



**Athlete
Guide**

2022

Table of Contents

Pg. 3	Official Race Gear
Pg. 5	Weekend Schedule
Pg. 6	Expo Information
Pg. 8	Miami Marathon History
Pg. 9	Expo Transportation
Pg. 12	Remember and Honor
Pg. 13	Expo / Race Kit Pickup
Pg. 15	Know Your Bib / About Registration
Pg. 17	Registrant Roll Call
Pg. 19	Shoe Recycling / Watch Your Step
Pg. 20	Green Vision
Pg. 21	VIP Experience
Pg. 22	Know Your Corral / Start Times
Pg. 23	Race Etiquette
Pg. 24	The Course
Pg. 26	What's On Course
Pg. 28	Course Cutoff Times
Pg. 29	Pacers
Pg. 30	Race Day Transportation
Pg. 34	Finish Festival
Pg. 37	Elites 20 Year Spotlight
Pg. 38	Cheer Zones
Pg. 39	26.2 Crew 20 Year Streakers
Pg. 41	Course Entertainment
Pg. 42	Kids Run Miami
Pg. 45	Official Groups & Charities
Pg. 47	Our Sponsors
Pg. 49	2023 Miami Marathon

WELCOME TO OUR 20TH!

With a big HAPPY BIRTHDAY to us, we can't wait to welcome our 15,000 athletes from all 50 states and over 70 countries on February 6, 2022 to become #MiamiFamous!

Whether it's your first with us, or your 20th – shout out to our 73 streaker athletes (see p. 39) – we have an amazing event in store for you. It's truly a pleasure to have you join us for a big comeback after being virtual-only in 2021, running together once again!

Our team is looking forward to hosting you and hope you're feeling the excitement buzzing – Miami is ready for you!

Please take the time to review this Athlete Guide to familiarize yourself with all event information – some of which is good to know while other is NEED to know. *Use the links to the left to jump to the section of interest.*

With that, enjoy the handful of days that remain leading up to the big dance and we'll see you for your #MiamiFamous moment on February 6th!

GOOD LUCK, ATHELTES!

Kind Regards,
Your Life Time Miami Events Team
Frankie Ruiz
Alex DeGracia
JC Alam
Nicole Bostick
Samantha Bailey







Race Medal Ribbon Artist Compilation

Each year beginning in 2012, the Life Time Miami Marathon & Half medal neck ribbon has featured custom designs from a variety of inspirational and influential Miami-based artists.

Holding to tradition, the 2022 neck ribbon pays tribute to these custom designs, featuring all creations since 2012.

Test your knowledge at the Miami Marathon Art History area at the Expo! Do your best to match up the medal ribbon design with its artist.

Pictured left: full marathon with orange ribbon, half marathon with blue ribbon.

2022 Participant Shirts



2022 Official Race Gear

LeftLane
SPORTS.com

Check out the official 2022 Life Time Miami Marathon & Half merchandise at the [official store](#). Along with your favorite styles, the new 2022 gear is available to purchase online and pickup at the 2022 Life Time Miami Marathon Expo. Celebrate your commitment and accessorize your hard work with your own gear to commemorate your #MiamiFamous journey.





LIFE TIME

Friday

Life Time Miami Marathon & Half Expo

Friday, February 4, 2022 – 12:00 PM to 7:00 PM

Miami Beach Convention Center - 1901 Convention Center Dr, Miami Beach, FL 33139

Saturday

Life Time Tropical 5K

Saturday, February 5, 2022 – 7:30 AM

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

Life Time Miami Marathon & Half Expo

Saturday, February 5, 2022 – 10:00 AM to 6:00 PM

Miami Beach Convention Center - 1901 Convention Center Dr, Miami Beach, FL 33139

Sunday

Life Time Miami Marathon & Half

Sunday, February 6, 2022 – 6:00 AM | 601 Biscayne Blvd, Miami, FL 33131

4:00 am: Pre-race shuttles leave Miami Beach Convention Center

4:30 am: General gear check and VIP tent gear check open

5:00 am: Start line access

5:45 am: Opening ceremony

5:55 am: Challenged Athletes start

6:00 am: Life Time Miami Marathon and Half runners start

**Check your specific Corral start time on p. 22*

Bayfront Park – 301 Biscayne Blvd

6:30 am: Spectator bleachers open

6:30 am – 1:30 p.m. Finish Fest post-race party

8:00 am – 1:00 pm: Post-race shuttle service to Miami Beach Convention Center (*pre-purchase only*)

Life Time Kids Run Miami + Miami Kids Mile

Sunday, February 6, 2022 – 11:00 AM | NW 3rd St & N Miami Ave



The Miami Beach Convention Center is the **only place registrants may pick up their Race Kit**. Remember to bring a photo ID. If you need to have someone else pick up your bib, you must provide them with a copy of your photo ID and bib number.

Open and free to the public, this two-day Expo at the Miami Beach Convention Center features Official Race Merchandise and a variety of exhibitors offering the latest and greatest in running footwear, apparel, nutrition and technology. Participants and visitors alike will encounter engaging experiences and attractions throughout the venue!

Per the City of Miami Beach's indoor mask mandate, masks will be required indoors at the Expo for all individuals, regardless of vaccination status. Participants and attendees will be required to wear a mask during Race Kit Pickup hours.

Please note that there will be NO race-day registration and NO race-day bib pickup.

RACE KIT PICKUP & RACE INFORMATION

All registrants must collect their bib from the Expo, during Expo hours. Please know your bib number in advance, so you can head straight to the correct bib pickup counter. You will then proceed to shirt pickup, where you will receive a clear gear check bag, safety pins, and race participant shirt. If you've purchased any add-on items, be sure to go to the respective area to collect them as well.

REGISTRATION CHANGES

If you need to make any changes in registration information, you may only do so in person at the Expo on Friday and Saturday. Visit the Solutions counters for assistance from our Athlete Services representatives. Please review our [web page](#) for more details on allowable changes.

SHUTTLE TICKETS

Those who purchased race morning Shuttle tickets will have their name placed on a list with the shuttle provider. Athletes who purchased this option may check to ensure they are on the list at the Race Day Transportation counter, located near the Shirt Pickup area. If space is available, tickets can also be purchased here.

21+ DRINK WRISTBANDS

Bypass the race day lines and get your Tank Brewing beer faster by visiting the Drink Wristband counter located near the Shirt Pickup area of the Expo. Have your ID checked and receive your Beer Garden 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.

EXPO SERVICES

The Expo features fun for the whole family! Snap a photo with your country flag before you enter and at any of our photo opps within (including a 360 camera!), write a tribute to a First Responder, explore the course and take a "walk" on the map of the race route, make a cheer sign to help celebrate and support athletes on race day (kids are welcome too!), and much more.

Please leave large bags at home! Bags may be searched at the door, which may cause delays at the entrance. All athletes will receive a bag at Shirt Pickup for Expo goodies.*

**Each participating athlete will receive an additional bag inside their goody bag that may be used to recycle gently used shoes, courtesy of Sneaker Impact! See more p. 19*

As an added layer of safety and precaution, [Nomi Health](#) will offer walk-up COVID testing or rapid antigen testing, at no charge, at the Life Time Miami Marathon Expo Friday and Saturday at the Miami Beach Convention Center outside of Hall D.

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



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

Returning after great success, VIP athletes will receive an exclusive, elevated experience and perks throughout race weekend.

There will be a special counter in the Expo for those who are a part of the VIP Experience -- just look for the red carpet! At this counter, pre-registered VIPs will collect their race bibs and VIP jacket. If space is available, VIP spots can be purchased here. VIP athletes should visit the exclusive VIP Lounge to pick up their special access bracelet and swag bags, plus enjoy some of the other VIP perks including pre-race massage, hair braiding, and mobile device charging stations. See more on p. 21.

Athl-Eat Street

Don't forget to stroll down Athl-EAT Street, which will feature over 15 food and beverage exhibitors. Don't be afraid to come hungry! Goodies such as oatmeal, non-alcoholic beer, energy drinks, coffee, protein bars and powders, juice, popcorn and more will be offered.

#Instaworthy Photo Opps

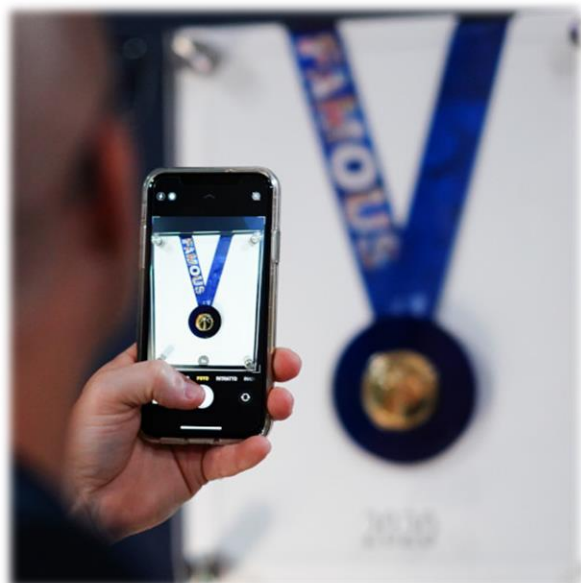
Snap some photos at variety of backdrops and some of the entertainment that will be taking place throughout the Expo.

