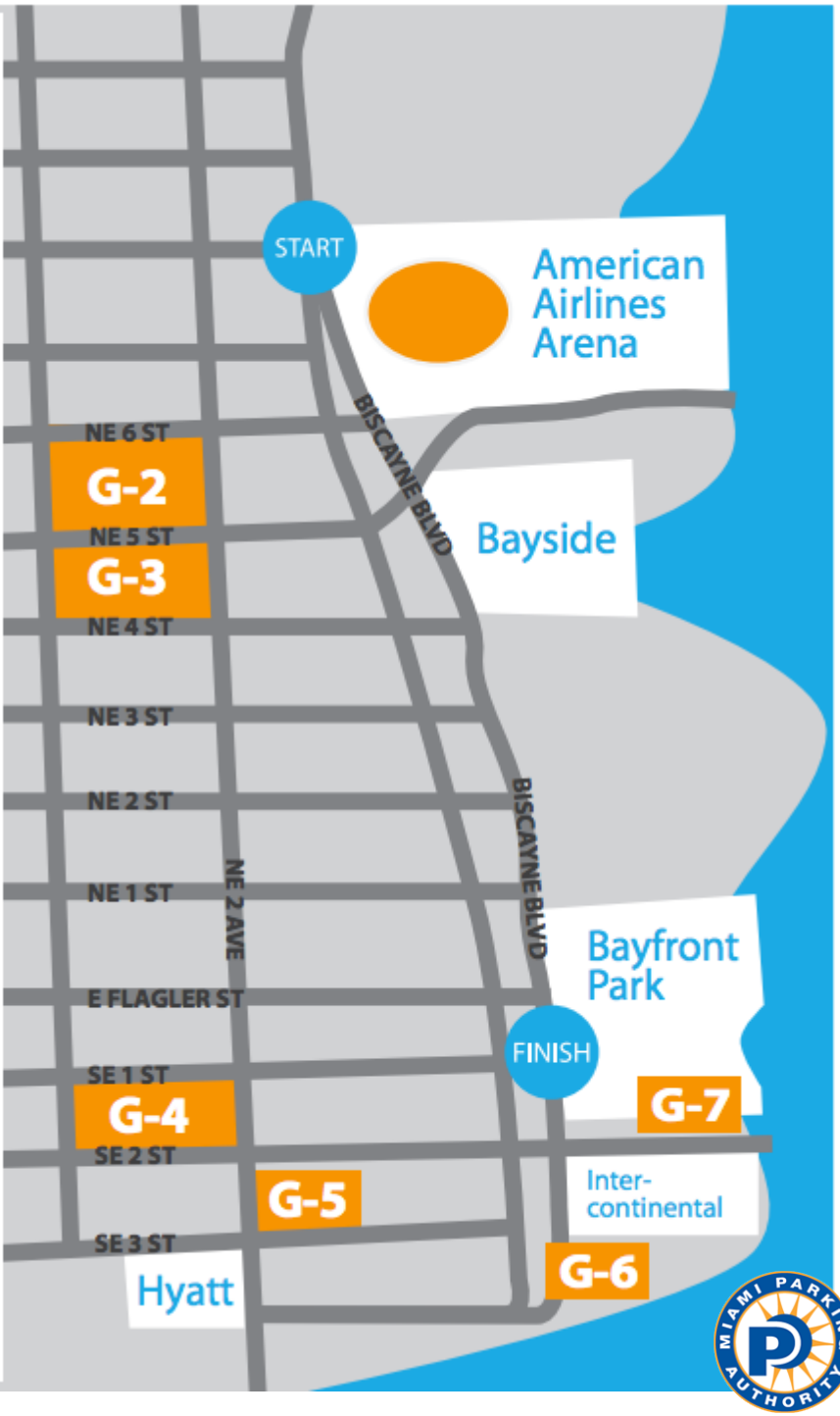
G-4 (MIAMI TOWER)
LOCATION: 100 SE 2ND ST.
RATE: TBD
ENTRANCE: SE 2ND ST. & SE 3RD ST

G-5
LOCATION: 400 SE 2ND AVE
RATE: TBD
ENTRANCE: S BISCAYNE BLVD.

