Race day is coming up and there are some important details to consider in order to have a smooth and enjoyable race experience. Please take a few moments to review the following important event information as there is NEW logistical information for pre-race shuttle service that will affect the time you need to arrive in order to make it to the Start Line on time.

The Life Time Tropical 5K begins on Watson Island and makes its way along the MacArthur Causeway where you’ll be traveling down a gorgeous, water-lined course. Enjoy breathtaking views of Port Miami and the harbor as you run or walk the 3.1 miles to Nikki Beach where you can celebrate your finish with post-race festivities!

**Date & Start Time**
Saturday, February 8, 2020 at 7:30 AM

**Start Location**
Miami Children’s Museum at Watson Island  
980 Mac Arthur Causeway  
Miami, FL 33132

**Finish Location**
Nikki Beach  
1 Ocean Drive  
Miami Beach, FL 33139

**Race Kit Pick-Up/Registration Information**
It is highly recommended to all our participants to please pick up their race kit during the 2020 Life Time Miami Marathon & Half Marathon presented by cbdMD at Mana Wynwood.

**Friday, February 7, 2020**
12:00 PM- 7:00 PM  
Mana Wynwood  
318 NW 23rd St.  
Miami, FL 33127

For those not able to pick up their race kit at the Expo on Friday, packets will be available for distribution for a limited time on race morning at the Registration tent.

**Saturday, February 8, 2020**
6:00 AM- 7:00 AM  
Miami Children’s Museum at Watson Island  
980 Mac Arthur Causeway  
Miami, FL 33132

*Please note there will be NO GEAR CHECK provided on race morning. Life Time and event staff are not responsible for items left at Miami Children's Museum or Jungle Island.*
Race Day Parking (IMPORTANT NEW INFORMATION)
We will no longer be able to offer parking at the Miami Children's Museum. Please prepare to arrive 1-1.5 hours in advance as you will need to park in designated parking areas and board a shuttle from the pick-up locations listed below to the Start Line. Please carefully review the parking and shuttle service information provided and be familiar with the plan prior to race day.

**Pre-Race:** All athletes will be shuttled to the Start Line from 5:30 - 7:00 AM. Note: you must make it to the shuttle pick-up locations listed below by 6:45 in order to get on the shuttle to the Start Line.

**Post-Race:** Parking garages are within walking distance from Finish Festival at Nikki Beach. However, shuttles will also run post-race from Nikki Beach back to the designated pick-up/drop-off locations.

Parking Garages:

<table>
<thead>
<tr>
<th>Parking Garage</th>
<th>Address</th>
<th>Capacity</th>
<th>Price</th>
<th>Distance From Finish Festival</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fifth &amp; Alton Miami Beach Public Parking Garage</td>
<td>550 Lenox Ave, Miami Beach, FL 33139</td>
<td>1070</td>
<td>0-2 Hrs $0.00, 2-3 Hrs $3.00, 3-4 Hrs $8.00</td>
<td>~ 0.9 miles</td>
</tr>
<tr>
<td>Seventh Street Parking Garage</td>
<td>200 7th St, Miami Beach, FL 33139</td>
<td>659</td>
<td>0-4 Hrs $2.00 p/h</td>
<td>~0.7 miles</td>
</tr>
<tr>
<td>Jungle Island</td>
<td>1111 Parrot Jungle Trail, Miami, FL 33132</td>
<td>500</td>
<td>Flat Rate $8.00</td>
<td>Shuttle Required</td>
</tr>
</tbody>
</table>

Shuttles:

<table>
<thead>
<tr>
<th>Shuttle Pick-Up/Drop-Off</th>
<th>Address</th>
<th>Distance From Parking Garage</th>
</tr>
</thead>
<tbody>
<tr>
<td>South Shore Community Center</td>
<td>833 6th St, Miami Beach, FL 33139</td>
<td>0.2 mile walk from 5th &amp; Lenox Garage</td>
</tr>
<tr>
<td>South of Kimpton Anglers Hotel</td>
<td>600 Washington Ave, Miami Beach, FL 33139</td>
<td>0.14 mile walk from 7th &amp; Washington Garage</td>
</tr>
<tr>
<td>Jungle Island</td>
<td>1111 Parrot Jungle Trail, Miami, FL 33132</td>
<td>Jungle Island</td>
</tr>
</tbody>
</table>

Shuttle maps shown on the following pages.