Miami Marathon Museum

Be sure to explore this new Expo area, dedicated to unique features of the 2022 Life Time Miami Marathon & Half. Athletes and spectators can review a display of 20 years of #MiamiFamous including all 20 Finisher medals, historical photos and items, and try their hand at our Medal Ribbon Matching Game!

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 country. Snag some SWAG and a free Cafecito courtesy of the Baptist Health 305 Half Marathon & 5K!



Miami Marathon – 20 Years Young

Twenty years ago, the Miami Marathon was born almost by accident. Back in 2002, Frankie Ruiz was a new Florida International University graduate with a degree in communications. Leafing through a triathlon magazine, he came across a photo of Rudy Garcia-Tolson, who has since become a Gold Medal-winning Paralympics swimmer. Recalls Ruiz, “I came across an article about this 12-year-old double amputee who was running side-by-side with Robin Williams and competing in triathlons and I thought, ‘How cool it would be to get him to come and talk to the kids I coach. So, I decided to give it a shot.’”

Ruiz contacted Tolson’s mother, who liked the idea, and encouraged him to send out a press release about Rudy’s visit from California. Instantly, the media began calling, covering the athlete as he competed together with Ruiz at a local triathlon. Struck by the story, Javier Soto, the chief of staff to then Miami-Dade County mayor Alex Penelas, called Ruiz to invite Rudy to meet the mayor. “At that meeting, Rudy was asked, ‘Why don’t you run the Miami Marathon?’ There was silence from everyone else in the room because they knew we didn’t have a marathon,” recalls Ruiz. Previous incarnations, including the Miamithon, the Orange Bowl Marathon and the Metro-Dade Marathon, had trouble attracting athletes, and eventually all fizzled out due to financial constraints. Ruiz adds, “The very next day, the mayor made sure I got a call from his chief of staff, who asked me what I would need to start a marathon in Miami. Mayor Alex Penelas and Miami Mayor Manny Diaz were big drivers of the upstart process. We also had lots of help from public officials including Commissioners Pepe Diaz and Sally Heyman”, said Ruiz.



In 2003 (the first year) the marathon attracted 3,400 people. Now returning to celebrate its 20th anniversary, the race will look entirely different with a field of 15,000 runners from all 50 states and over 70 countries. And Rudy Garcia-Tolson, the boy who was at the start of this all returned to Miami as Grand Marshall for the 2017 race that, once just an idea, is now firmly rooted as a world-class, global event.

“First they said I couldn’t walk. Then they said I would never run. Competing at the Paralympics? Don’t even try. They told us that double amputees should stay in a chair. Look how that turned out. Everyone says you cannot change the world – just the people around you. The people around me say that I’ve changed their life. I guess now it’s time to change the world.” – Rudy Garcia-Tolson

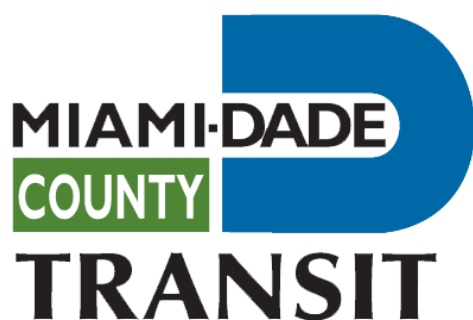
Born with popliteal pterygium syndrome, Rudy Garcia-Tolson, is a Paralympic swimmer, runner and triathlete from the USA. Garcia-Tolson started swimming at age 6. When he was eight years old, he stated that he would swim in the 2004 Paralympic Games. True to his word he competed in that event, winning the gold medal in the 200-meter individual medley and breaking the world record for his SM7 class. He’s gone on again to compete, win and break records along the way at the 2008 Beijing Paralympics, and 2012 Paralympics in London.

SKIP THE DRIVE & TRY ALTERNATIVE TRANSPORTATION!

While there will be limited parking at the Miami Beach Convention Center, we suggest Expo attendees avoid having to park a vehicle and elect 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 [Metrobus Route 120 Beach MAX](#) to head over to Miami Beach. Hop off at the Lincoln Road/17th St. stop to walk a couple blocks to the Miami Beach Convention Center.



METRORAIL/METROMOVER/METROBUS

Take the Metrorail train/Metromover to Government Center Station then hop onto the [Metrobus Route 120 Beach MAX](#) to head over to Miami Beach. Hop off at the Lincoln Road/17th St. stop to walk a couple blocks to the Miami Beach Convention Center.

PURCHASING TRANSIT TICKETS

Miami-Dade Transit accepts various forms of payment including, EASY Cards or EASY Tickets (purchased either at the ticketing vending machines or ahead of time online), contactless-enabled bank cards, digital wallets (such as Apple Pay or Google Pay), or even mobile passes purchased via the GO Miami-Dade Transit app.

Both EASY Cards and EASY Tickets are always available at the ticket vending machines at all Metrorail stations and select bus terminals, such as the Omni Bus Terminal, and at participating retail outlets throughout Miami-Dade County.



MIAMI BEACH TROLLEY (FREE)

Once you're in Miami Beach, it's easy to hop on the free [Miami Beach Trolley](#) to navigate to and from the Miami Beach Convention Center. Use the South Beach Loops, Middle Beach Loop or Collins Express and jump off at Lincoln Road/17th St. to be blocks away from the Miami Beach Expo!

[MORE INFORMATION](#)

RIDE SHARE

Avoid parking altogether and opt for a ride share option to the Expo. We suggest you instruct your driver to drop off at 17th St. or 19th St. & Convention Center Drive as the main entrance is located on the west side of the Miami Beach Convention Center.

CITI BIKE RENTAL STATIONS

One of the easiest and healthiest modes of transportation in Miami Beach are Citi Bike rentals. Located throughout the city, you can hop on a bike to get to the Expo without the hassle of traffic or finding parking – and get a bit of exercise in while you're at it!

[MORE INFORMATION](#)



DRIVING DIRECTIONS

Should you choose to drive to the Expo, below are general suggested directions for how to get there from all directions.

FROM AIRPORT (MIA)

MERGE Airport Expy/FL-112 E, EXIT 2
KEEP LEFT onto I-195 E
Take EXIT 5 to FL-907 S/Alton Rd
LEFT on Dade Blvd
RIGHT on Meridian Ave
LEFT on 19th St.

FROM THE NORTH

I-95 S
EXIT 4B to I-195 E
Take EXIT 5 to FL-907 S/Alton Rd
LEFT on Dade Blvd
RIGHT on Meridian Ave
LEFT on 19th St.

FROM THE SOUTH

I-95 N
EXIT 4B to I-195 E
Take EXIT 5 to FL-907 S/Alton Rd
LEFT on Dade Blvd
RIGHT on Meridian Ave
LEFT on 19th St.

FROM THE WEST

836 E
I-95 N
EXIT 4B to I-195 E
Take EXIT 5 to FL-907 S/Alton Rd
LEFT on Dade Blvd
RIGHT on Meridian Ave
LEFT on 19th St.

FROM THE EAST (MIAMI BEACH)

Navigate to 19th St.
Miami Beach Convention Center located between Convention Center Dr. and Washington Ave.

FROM DOWNTOWN MIAMI

I-95 N
EXIT 4B to I-195 E
Take EXIT 5 to FL-907 S/Alton Rd
LEFT on Dade Blvd
RIGHT on Meridian Ave
LEFT on 19th St.



EXPO PARKING

Self parking will be available at a few different areas on a first-come, first-serve basis:

Miami Beach Convention Center Parking Garage

1901 Convention Center Drive, Miami Beach, FL 33139

Miami Beach Parking Garage

640 17th St, Miami Beach, FL 33139

Metered Street Parking

Surrounding Lincoln Road Mall

Be sure to look out for Residential Permit only and No Parking signs.

Check out the [Miami Beach Convention Center website](#) for additional parking options and transportation information.

Please be sure to pay the standard rates at all parking locations to avoid a ticket or having your vehicle towed.

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, or for any cars being towed. Parking is NOT managed or operated by Life Time.

TAKE IN THE LOCAL SCENE

Be sure to check out local shops and restaurants while you're here! Lincoln Road is walkable, 10-block stretch of premier shopping, dining and entertainment in the heart of South Beach, and is just a block away from the Miami Beach Convention Center!

[LEARN MORE](#)

BE AN INSIDER

Get the best of Miami Beach
@ExperienceMiamiBeach



FOLLOW US!

@ExperienceMiamiBeach



**MIAMI
BEACH** VISITOR AND
CONVENTION
AUTHORITY

www.miamibeachvca.com

Tourist Information is available by
contacting the Miami Beach Tourism
Hotline at 305.673.7400

Get more out of your visit and download
the Miami Beach app "Miami Beach
Information" today!



REMEMBER AND HONOR

First Responder Tribute

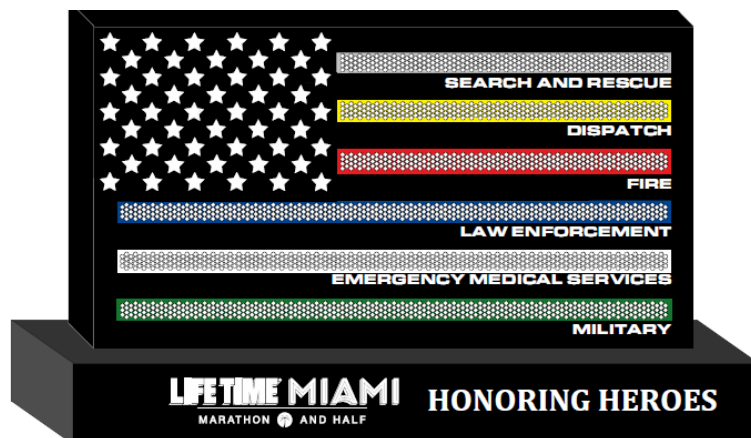
Running with and for them.