G-6
LOCATION: S BISCAYNE BLVD.
RATE: TBD
ENTRANCE: S BISCAYNE BLVD

G-7
LOCATION: 100 CHOPIN PLAZA
RATE: TBD
ENTRANCE: CHOPIN PLAZA

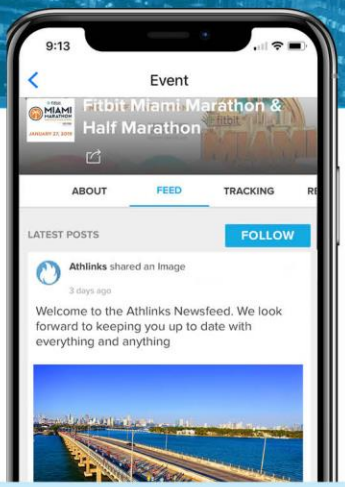
* PARKING LOTS/RATES SUBJECT TO CHANGE



ATHLINKS

THE #MIAMIFAMOUS JOURNEY IGNITED BY ATHLINKS

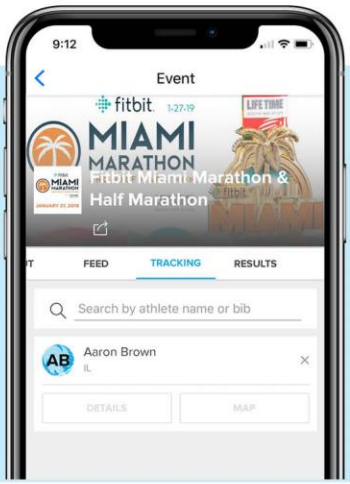
SIGN IN OR SIGN UP WITH ATHLINKS TO TAKE FULL ADVANTAGE OF THE FEATURES



FOLLOW

THE OFFICIAL EVENT FEED

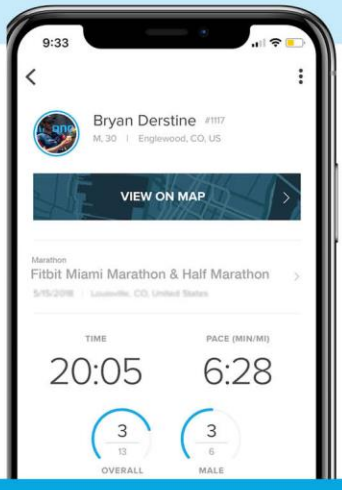
1. Select **Fitbit Miami Marathon & Half Marathon** from the DISCOVER tab
2. Select FEED tab in the navigation bar
3. To receive push notifications, tap the FOLLOW button



TRACK

ATHLETES ON COURSE

1. Select **Fitbit Miami Marathon & Half Marathon** from the DISCOVER tab
2. Select TRACKING tab in the navigation bar
3. Search for athlete by name or bib number
4. Tap + button (Repeat steps 3-4 for more athletes if you wish)
5. Tap VIEW ON MAP to see athlete's estimated position on course map



SHARE

YOUR FINISHER BADGE ON FACEBOOOK

1. Select **Fitbit Miami Marathon & Half Marathon** from the DISCOVER tab
2. Search for result by name or bib number
3. Select a result
4. Tap SHARE to share to Facebook!

MAKE RACE DAY BETTER. DOWNLOAD THE ATHLINKS APP NOW.

GET IT ON Google Play

Download on the App Store

Have questions? Need help? Contact Athlinks support at Support@athlinks.com

FITBIT MIAMI MARATHON & HALF MARATHON PRODUCED BY LIFE TIME® PACE GROUPS

For first timers, experienced runners or anyone looking to keep a steady pace, MarathonPacing.com will be providing the highest quality pace team experience you could ask for. To sign up, find the MarathonPacing.com booth at the Fitbit Miami Marathon & Half Marathon Expo. Appearing for the seventh year in a row at the Miami Marathon, MarathonPacing.com features:

- Combined total of over 30 Marathon & Half Marathon pace groups offered
- Many pace times based on the new Boston Marathon Qualifying Standards
- Pace Leaders that have run over 50 marathons on average
- Pace Leaders that have paced over 20 marathons on average
- Pace Leaders who run with enthusiasm & commitment to help you run your best & meet your goals!