Please follow parking signs and be sure to ARRIVE EARLY! Most participants will have to take the shuttle from Miami Beach so please plan accordingly in order to make it to the Start Line on time. You MUST arrive to the shuttle locations by 6:45 AM in order to be taken to the Start.

**Post-Race Shuttles back to shuttle drop-off locations:**
There will be shuttles running post-race from 8:00 AM to 10:00 AM from the Finish Festival at Nikki Beach back to the Miami Beach parking garages and Jungle Island (Start Line). **Please note the last shuttle will leave at 10:00 AM. NO EXCEPTIONS!**

There will be NO Gear Check at the Start Line and NO shuttles from the Start to the Finish area of this point-to-point course.
IMPORTANT PARKING INFORMATION: TROPICAL 5K

ARRIVE EARLY:
DUE TO NO PARKING AT WATSON ISLAND WE WILL BE SHUTTLING ALL ATHLETES TO THE START. PLEASE ARRIVE 1-1.5 HOURS BEFORE RACE START TO MAKE IT TO THE START LINE ON TIME.

RACE WILL START PROMPTLY AT 7:30 AM

THERE WILL BE NO RACE PARKING AT START LINE
ATHLETES PLEASE CONTINUE TO MIAMI BEACH PARKING LOTS 1 & 2 upon arrival.

THE ONLY VEHICLES ALLOWED INTO WATSON ISLAND ARE RIDE SHARE PROGRAMS (i.e UBER/LYFT)

SHUTTLES WILL BE OFFERED FROM 5:30 AM – 7:00 AM
*SEE SHUTTLE MAP*

PARKING LOT 1 (5th & Lenox (550 Lenox Ave Miami Beach FL 33139))
PARKING LOT 2 (7th & Washington Ave (200 7th St, Miami Beach FL 33139))
PARKING LOT 3 (Jungle Island (1111 Parrot Jungle Trail Miami FL 33132))

*NOTE: NO SHUTTLES WILL BE OFFERED FROM THE START LINE TO THE FINISH LINE.*
TROPICAL 5K
MIAMI BEACH PARKING GARAGES + WALKING DIRECTIONS

P1  5th & Lenox (550 Lenox Ave Miami Beach FL 33139
P2  7th & Washington Ave (200 7th St, Miami Beach FL 33139

PRE RACE SHUTTLE PICK UP (5:30 AM – 7:15 AM)
South Shore Community Center (833 6th St #2, Miami Beach, FL 33139)
0.2 mile walk from 5th & Lenox Garage (blue line) North on Lenox → East on 6th → Arrive

South of Kimpton Anglers Hotel (600 Washington Ave (Miami Beach, FL 33139)
0.14 walk from 7th & Wash Garage (blue line) West on 7th St → South on Washington Ave → West on 6th St → Arrive
*Continuous shuttling pre race route (1→2→3→4 repeat)

POST RACE SHUTTLE PICK UP (Post Race – 10:00 AM)
1 Ocean Drive (in front of Nikki Beach) ONLY OFFERED POST RACE
P1 & P2 are in walking distance.
*Continuous shuttling post race route (1→2→3→4→5 repeat)
Course Considerations
The Start Line is located on the MacArthur Causeway on the east side of Watson Island. There will be no early start for walkers but we ask that if you do plan on walking or have a stroller of any kind, that you please start near the end of the pack to avoid being crowded or bumped.

All participants must maintain a 20 minute per mile pace (a walking pace) and be able to complete the course within 60 minutes or less of crossing the start line. Each event finisher will receive a custom Finisher’s Medal once they cross the finish line.

*Participants must have purchased a race entry and wear their assigned bib throughout the entirety of the race. Runners on course without a bib will be subject to removal and will not receive a Finisher medal.

Post-Race Party at Nikki Beach!
Celebrate your finish at one of the hottest spots in South Beach with a post-race breakfast, refreshments, music and more! Nikki Beach is located just a few blocks east of the Finish Line and volunteers will be present to provide directions.

Don’t forget to check your results to see if you placed in your age group or are an overall winner. The awards ceremony announcing overall awards will begin promptly at 9 AM and age group medals may be picked up at the Results table.