In times of uncertainty, they stand ready. In times of adversity, they hold their ground. In times of tragedy, they respond. Our heroes and first responders represent an American ideal — and not just an ideal, but a reality — to serve, protect and sacrifice for the sake of others.

When COVID-19 spread throughout the globe, these brave men and women provided relief, supplies and medical care. When a condo collapsed in Surfside, in our own backyard, they rushed into the rubble. When so many of us felt the pain of deep loss, tragedy and confusion, they always responded first. They gave so that we might, in turn, give to others.

Because of their response, we honor them. Because of their sacrifice, we remember. Because of their strength, perseverance and willingness to keep standing, sacrificing and responding for the sake of others, we will keep moving, striving and running for the sake of them.

Be sure to stop by the Life Time Miami Marathon & Half Expo on Friday, February 4 or Saturday, February 5 and visit our tribute flag to leave a note of gratitude for our selfless First Responders.

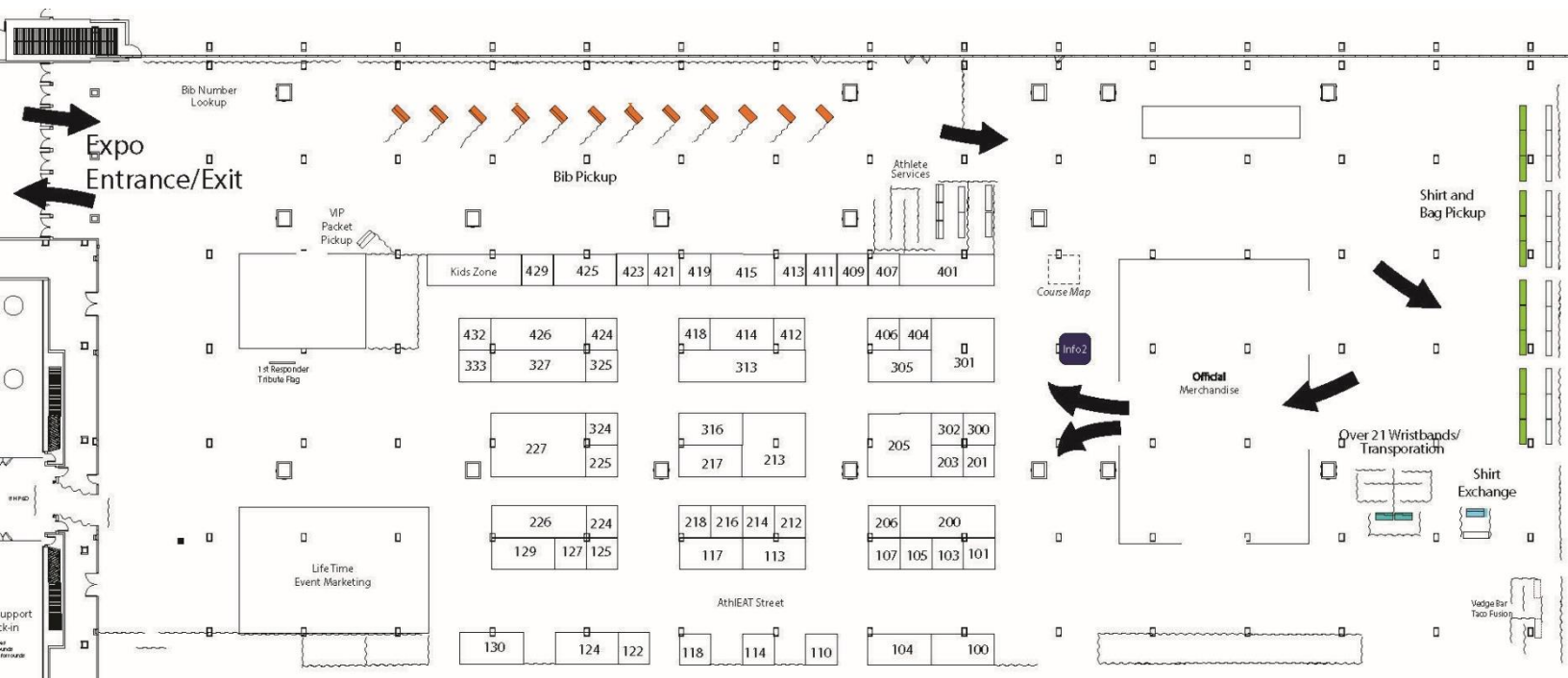


The 2022 Life Time Miami Marathon & Half Finisher medal features some of the icons representing branches of First Responders.

****Stop by the engraving booth at the Finish Festival after the race to have your name, finishing time, and even a custom note engraved onto the back of you Finisher medal!**

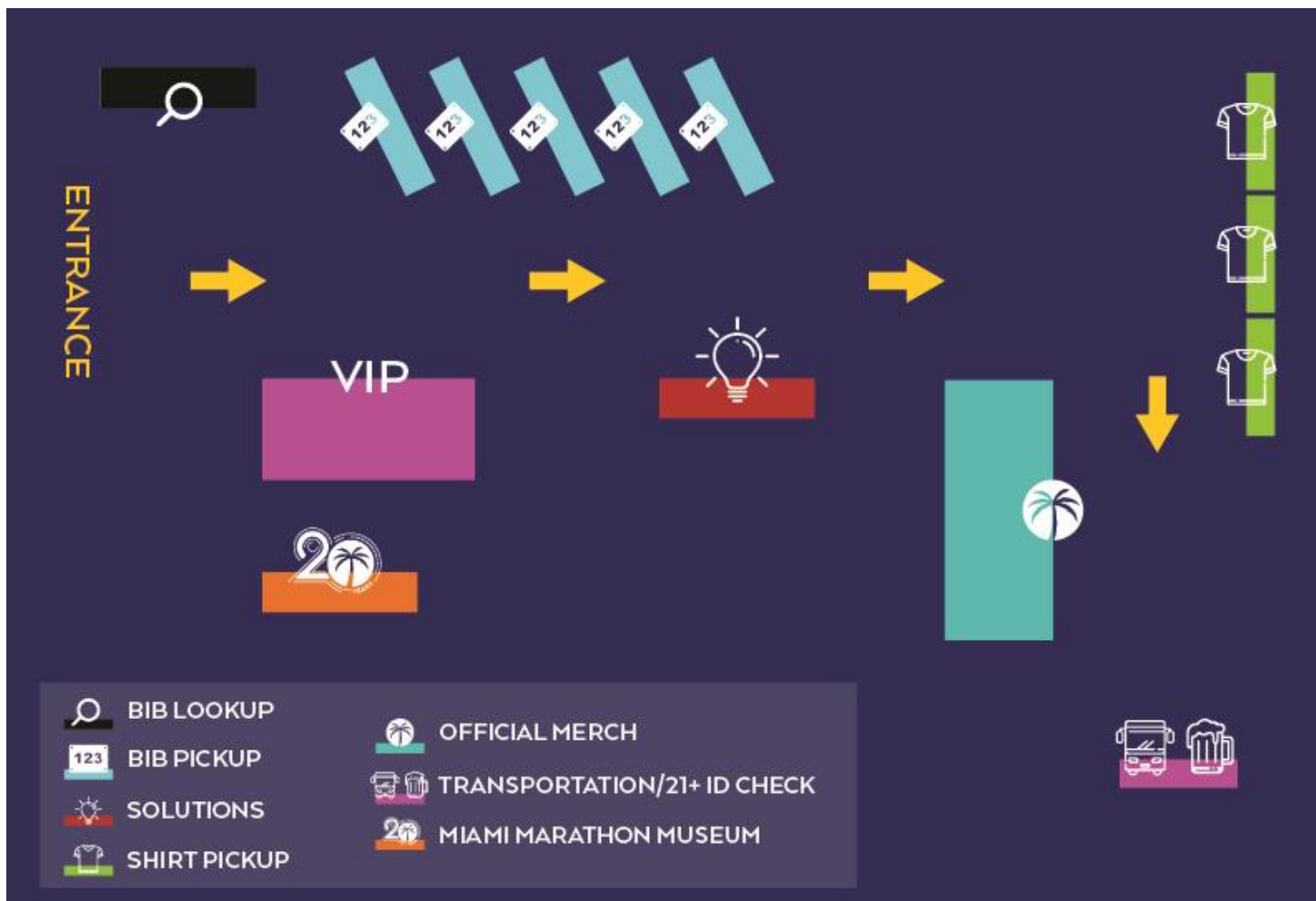
First Responder Cheer Station

Look for the First Responder Cheer Station on-course at approximately mile 6.5 (Washington Ave & Dade Blvd). Give a shout of gratitude to our invaluable First Responders and stop to take a selfie with some of the vehicles stationed at the cheer zone! See more on p. 38