MarathonPacing.com has been pacing for over 20 years!

HAVE ANY OLD OR UNWANTED SNEAKERS?

DONATE THEM TO THE ROTARY CLUB OF MIAMI DADELAND-PINECREST WHO WILL HAVE A COLLECTION BIN AT THE EXPO AS WELL AS ON RACE DAY!

GETTING AROUND THE DOWNTOWN AREA

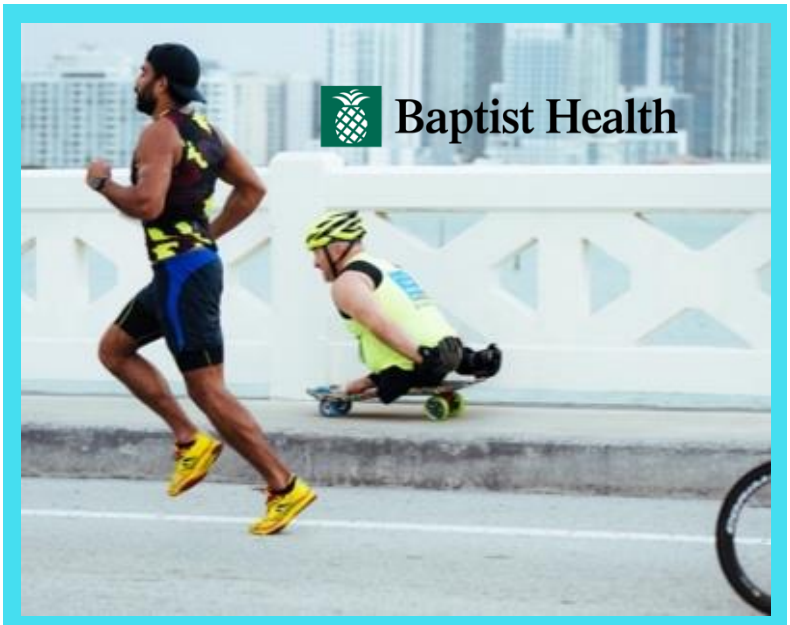
Getting around the downtown area is free and easy using the Metromover. Visit miamidade.gov/transit for the latest information and schedules. You can also download the Miami-Dade Transit Tracker app (data rates may apply).

Contact Miami-Dade Transit at 305-468-5900 or TDD: 305- 468-5402 or by dialing 311.

If you are cheering for someone special, the best spot is at our Cheering Zone at Mile 11. This Cheering Zone has easy access from the Start line and Finish line, allowing you to see runners at all three points of the race. For details see p. 32.

GET IT ON Google Play

Download on the App Store



In partnership with Team Achilles, Baptist Health is truly honored to be the proud sponsor of the Athletes with Disabilities Division of the Fitbit Miami Marathon & Half Marathon produced by Life Time®. The Athletes with Disabilities Division is an incredible group of marathoners and has been a integral part of the Miami Marathon & Half Marathon since the race's inception 17 years ago.

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 MARATHON, 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.

MORE MILES = BIGGER BLING!

FLSTORMSERIES.COM

ATHLINKS

LIFE TIME
HEALTHY WAY OF LIFE

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

Our Charities

The Fitbit Miami Marathon & Half Marathon produced by Life Time® is extremely proud to work with and support various local, national and international charities. Runners can choose to make their marathon experience more meaningful by running on behalf of an array of charities, allowing for millions of dollars to be raised each year using the Fitbit Miami Marathon & Half Marathon® and ancillary events as a medium to do so.