*Please note, the last shuttle will leave Nikki Beach at 10 AM back to the shuttle drop-off locations in Miami Beach and at Jungle Island.

2020 Participant Shirt 2020 Finisher Medal
Turn by Turn
Start: Miami Children’s Museum - 980 MacArthur Causeway, Miami, FL 33132
Runners head East on the MacArthur Causeway
Right on Alton Road
Left on South Pointe Drive
Finish: 801 South Pointe Drive, Miami Beach, FL 33139

Map Legend
- Mile Markers
- Baptist Health Aid Stations
For those of you that qualify for your BONUS BLING in the 2019 – 2020 Florida Storm Series, you may pick up your Category 3 and/or 4 medals at the Results table at the Finish Festival at Nikki Beach. Review the Series Challenges below to see if you'll qualify!

**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
- **Life Time Tropical 5K** – Feb. 8, 2020
- **Life Time Miami Marathon & Half Marathon presented by cbdMD** – Feb. 9, 2020
- **305 Half Marathon & 5K** (formerly 13.1 Miami Beach & 5K) – Mar. 1, 2020

* Only one of your Category races may be a 5K; all other 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 all 3 Category medals, an additional custom award, and the ultimate bragging rights!*No relays are permitted.*

- **Escape to Miami Triathlon** (International distance) – Sept. 22, 2019
- **South Beach Triathlon** (International distance) – Apr. 19, 2020

Haven’t completed any Life Time Run Florida events in fall 2019? The Life Time Tropical 5K can still be the start of your 2019-20 Florida Storm Series journey!

Simply complete the Life Time Tropical 5K, the Life Time Miami Marathon & Half Marathon presented by cbdMD and then register for the 305 Half Marathon -- you can do so at the 2020 Life Time Miami Marathon & Half Marathon presented by cbdMD Expo or online. Complete these three races and you'll earn your Category 3 medal when you cross the finish line of the 305 Half Marathon!
Additional Event Weekend Attractions!

2020 Life Time Miami Marathon & Half Marathon presented by cbdMD Expo

Friday, February 7, 2020 – 12 PM to 7 PM   Saturday, February 8, 2020 – 10 AM to 6 PM

Mana Wynwood
318 NW 23rd St
Miami, FL 33127

Mana Wynwood, in the trendy Wynwood Arts District, will be the home of participant packet pick-up for all registrants. Open and free to the public, this two-day expo will feature over 100 exhibitors offering official race merchandise and the latest in running footwear, apparel, nutrition and technology.

Stroll down athlEAT Street which will feature over 10 food and beverage exhibitors – so don’t be afraid to come hungry! Goodies such as oatmeal, wine, crepes & pancakes, nut butters and milks, protein drinks, workout supplements and more and much more will be offered.

Interactive and engaging experiences throughout the Expo space await, so come for the fun and invite your family and friends to enjoy the experience with you!

> Find more information.

Upgrade your #MiamiFamous weekend with the VIP Experience! Runners and spectators alike can step up their race weekend by purchasing the VIP Experience. 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 registration for the Miami Marathon or Miami Half Marathon. If you’re already registered for the race but want to take advantage of this fantastic opportunity, click the link below in order to purchase the VIP option or visit the VIP Experience Expo booth at Mana Wynwood. (*Note: purchasing the VIP option alone does not include the race entry.)

> Find more information and step up your #MiamiFamous weekend!

Donate Your Shoes to a Good Cause!
Shoes worn down? Get rid of old, worn or unwanted sneakers and feel good doing so! Bring your donations to the GotSneakers collection bin at the Bag Check tent at the 2020 Expo at Mana Wynwood as well as on race morning at Bayfront Park.

Mana Wynwood - 318 NW 23rd St., Miami FL 33127
Bin will be located near Bag Check on the northwest side of the parking lot area.

Bayfront Park – 301 Biscayne Blvd, Miami FL 33132
Bin will be located next to Bag Check three blocks north of the Finish Line.
Funds received from this collection goes toward supporting the Life Time Kids Run Miami youth running program within Miami-Dade County Middle Schools.

BEST OF LUCK AND WE’LL SEE YOU AT THE START LINE!