Exhibitor Name	Booth Number
Active Sol Eyewear	300
Air Relax	206
Ascent	124
Athletic Brewing Co	100
ATHLETIFREAK	212
Avelina	107
BLANCE NUTRITION LLC.	105
CELSIUS	117
City Bikes	200
Core Holistics LLC	424
CUSTOMITEX SAS - BAUDI	411
Ergodinámica	217
eXOsports Official Merchandise	MERCH
FlipBelt	412
Fullei Fresh	127
Game On! Race Events	419
Garmin	213
Go Run Miami	415
Gopuff	110
Halcyon: Massages at Home, Inc.	305
Hyperice	327
Ideal Nutrition	130
Jawku	413
KUSHAE	418
LEON SPORT CORP	218
LesserEvil Snacks	118
Life Time Events Marketing	MKTG
Life Time Kids Zone	Kids Zone
Lyvecap	203

Exhibitor Name	Booth Number
Mack Cycle and Fitness	227
MarathonPacing.com	401
Maraton de San José, Costa Rica	404
MEGAFOOD	122
Miami DDA	224
Miami Open	129
My Olympic Coach	225
Namirsa Inc	406
National Running Center	301, 205, 201
No Boundaries	313, 316
OCA Plant Based Energy Drink	104
Perspective Fitwear	426
PORTAMEDALLAS / Media Maratón de Bogotá	409
Publix Fort Lauderdale A1A Marathon & Half Marathon	423
REJOY	103
Runner's High Coffee Co.	101
Salis Endurance Release Electrolytes	114
SNAPCRACK	226
Sneaker Impact, Inc.	414
Sparkly Soul Inc.	324
Suja Organic	125
TEAM FORT LAUDERDALE	425
The Spot Barbershop	216
THERSIPO	302
Tres Piñas	407
Tropical Running Company	325
VAM	421
Vital Performance	113



Athletes should follow signs to **Race Kit Pickup** to collect all necessary race materials at the Expo. Upon entering the Race Kit Pickup area, proceed to the appropriate Bib Pickup counter, based on the bib number ranges listed on each counter. Please know your bib number prior to arrival or utilize our Number Lookup computers just before Bib Pickup.

After receiving your bib, follow posted signage to Shirt Pickup. Please find the correct line based on your race distance and gender-specific size listed on your bib. Athletes will also receive goody bags at Shirt Pickup. *Note: the clear bag received here is to be used at Bag Check on race morning.*

All of the following services are also located within Race Kit Pickup. Be sure to visit whichever areas you need for a smooth and efficient experience.

- **Solutions**, to address any problems with your registration or to change corrals/distance. For Corral Review, you must have an official proof of time within the past 12 months*
Corral assignment is determined by Life Time and review will be based on availability. *Corral review will ONLY be available during Race Kit Pickup.*
- **Race Day Transportation**, to purchase shuttle tickets (space permitting) and review transportation options
- **21+ Drink Wristbands**, to check ID and avoid race day lines for 21+ beverages
- **Official Merchandise**, to explore and purchase all the latest swag options
- **Miami Marathon Museum**, to explore the evolution of this #MiamiFamous race over the past 20 years!

KNOW YOUR BIB

- Emergency contact and medical information on the back of the bib **MUST** be filled out prior to race day. *Prior year's bib featured right.*
- 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 on the front of your shirt or shorts. ***Runners on course without a bib (or prior year/fake bib) will be subject to removal.***
- 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 may run the risk of improper scoring.
- Participants must cross the Start Line during the official start window of time (6:00 am until approx. 7:00 am). 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 Life Time 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 for Sunday's event.
- You must **ONLY** wear the bib number assigned to **YOU**, the registered participant. **Runners not wearing an official bib assigned to them 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.
- **Race banditting (running without a bib) is not permitted. This is considered a crime and you may be charged for trespassing.**



BIB NUMBER

Corral

NAME Distance **FLAG**

GEAR CHECK **DRINK TICKET** **BIB#**

BIB# Redeem your participant shirt with this ticket at packet pick-up.

Name _____

DOB _____ Gender _____

Must be 21 or older with valid ID to redeem at post race party

SIZE _____

MEDICAL INFORMATION
FOR YOUR OWN SAFETY, PLEASE COMPLETE PRIOR TO THE RACE

IN CASE OF MEDICAL EMERGENCIES

NAME, FIRST: _____ LAST: _____ AGE: _____

EMERGENCY CONTACT ON RACE DAY

NAME: _____ PHONE: _____

DOCTOR: _____ PHONE: _____

ALLERGIES/PREVIOUS MEDICAL CONDITIONS: _____

CURRENT MEDICATIONS: _____

LIFETIME
HEALTHY WAY OF LIFE

By wearing this race number, I hereby assume all known and unknown risks associated with the event, including but not limited to loss of or damage to my property. We are not responsible for lost or stolen items. Please take all your valuables with you. All items left behind must be placed in the clear bags provided.

printed by emedigroup, inc. • www.emedigroup.com • 1-877-666-race • greenlife.co

YOUR RACE KIT 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 goody bag for gear check

Do NOT bring valuables with you or leave them in your car during the Expo or on race day. Life Time is not responsible for any lost or stolen items.

IMPORTANT REGISTRATION NOTABLES!

It is the runner who provides his/her/their information during the registration process. For this reason, he/she/they is responsible for verifying the following:

- The number he/she/they receives
- The division in which he/she/they has registered
- The modality in which he/she/they will compete
- The branch assigned (male/female/nonbinary)

The runner will personally notify any disagreement or change to the organization until 6:00 pm of the day preceding the event, in this case February 5th. After this time, Life Time will assume that the registration's content has been accepted and is no longer responsible for any reclamations.

Registration fees are not refundable under any circumstances within 14 days of race day.

Once official results have been approved by Life Time and published [online](#), athletes will have five (5) calendar days to present any reclamations (if they apply). After this time, the results will be considered accepted by all participants.



NUMBER AND RACE KIT DISTRIBUTION

Bib numbers and athletes' race kits will be distributed at the 2022 Life Time Miami Marathon and Half Expo during the days Friday, February 4th from 12:00 pm to 7:00 pm and Saturday, February 5th from 10:00 am to 6:00 pm. Please go to Race Kit Pickup to claim your bib number and your kit. This is mandatory, as no bib numbers will be distributed on race day. The previous schedules are the only instances in which the kit can be claimed.

Runners who cannot attend the 2022 Life Time Miami Marathon and Half Expo to claim their race kit may send a representative (friend/family) member. The representative must have a copy/picture of your identification document. This is the only way that Race kits may be delivered to runners' representatives.

Top 10 Countries

United States	10,363
Colombia	1,707
Mexico	856
Puerto Rico	389
Peru	365
Costa Rica	363
Guatemala	273
Ecuador	238
Canada	124
Panama	90

Top 10 States

Florida	7,230
New York	778
New Jersey	252
Illinois	203
Texas	201
Massachusetts	136
Georgia	135
California	116
Maryland	93
Pennsylvania	90

*As of January 29, 2022

Check how your country or U.S. state stands in the 2022 Life Time Miami Marathon & Half Roll Call on our [website](#)!



Don't forget to take a selfie with your country's flag at the entrance of Life Time Miami Marathon & Half Expo.

Be sure to stop by our 20-year #MiamiFamous streaker participant names featured in the Miami Marathon Museum! See more about our streakers on p. 39



Baptist Health

305

HALF MARATHON 5KSM

MARCH 6, 2022

DO IT LIKE A LOCAL!

The Baptist Health 305 Half Marathon & 5K is all about local vibes, attracting visitors from all over the world and those who are fired up to call Miami their home. Count on a fast and coastal course with a fresh and vibrant Miami soul. It's how we do it in the 305!

Register Today

305HALFMARATHON.COM



Get a Unique Taste of Miami 305HALFMARATHON.COM



CHARLOTTE'S WEB[®]
STANLEY BROTHERS



RECYCLE YOUR SNEAKERS WITH

SNEAKER IMPACT

[SNEAKERIMPACT.COM](https://sneakerimpact.com)

Sneaker impact is looking to **collect and recycle sneakers** of any size and condition. Although gently used **sneakers** are preferred we won't ever turn down a pair of **sneakers** that has some life left in it!

So make sure to stop by our **booth at the Expo** and drop off your **unwanted sneakers** before they hit a landfill! Make an **impact** today.



At **Sneaker Impact**, sustainability is our priority and our mission is to educate everyone on the many benefits of recycling their gently used **SNEAKERS** and the lasting impact that has on global and environmental health

Each year in America, **300 million** pairs of shoes are thrown away, taking an average of **30 to 40 years** for just one pair to decompose.

CONTACT US AT:

 [@sneaker.impact](https://www.instagram.com/sneaker.impact)

 **954.669.0456**

 maggie@sneakerimpact.com



WATCH YOUR STEP!

While the course is well-marked and we do our best to have the streets buttoned up, so to speak, there are some areas we'd like to call out for runners to have on their radar.

- Entering the MacArthur Causeway – construction on the on-ramp shortly after start
- Venetian Causeway – raised traffic bumps (see right)
- Downtown Miami – construction around courthouse (approx. mile 12.7)



“GREEN VISION” FOR 2022!

In an effort to continue and expand upon our green initiatives, the Life Time Miami Marathon & Half has enacted a few meaningful measures to help reduce our event's impact on the environment:

- For the last fourteen years, our race has been committed to the reduction of plastic waste via our partnership with Miami-Dade County to source the water at the majority of our aid stations from nearby fire hydrants. Recently we've shifted away from using individually packaged small water bottles where possible, to gallon bulk bottled water.
- To protect Miami's fragile waterways from waste that is produced, we're installing storm drain filters at various points throughout the course.
- Recognizing that paper makes up the bulk of municipal waste, we've implemented digital signage in multiple locations at the Expo and on race day. Moreover, this very Athlete Guide that you're currently reading is exclusively digital, saving 50 pages per athlete – Please consider the environment before printing it!!!
- Unused finisher food and discarded clothing will again be donated this year to [Camillus House](#), an organization that has provided humanitarian services to the indigent and homeless populations of Miami-Dade County. Additionally, finisher shirts that runners have opted-out of receiving – an option we first offered in 2020 - will be donated.