Charities participating in the Miami Marathon have raised over $27 million dollars in its 16-year history, plus the fundraising each team has been executing for this year's 17th annual event! These runners begin the training season with goals for personal bests in their running time as well as in fundraising dollars.

Mile 11 Cheering Zone brought to you by Baptist Health

LOCATION: OMNI STATION, NE 15TH STREET AND BISCAYNE BOULEVARD (SUBJECT TO CHANGE)

HOURS: 6:30 AM to 9:30 AM

This Cheering Zone has easy access from the Start line and Finish line, allowing you to see runners at all three points of the race. Make your way to this cheering zone from the Start line to see runners at Mile 11. Then take the Metromover back to the Finish line in time to see the finish of Fitbit Miami Marathon & Half Marathon produced by Life Time®.

GETTING THERE: From anywhere in downtown, take the Metromover's Omni Loop to the Omni Station.

WHAT SHOULD YOU BRING TO CHEER?

Motivational signs and banners, comfortable walking shoes, bright colorful clothing (we recommend orange), a camera for that special moment – you know the one – a reliable wristwatch to keep track of the race time and this race program with directions to the Cheering Zone.

THANK YOU TO THE 26.2 CREW

The extraordinary success of the past 16 years of the Fitbit Miami Marathon & Half Marathon produced by Life Time® is without question a reflection of the absolute dedication and enthusiasm that our volunteers display. This year is no different! We could not let the 17th year of the Fitbit Miami Marathon & Half Marathon® Race Weekend begin without acknowledging their unparalleled efforts. Volunteers assist in every area of race weekend events including the expo, water stations, hospitality areas, medical stations and more. Their invaluable gift of time, energy and support helps maintain the excellence of this race. Please take a moment to acknowledge and thank the other superstars of this event, our 2500+ volunteers, the 26.2 Crew. If you would like to become a volunteer for next year's race, please contact our Volunteer Coordinator at volunteermiami@lt.life.

RACE DAY ENTERTAINMENT & CHEER ZONES

START LINE

- Colors presented by Booker T Washington High School Air Force JROTC Color Guard
- National anthem vocalist: U.S. Army

MIAMI BEACH

- St. Andrews Pipe & Drum Band of Miami
- DJs at Miami Children's Museum & Watson Island
- Team Lifeline Cheer Zone
- South Beach Triathlon on Ocean Drive
- Hoka Cheer Zone
- Life Time® Foundation Cheer Zone
- New World Symphony & Baptist Health Cheer Zone
- Miami Beach High School Cheerleaders
- Xpresso Band & Baptist Health Cheer Zone

DOWNTOWN MIAMI

- Friendship Circle International Cheer Zone
- Go Run Miami Cheer Zone & Southwest Miami High Drumline
- Nike Cheer Zone
- DJ Stephen Ortiz
- Cowboy Up Band
- Lululemon Cheer Zone
- Race for Renewal Cheer Zone with DJ
- Miami Coral Park Drumline & Color Guard
- Miami Killian Drumline & Color Guard
- K Love Cheer Zone with DJ
- Miami Under 40 Cheer Zone with DJ

KEY BISCAYNE

- DJs at the entrance and exit of Rickenbacker Causeway
- Voodoo Kings Band
- Birdman Clambake Band
- Parrotheads Cheer Zone
- Star Music Band

BRICKELL

- Baptist Health Cheer Zone

COCONUT GROVE

- Go Run Miami Cheer Zone with DJ
- DJ on Grand Avenue
- Life Time® Foundation Cheer Zone
- Deezer Mobile Music Bikes
- K Love Cheer Zone with DJ
- Team Yitzi
- Brickell City Center Businesses
- Go Run Miami Cheer Zone
- Blu Daze Band
- Life Time® Foundation Cheer Zone

DOWNTOWN MIAMI

- Momentum Indoor Percussion Drumline & Color Guard

CARNIVAL FUN ZONE FINISH FESTIVAL PERFORMANCES:

- 13th Army Band
- Inner Music Band

KIDS RUN MIAMI

- National anthem performance from Guitars Over Guns vocalists
- Colors presented by Booker T Washington High School Air Force JROTC Color Guard
- Band performance from Young Musicians Unite
- Appearances by South Florida professional sports team mascots
- Kids Zumba with Greysi Ospina

**Entertainment appearances are subject to change.*

KIDS CAN RUN A MARATHON TOO!

Fitbit Kids Run Miami produced by Life Time® is a privately-funded, county-wide program that invites all middle schools in Miami-Dade County to establish a consistent running program as part of their physical education daily lesson plans.

The program's goal is to offer every child enrolled in Miami-Dade County Middle Schools an opportunity to run their first marathon (26.2 miles), and in doing so, promote a fit and healthy lifestyle while teaching children to create and fulfill goals.

Participating schools and teachers have encouraged these select 1,500 students to run 25 miles over 15 weeks with the final 1.2 miles of their marathon to be completed at the Fitbit Miami Marathon & Half Marathon produced by Life Time® on January 27. Starting at 11 AM, students will take to the streets of Miami on their Final Mile run together on the same secure course used by over 20,000 marathon and half marathon runners, and will cross the same finish line as the half marathoners!
www.KidsRunMiami.com

FIRST WATCH

SARASOTA
HALF MARATHON & RELAY

CLAIM YOUR SPOT TODAY

Register for the 2019 First Watch Sarasota Half Marathon | Relay | 10K and receive the following:

- Fully supported USATF certified race course highlighting beautiful Sarasota
- Aid stations with hydration & entertainment approximately every mile/mile and a half
- Access to our legendary bayside Finish Festival featuring a gourmet breakfast buffet courtesy of First Watch
- Picturesque vistas of Sarasota Bay
- FREE race photos courtesy of Athlinks
- On-course entertainment including live music, dj's and circus acts
- Dolphin finisher medal - Largest finisher's medal in Florida for all Finishers
- Complimentary beer for all participants (must be 21 years or over, ID required)
- Live music on the main stage
- Custom-made tech short-sleeve shirt (men/women sizes)

RUNSARASOTA.COM

FIRST WATCH
THE DAYTIME CAFE

LIFETIME
HEALTHY WAY OF LIFE

Thank You to Our Invaluable Running Groups!

YOU MAKE MIAMI FAMOUS. IT'S NOT MIAMI WITHOUT YOU.

The Fitbit Miami Marathon & Half Marathon produced by Life Time® is made possible through this unbelievable network of partners. It is because of you that this has become Miami's marquee running event, and one of the top destination road races in the United States. Thank you for supporting our athletes throughout their training and helping them cross that finish line with a successful race and an unforgettable experience.

Thank You to Our Invaluable Running Groups!

YOU MAKE MIAMI FAMOUS. IT'S NOT MIAMI WITHOUT YOU.

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BLACK GIRLS RUN!

Born2Run

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F2R RUNCLUB

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UHealth UNIVERSITY OF MIAMI HEALTH SYSTEM | UNIVERSITY OF MIAMI MILLER SCHOOL of MEDICINE

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Baptist Health | CARE ONDEMAND

OFFICIAL HEALTHCARE AND MEDICAL PROVIDER OF THE fitbit. MIAMI MARATHON AND HALF MARATHON. produced by LIFETIME HEALTHY WAY OF LIFE

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Every year, we pay tribute to the star of the show — the course. Mile after mile, the tropical views and sounds help propel runners to the finish line. Be on the lookout for sights on the course that you might recognize from a hit TV show or movie. Many of those hot spots are actually part of this incredible course!

- The course is a USTAF-certified, flat, single-loop and Boston-qualifying course.
- There are several bridges along the course with a very slight incline. The bridges are being held in the closed-to-vessel position for the duration of the race.
- Digital time clocks will be positioned throughout the course.
- Course markers, directional arrows and other signage will be positioned throughout the course.
- Several digital clocks at the finish line will display unofficial times.
- The full and half marathon will feature entertainment along the course for both spectators and runners.
- If you signed up for the full marathon and you decide to run the half marathon, you will receive a full marathon Finisher's medal.
- Please line up in the Start Line area according to your assigned corral (indicated on your race bib).