- Once again this year, post-race food provided by [DeliverLean](#) will be packaged in recyclable material that may be discarded into the proper recycling receptacle located throughout the Finish Festival.

Do your part!

Race weekend, be on the lookout for recycling receptacles and self-service water refill stations. Please be sure to dispose of masks, cups, and gels in the trash receptacles provided throughout the Expo and on the race course.

We highly encourage our participants and spectators to bring their own reusable water container or reuse the Proud Source aluminum water container received in the Finish Chute to refill water at the stations provided instead of grabbing a new bottle when empty. Please remember to recycle your Proud Source bottles!

We're making strides toward being more environmentally friendly and can use the help of our runners to aid in those efforts toward becoming a more sustainable event overall.

**We need your help to take steps toward being environmentally responsible.
Every action counts!**

DONATE YOUR OLD OR UNWANTED SNEAKERS!

Help keep your shoes out of landfills and donate them to our partner, Sneaker Impact, at their booth at our Expo to be recycled!

Each year in America, 300 million pairs of shoes are thrown away, taking an average of 30-40 years for just one pair to decompose.

At Sneaker Impact, sustainability is their priority, and their mission is to educate everyone on the many benefits of recycling their gently used sneakers and the lasting impact it has on global and environmental health. [Learn More.](#)

**Included in each race participant's goody bag is a pre-posted bag that may be used to pack up shoes from your home and ship directly to Sneaker Impact for recycling!*



Step-up your Life Time Miami Marathon & Half weekend experience with our exclusive VIP Experience. Enjoy a full spread of goodies (both pre- and post-race) from food and drinks to massages, and yes, even private restrooms! 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. Registered athletes may purchase the add-on option through their [RunSignup profile](#) or visit the VIP Experience booth at the Expo (space permitting) and start taking advantage of all the exclusive race weekend experiences, including:



VIP EXPERIENCE WEEKEND ACCESS

Expo: February 4 - 5

- Fast Track VIP Bib Pickup (*Tropical 5K included, Friday only*)
- Premium Swag
- Private Expo Lounge
- *Free hair braiding. Walkup VIPs only.*
- Pre-Race Massage
- Light Snacks and Beverages

Race Day: February 6

- Early Start VIP Corral
- Private Gear Check at Finish
- Breakfast and Lunch
- Private Restrooms at Finish Line
- VIP Bar
- Finish Line View
- Post-Race Massage and Recovery

VIP COCKTAIL RECEPTION | MOXY MIAMI SOUTH BEACH

915 Washington Ave, Miami Beach, FL 33139

Friday, February 4 | 7:00 – 9:00 PM

Attire: Miami Chic

**RSVP invitation will be sent to VIPs via email.*



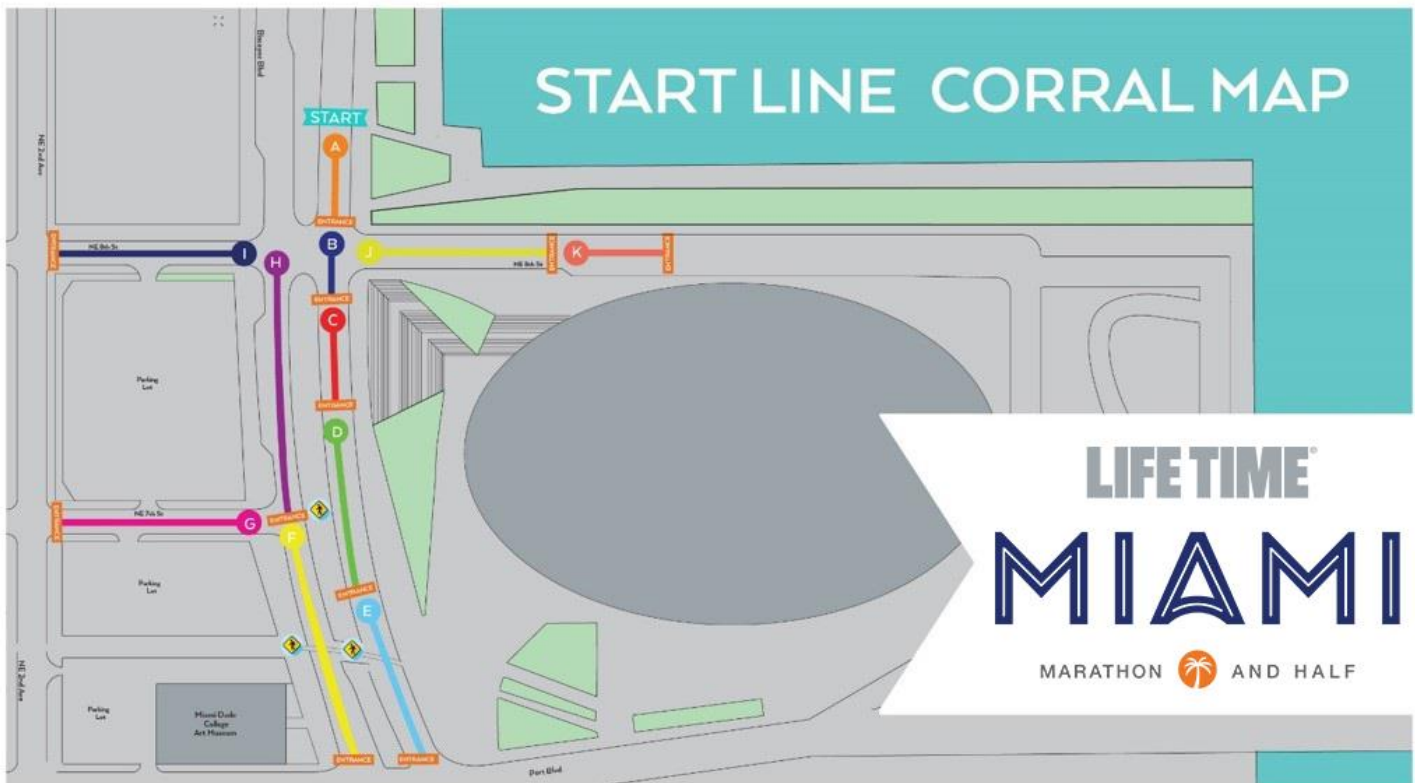
FINISH LINE VIP PAVILION ACCESS

Runners, spectators, family and friends can receive exclusive access to the Finish Line VIP Pavilion on race day! Those who purchase this option will receive access to the VIP amenities listed under Race Day above.

**Finish Line VIP Pavilion passes must be picked up on race morning from the Finish Line Tent. The Early Start VIP Corral is not applicable to Finish Line VIP Pavilion Access.*

[MORE INFORMATION](#)

There's still time! Upgrade your race weekend with either level of the [VIP Experience](#)!



KNOW YOUR CORRAL

Runners have been preassigned a Start Line corral which is indicated on each participant's bib number. Corrals will be labeled by large signs in the start area. Match the letter indicated on your bib to the letter of your corral.* Varying time gaps will be used between each corral, closely resembling a wave start format.

*Registered athletes may find their bib number and corral assignment through their [RunSignup profile](#) under "Manage Registration"

START LINE SERVICES

BAG CHECK

Bag Check is located three blocks south of the Start Line, right past the Bayside Marketplace. The clear bag provided at Race Kit Pickup must be used.

MEDICAL

A medical unit will be located at the Start Line for your safety. Please look for medical personnel in yellow t-shirts if you need assistance. Water 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 FTX Arena (no bags permitted). Four ADA restrooms will be located at 8th St. and Biscayne Boulevard. (More locations on p. 26)

RACE DAY TIMES

5:00 AM Corrals ABCDEFG open
5:45 AM Opening Ceremony
5:55 AM Baptist Health Athletes with Disabilities start (Push Rim / Hand Cycle)
6:00 AM Corrals ABCD start
6:15 AM Corrals EFG start
6:15 AM Corrals HIJK open
6:30 AM Corrals HI start
6:45 AM Corrals JK start

No runners will be able to start after 7:00 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! Call 305-278-8668 to report any suspicious activity.

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

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.

BAG 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 15,000 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. **Don't use people's lawns – public urination isn't permitted!*

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. Izquierda = LEFT

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 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 the 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.

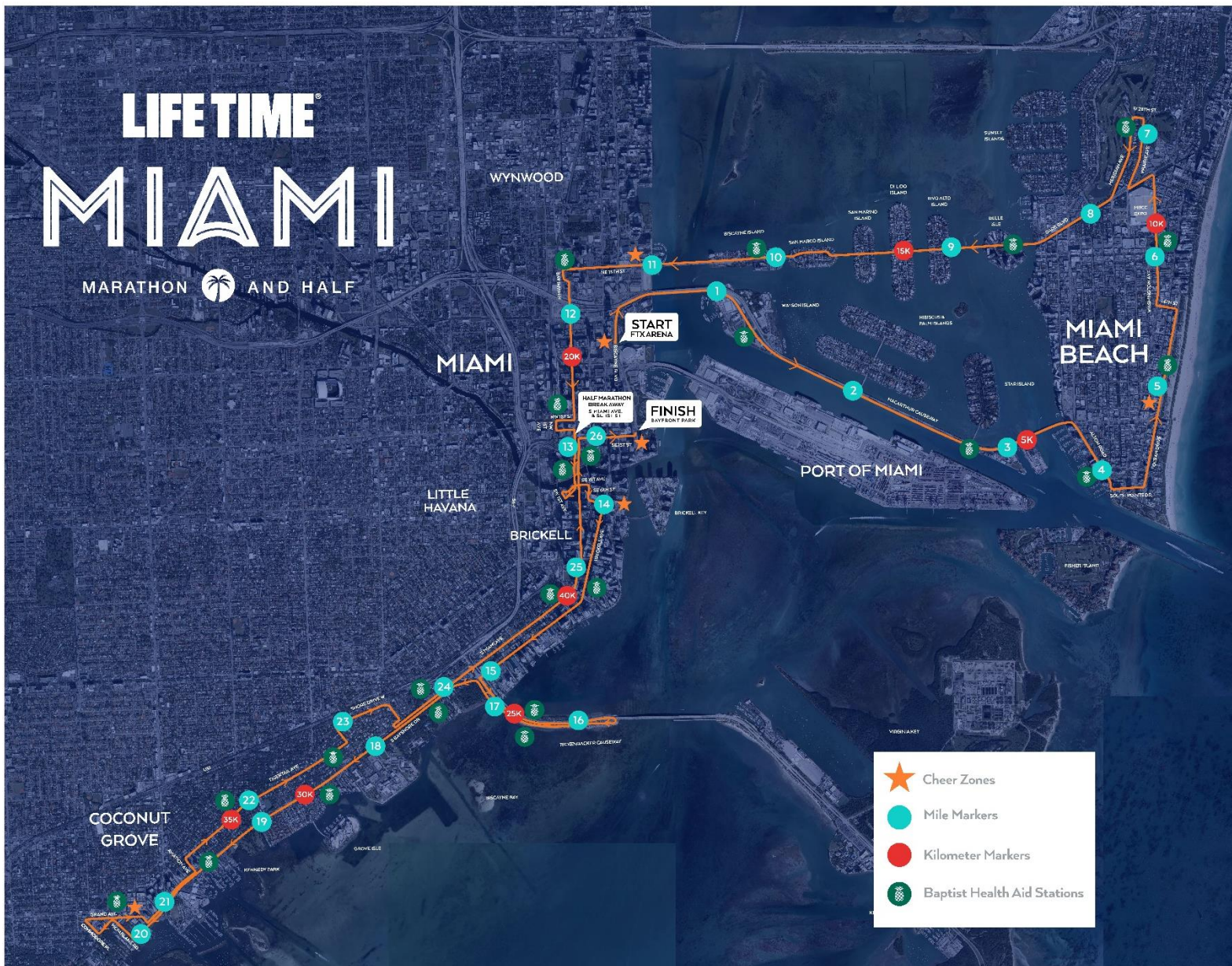
Be sure to dispose of your cups and gels in the trash receptacles!!!

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 they 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. Remember to not stop at the Finish Line – please keep moving through the chute to receive your medal!

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





It's not Miami without the course! Mile after mile, the spectacular 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 slight incline.
- 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 route.
- Please line up in the Start Line area according to your assigned corral (indicated on your race bib). See map on p. 22

Download the official Life Time Miami Marathon & Half and Life Time Tropical 5k race course to your compatible Garmin device. *Click course name to access.*

[Marathon Course](#)

[Half Marathon Course](#)

[Tropical 5K Course](#) (Sat., Feb. 5)

G ENDURANCE

NO ARTIFICIAL 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

Gatorade Endurance products are available where the endurance athlete shops - at run, bike and tri specialty stores nationwide, at select Dick's Sporting Goods stores - online at amazon.com and check out GatoradeEndurance.com to determine what local retailers have your product of choice in-stock in real time.



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-COURSE SUPPORT

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 FTX Arena by the Start
- South of the Start at the Bag 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 THE RESULTS TENT.

RACE AID STATIONS

25 aid stations will be located on course (including the Start and Finish lines) at approximately every 1 mile starting at Watson Island 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

Gatorade Endurance Energy Gel will be available at approx. miles 7 and 15.5. (More details p. 27)

Dole fruit cups will be at mile 22.8 for Marathon athletes.

ADA RESTROOM LOCATIONS

Start (2) – 8th St. & Biscayne Blvd

Finish (4) – E Flagler St & Biscayne - Bayfront Park
Medical Tent at Finish (2)

Ocean Drive & 3rd St – Mile 4.5 (1)

NE 15th St. – Mile 11, 11.5 (2)

Rickenbacker Causeway – Mile 16.5, 17.5 (2)

S. Miami Ave – Mile 17.5, 24 (2)

Tigertail Ave – Mile 22 (1)

*Locations above are approximate.



MEDICAL SUPPORT



Baptist Health

ZOLL®

[Baptist Health](#) is there to tend to your needs. Doctors, nurses and other medical professionals from Baptist Health South Florida 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 South Florida will be there for any bumps along the way. A special thanks to the great staff of volunteer medical professionals for helping make the pain go away.

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



WHAT'S ON COURSE

Baptist Health is there to tend to your needs. Doctors, nurses and other medical professionals from Baptist Health South Florida will be available at the Start and Finish Lines as well as the numerous aid stations throughout the course.

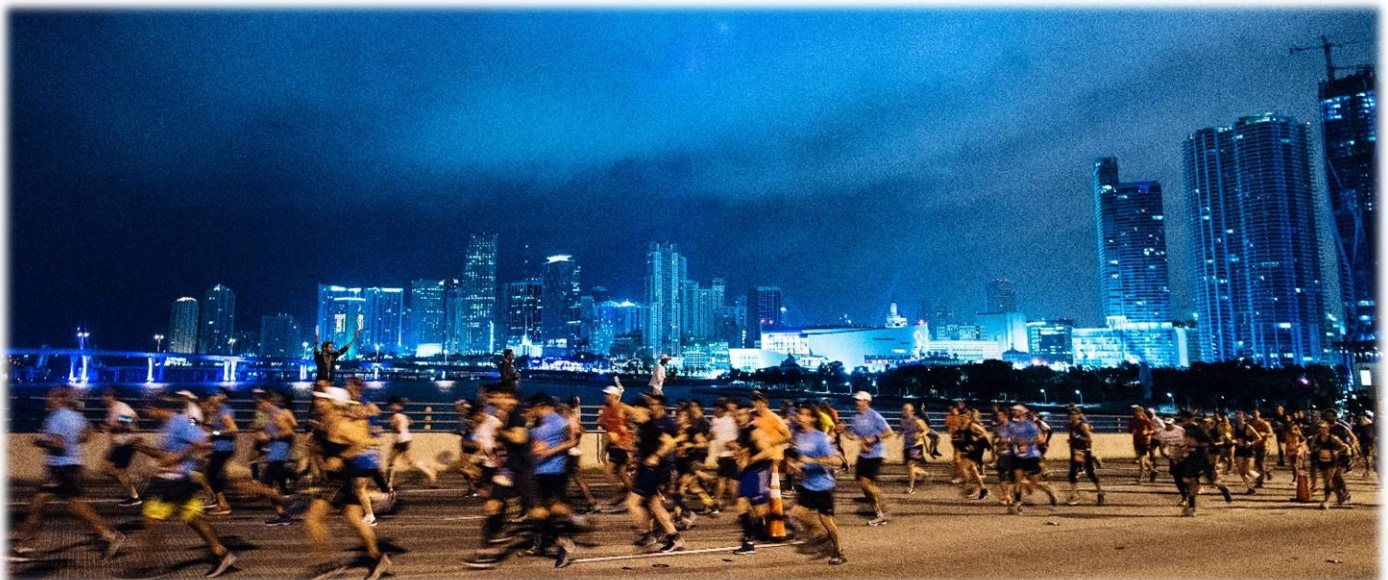
Gatorade Endurance is a portfolio of products created specifically for endurance athletes who are training and racing for prolonged periods of time when fluid and electrolyte losses can be significant. Gatorade Endurance Formula and Energy Gels help deliver critical fluids and nutrients to get you through the Life Time Miami Marathon & Half. We'll have Lemon-Lime Endurance Formula on-course at all aid-stations, and both caffeinated Energy Gels (Strawberry and Caramel Candy) and non-caffeinated Energy Gels (Blackberry and Apple Pear) available at approximately miles 7 and 15.5. Learn more about the Gatorade Endurance line of products at www.GatoradeEndurance.com

Water and Gatorade Endurance Formula will be available at ALL Aid Stations (Lemon-Lime flavor). Dole will provide fruit cups at mile 22.8.



Staying hydrated is key when runners pound the pavement on February 6th during the 20th annual Life Time Miami Marathon & Half. Miami-Dade's Water is fresh, delicious and tested more than 210,000 times each year. 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 will be located throughout the course. Thank you in advance for your cooperation and support.



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 Life Time Miami Marathon & Half requires that participants be properly prepared and trained to complete both distances at a 16 minute per mile pace or 10 minutes per KM. In order to comply with event permits per municipal requirements, the roads will reopen to vehicular traffic and bridges will resume normal operation in a graduated manner. Please note: The Full Marathon Finish Line will remain open for 7 hours and the Half Marathon Finish Line for 4 hours from the time from the time the Start Line corrals clear (approximately 7:00 AM). Medals and official finish times will be given to all finishers who complete the FULL Marathon within 7 hours, and the HALF Marathon within 4 hours.