WHAT'S ON COURSE

Baptist Health is there to tend to your needs. Doctors, nurses, and other medical professionals from Baptist Health, which includes Baptist Hospital, South Miami Hospital, Doctors Hospital, Homestead Hospital, West Kendall Baptist Hospital and Mariners Hospital, as well as our outpatient and urgent care facilities will be available at the Start and Finish lines as well as the numerous aid stations throughout course. Baptist Health will also be hosting cheer zones located at Brickell, New World Symphony, and Omni Station.

Gatorade Endurance is proud to be the Official On-Course Sports Nutrition sponsor of the Fitbit Miami Marathon & Half Marathon produced by Life Time®. Gatorade Endurance Formula is a specialized sports drink with two times the sodium and three times the potassium of regular Gatorade Thirst Quencher to help sustain hydration, maintain proper fluid balance and replace key electrolytes lost in sweat during training and racing.

Water and Gatorade Endurance Formula will be available at ALL Aid Stations (Lemon-Lime flavor). Gatorade Endurance Energy Gels will be available at approximately mile 7.8 and 15.6. Fresh pineapple will be available at the Baptist Health stations at miles 11 and 17 – 18 and Dole will provide fruit at mile 19.5. Plus - **new this year** - bananas will be offered at mile 11 and pretzels for the full marathoners at mile 23.7!

ENDURANCE Baptist Health MIAMI-DADE COUNTY

Staying hydrated is key when runners pound the pavement on January 27th during the Fitbit Miami Marathon & Half Marathon produced by Life Time®. Miami-Dade's Water is fresh, delicious and tested more than 210,000 times each year. So whether you cross the finish line first or toward the end of the pack, you are already a winner by drinking Miami-Dade water. So drink up with confidence.

There will be trash receptacles at every aid station - PLEASE USE THEM! Help keep our city clean and dispose of your hydration cups and gel packets in the provided bins and trash bags that volunteers will be holding throughout the course. Thank you in advance for your cooperation.

CATCH THESE OLYMPIANS!

Former Olympians German Silva & Benjamín Paredes, the historic marathon duo that ran the TCS New York City Marathon, will join forces again at the 2019 Fitbit Miami Marathon & Half Marathon! Hailing from Mexico, these legends will be on-course as they "race with the people" - pacing themselves to finish the half marathon in 1:30 – 1:40. Don't miss the excitement of one of Life Time®'s most iconic events in the beautiful city of Miami for what Paredes says will be a "runner's sports party!"

GET IT BEFORE IT'S GONE!!!

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Abbott World Marathon Majors

Wanda Age Group World Championships Qualifier

We are excited to announce our partnership with the Abbott World Marathon Majors Wanda Age Group World Championships with our 2020 Miami Marathon & Half Marathon produced by Life Time® being recognized as a qualifying race!

The spread of the selected marathon events that are part of the AbbottWMM Wanda Age Group World Rankings creates a truly global series throughout the year, giving runners across the world the chance to be part of a new era of age group marathon running.

Participants in an AbbottWMM Wanda Age Group World Ranking qualifying race will earn points according to their age, time and gender, aligned with the following age groups for men and women: 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+.

The qualifying period runs from Oct. 13 2019 – Oct. 11, 2020 (AbbottWMM Series XIII) – a one year cycle for participants to earn two qualifying times and a place at the AbbottWMM Wanda Age Group World Championships in 2021 (venue to be announced next year).

ABOUT ABBOTT WORLD MARATHON MAJORS

The Abbott World Marathon Majors (AbbottWMM) is a series of six of the largest and most renowned marathons in the world - Tokyo Marathon, B.A.A. Boston Marathon, Virgin Money London Marathon, BMW BERLIN-MARATHON, Bank of America Chicago Marathon and TCS New York City Marathon. For more information, visit www.Abbottwmm.com