MARATHON CHECKPOINT & CUTOFF POLICY

Runners in the Full Marathon (26.2 miles/42 KM) must complete the course within 7 hours (16 minutes per mile pace or 10 minutes per KM) from the time the Start Line corrals clear (~7:00 AM). Athletes must reach the following course checkpoints by the times listed below in order to continue with the race.

10:30 AM – Mile 12.8 – Half Marathon Breakaway Point **Athletes who do not make it to this point by 10:30 AM will be instructed to turn toward the Finish Line of the Half Marathon course**

11:10 AM – Mile 15.2 – Entrance to Rickenbacker Causeway

11:55 AM – Mile 17.19 – S. Miami Ave & Samana Drive

12:20 PM – Mile 19.5 – S. Bayshore Drive & Aviation Ave

HALF MARATHON CUTOFF POLICY

Runners in the Half Marathon (13.1 miles/21 KM) must complete the course within 3.5 hours (16 minutes per mile pace or 10 minutes per KM) from the time the Start Line corrals clear (~7:00 AM). The Finish Line will remain open for 4 hours, however, on-course participant support (i.e. water stations, volunteers, course marshals, clocks, etc.) is NOT guaranteed and participants will be required to adhere to local pedestrian rules (move to curbsides, break down lines, sidewalks, etc.) after the 3.5-hour cutoff.

ASSISTANCE TO THE FINISH

Transport back to the Finish Line (on Biscayne Blvd between SE 1st St. and Flagler St.) will be provided for runners unable to complete the race. A runner follow-up vehicle will be available throughout the course at the back of the pack. NEW in 2020 and coming back for 2022 – the vehicle will be a Chiva bus! If you see this bus coming up behind you, it means you need to pick up the pace or you must board the Chiva as your race will be over at that point.*

**Half Marathon participants may opt to use sidewalks and curbsides to reach the Finish Line up until the 4-hour cutoff time.*



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.

[MORE INFORMATION](#)

Life Time Miami Marathon & Half 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 Life Time Miami Marathon & Half Expo. Appearing for the ninth year in a row at the Miami Marathon, [MarathonPacing.com](https://www.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 or half marathons on average
- Pace Leaders that have paced over 20 marathons or half 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!



Wanda Age Group World Championships Qualifier

We are excited to be a partner of the Abbott World Marathon Majors Wanda Age Group World Championships with our 2022 Life Time Miami Marathon & Half 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 for the fourth edition runs from January 1 – December 31, 2022 – a one year cycle for participants to earn two qualifying times and a place at the AbbottWMM Wanda Age Group World Championships in 2023 (venue TBA).

GOOD LUCK, RUNNERS!

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





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 Life Time Miami Marathon & Half. 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 College/Bayside Station. 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.

The Metrorail fare is \$2.25 per trip or \$5.65 for a 1-Day Pass. Miami-Dade Transit accepts various forms of payment including, EASY Cards or EASY Tickets (purchased either at the ticketing vending machines or ahead of time online), contactless-enabled bank cards, digital wallets (such as Apple Pay or Google Pay), or even mobile passes purchased via the GO Miami-Dade Transit app. In honor of the Marathon, Miami-Dade Transit is offering complimentary parking at all their Metrorail station lots on race day, February 6th.

[MORE INFO](#)

RACE DAY SHUTTLES

For those of you who purchased race morning shuttle tickets, you may confirm your name is on the list at the TRANSPORTATION BOOTH at the 2022 Life Time Miami Marathon & Half Expo. Spots may still be available for purchase at the Expo for \$20 round trip.

**We suggest you have your purchase confirmation email easily accessible.*

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. on the North Side of the FTX Arena.



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 FTX 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.



Race Day Parking

We encourage participants to use shuttles or Metrorail/Metromover to get to downtown on race morning, but parking will be available at lots and garages throughout downtown Miami. *Participants should plan to arrive no later than 5:00 AM.*

Please have a plan in place prior to race day – identify a few viable options so you have an idea of where you're going before getting into downtown.

We recommend using lots operated by the Miami Parking Authority or the garages at the FTX Arena and Bayside Marketplace. Please stop by the Transportation booth at the Expo or go online to miamiparking.com for a detailed map of the area (sample of parking locations pictured below).

Parking is at your own discretion. The Life Time Miami Marathon & Half is not responsible or liable for your parking or personal items. Please be sure not to leave valuables in parked cars.





LEGEND

- OMNI LOOP
- INNER LOOP
- BRICKELL LOOP

GETTING AROUND THE DOWNTOWN AREA

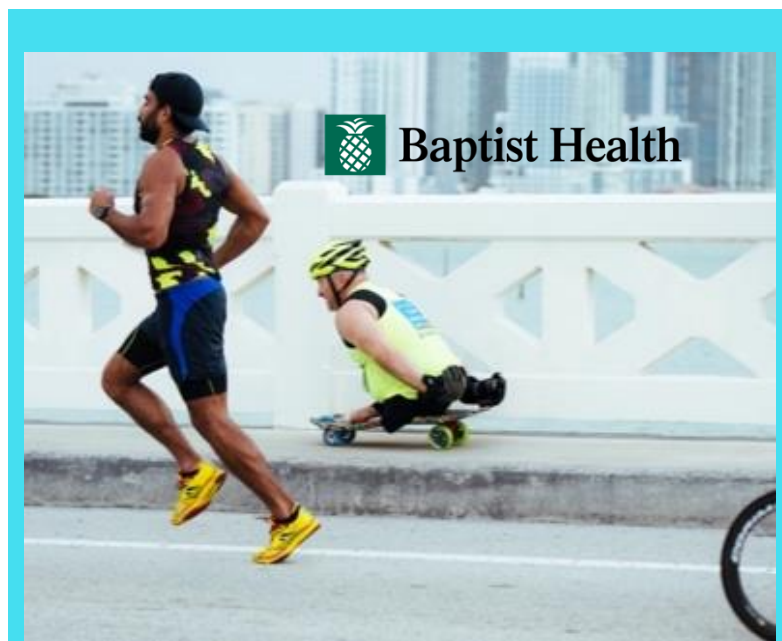
Getting around the downtown area is free and easy using the Metromover. Visit miamidade.gov/transit for the latest information and schedules. You can also download the [Miami-Dade Transit Tracker app](#) (data rates may apply).

Contact Miami-Dade Transit by dialing 311.

If you are cheering for someone special, one of the best spots is at our Mile 11 Cheer Zone brought to you by HOKA. This Cheer 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. 38

If using a rideshare app, one of the best locations to select as your drop-off and pick-up spot is at the MiamiCentral Brightline Station in downtown - conveniently located just blocks away from the Start and Finish Lines!

[MORE INFO](#)



Baptist Health is honored to be the proud sponsor of the Challenged Athletes Division of the Life Time Miami Marathon & Half. The Athletes with Disabilities Division is an incredible group of marathoners and has been an integral part of the Miami Marathon & Half Marathon since the race's inception 20 years ago.

Baptist Health Pineapple Race Series

Complete any distance in each of the following 3 Life Time Miami Events and earn your sweet PINEAPPLE medal upon crossing the Finish Line of the 2022 Baptist Health 305 Half Marathon & 5K!



2021 Baptist Health Turkey Trot
Miami 5K/10K – November 25



2022 Life Time Miami
Marathon & Half – February 6



2022 Baptist Health 305 Half
Marathon & 5K – March 6

Limited spots available! Register for all 3 events above as soon as you can to make sure your name is on the qualifying athlete list. *Terms and conditions apply. Only confirmed registrants qualify.*


Turkey Trot
MIAMI 5K/10K

LIFE TIME
MIAMI
MARATHON & HALF

305  Baptist Health
HALF MARATHON/5K

LIFE TIME

FINISH LINE PROCEDURES

Upon finishing, you will be approached by a volunteer who will award you with your 20th Anniversary Spinning Palm Finisher Medal, complete with a neck ribbon showcasing designs by Miami-based artists dating back to 2012. Please notify anyone on staff if you are in need of medical attention at this point. You will then proceed through the food tent towards the end of the Finish Chute – make sure to grab a Chiquita banana and a post-race boxed meal courtesy of DeliverLean!

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 and [on our website](#). Please keep in mind that all times are preliminary. Official results will be available on our website as soon as the race director certifies them as accurate. We encourage you to send us tips if you suspect any rule breaking. Appeals to race Results will be handled [via email](#) in a timely manner.

AWARDS

The Elite Athlete overall awards ceremony for the Half Marathon will begin at the main stage at approximately 8:30 AM and the Full Marathon at 10:00 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 winners at the address provided in registration.*** *Email MiamiMarathon@LTevents.zendesk.com within 2 days post-race to submit an address change.

PHOTOS

[Marathon-Photos](#) 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 be posted on our website [Results page](#).

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 Life Time Miami Marathon & Half staff via email (MiamiMarathon@LTevents.zendesk.com) no later than three (3) business days prior to the event.



POST-RACE BOXED MEAL

Another proud partner of ours is [DeliverLean](#), the official provider for all athlete food at the 2022 Life Time Miami Marathon & Half.

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!

**Vegetarian and kosher options will be available (limited supply).*



FINISH FESTIVAL

Join us in Bayfront Park for a celebration of epic proportions. Enjoy live performances by the 13th U.S Army Band as you enjoy your #MiamiFamous moment with your well-earned 20th Anniversary Finisher's Medal.

After the race, all participants may enjoy a complimentary [Tank Brewing](#) beer, poured from the Kombi Keg. Find your beer in the beer garden (21+ with valid ID) located near the main stage.



Don't forget to visit our sponsors and vendors within Bayfront Park. Official race merchandise will be available to commemorate your 2022 #MiamiFamous moment.

FAMILY REUNION AREA

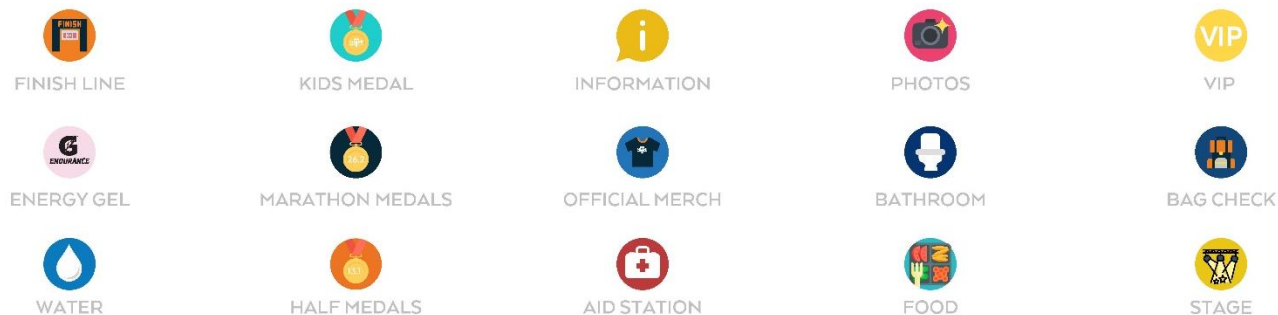
Reunite with your friends and family post-race at our Family Reunion area located north of the Bayfront Park main walkway once you exit the Finish chute. The area will be organized by alphabetical signs (A-Z) to facilitate meeting locations by name. When making plans to reunite with your loved ones, 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.

EXITING BAYFRONT PARK

Biscayne Blvd will be closed from SE 1st St. to NE 3rd St. Athletes and attendees should walk north on Biscayne Blvd to NE 3rd St. in order to get around the closed Finish Line area.



FINISH FESTIVAL MAP



THE RUN MISSES YOU.

Whether it's running or any other activity, our team can get you back to what you love. So don't let an injury stand in your way, go where the pros go and get back to hitting your stride.



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Sports Medicine Institute**

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Providing Sports Medicine Services for



2022 ELITE LINE-UP

Elite Marathon – Women

Sophy Jepchirchir - Kenya
Noam Limamurei - Kenya
Casey Mulroy - United States

Elite Marathon – Men

Slimani Benazzouz - Morocco
Urgesa Kedir Figa - Ethiopia
Ashenafi Ketema Birhana - Ethiopia
Wilson Kiprop - Kenya
Joel Kiptoo - Kenya
Dominic Kiralyfi - United Kingdom
Willy Koitile - Kenya
Saidi Juma Makula - Tanzania
Jared Mills - United States
Erick Mose - Kenya

Elite Half Marathon – Women

Faith Chepkoech - Kenya
Mercy Cheruto - Kenya
Alyssa McElheny - United States
Stephanie Pezzullo - United States

Elite Half Marathon – Men

Sufa Chala Damessa - Ethiopia
Abel Chebet - Uganda
Birhanu Dare Kemal - Ethiopia
Manuel Huerta - Puerto Rico
Lawrence Kipkoech - Kenya
Edwin Kiptoo - Kenya
Moses Martin Kurong - Uganda
Cesar Lizano - Costa Rica
Victor Mutai - Kenya
Andrew Penney - Great Britain
Luis Rivero - Guatemala

20-Year Spotlight

There's a lot that goes into planning the Life Time Miami Marathon & Half, from permitting to recruiting volunteers to renting port-o-lets and everything in between – it's a year-round effort! Without the support and collaboration from incredible crew members and advocates, this race wouldn't be around to see its 20th year. Below are a handful of those who have stuck with us since the start in 2003 and will be celebrating their 20th year of #MiamiFamous with us! We extend a HUGE heartfelt THANK YOU to these amazing partners, among others not listed.

Commissioner Sally Heyman

Commissioner Jose “Pepe” Diaz

Don Matuszak – Water Station Lead

Ben Nemser – Volunteer and Race Weekend HAM Operator/Communications Lead

Paco Ruiz – Lead of Port-o-lets and Kids Run Miami Support (also Frankie Ruiz's father!)

Rick Lonergan – Miami Beach PD

Humberto Escandon – Parking Coordination Lead

Ruben Santos – All American Barricades

Carlos Barquin – Lead Car Driver



Mile 6.5 First Responders Cheer Zone + Photo Opp

LOCATION: MIAMI BEACH SR. HIGH
2231 Prairie Ave, Miami Beach, FL 33139

HOURS: 6:00 AM to 8:30 AM

GETTING THERE: From anywhere on in Miami Beach, spectators may easily access this Cheer Zone using Citi Bike rentals, the Miami Beach Trolley and rideshare services. Refer to p. 9 for more details on your transportation options - this Cheer Zone is not far from where the Expo is located at the Miami Beach Convention Center!



Mile 11 Cheer Zone brought to you by HOKA

LOCATION: OMNI STATION
NE 15th St. & Biscayne Blvd

HOURS: 6:30 AM to 9:30 AM

GETTING THERE: From anywhere in downtown, take the Metromover's Omni Loop to the Omni Station. This Cheer Zone has easy access from the Start and Finish lines, 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 Life Time Miami Marathon & Half.



Mile 20.5 Life Time Cheer Zone

LOCATION: COCOWALK
2982 Grand Ave, Miami, FL 33133

HOURS: 7:30 AM to 10:30 AM

GETTING THERE: Take the FREE shuttle, courtesy of [Thesis Hotel](#), from Life Time Coral Gables (237 S Dixie Hwy) directly to the cheer station at CocoWalk! This shuttle will run a continuous loop between Life Time and the cheer station from 7:00 AM – 10:30 AM. Noisemakers and cheer signs will be provided, but feel free to bring your own!

*Refer to the [Miami-Dade Transit website](#) or p. 30 of this guide for information on taking the Metrorail to the Life Time Coral Gables Village.



Make sure to stop in for a visit at the NEW Life Time Coral Gables Village (237 S Dixie Hwy) to check out the athletic resort as well as the Life Time Living and Work facilities!

WHAT SHOULD YOU BRING TO CHEER? Motivational signs and banners (make sure to stop by our Cheer Sign Making area at the Expo!), noisemakers, comfortable walking shoes, bright colorful clothing (we recommend orange), a camera for that special moment, a reliable watch 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 19 years of the Life Time Miami Marathon & Half 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 20th year of the Life Time Miami Marathon & Half 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, please contact our Volunteer Coordinator: volunteermiamiLT@gmail.com

Check out some of the awesome groups who will be out there with us race weekend!

American Red Cross Society
 American Sr. High School Band
 Boy Scouts Troop 10
 Braddock Sr. High School Key Club
 Collective Sistahood
 Columbus High School
 DaVinci Code
 Doral Academy Health and Fitness Club
 Doral Academy Key Club
 Doral Academy National Honor Society
 Ferguson High School Key Club
 Ferguson High School National Honor Society
 Fire Cadet Program
 Greater Ft. Lauderdale Road Runners
 Homestead 4-H
 Krop Sr. High School JROTC
 Miami Beach Sr. High School Cheer Squad
 Miami Beach Sr. High School JROTC
 Miami Dade County CERT
 Miami Open
 Miami Sr. High School Beta Club
 Miami Sr. High School Interact Club
 Operation Smiles
 Phi Theta Kappa
 Ronald Regan Sr. High School Multicultural Club
 Sigma Lambda Beta International Fraternity Inc.
 Sigma Lambda Gamma National Sorority Inc.
 SLAM! Miami



Snap Crack
 Team Hammerheads
 William H Turner High School
 Woody Foundation

CONGRATULATIONS ON 20 YEARS OF #MIAMIFAMOUS!

Just over 70 athletes have completed all 20 years of our #MiamiFamous event starting in 2003. It takes incredible determination, perseverance and commitment to come back every year to join us at the Start Line. We are so thankful for their unwavering loyalty – cheers to you, 20-Year Streakers!

Emilio Adatto	Alan Bloom	Andy Espey	Chester Kalb	Nancy Peduzzi	Jose Sotolongo
Alex Agurcia	James Brenan	Cesar Espinosa	Gerda Kalb	ReBecca Perez	Terri Swanson
Otto Aldana	Audrey Campbell	Juan Fait	Florence Kaplan	Mark Platt	Marcela Todd
Scarlett Aldana	Juan Carson	Jorge Figueras	Barbara Kling	Patrick Price	Steven Tonkinson
Matt Amster	Marie Chiodi	Jose Fuentes	Sandy Krutchik	Scott Ray	Stevie Walker
Maria Andrew	Rolando Colmenares	Alexis Garcia	Benedict Kuehne	Matthew Reibel	Jacky Winer
Luis Arauz	Mike Culp	Faye Goldin	Tammy Lopez	Eduardo Rivera	Wayne Wright
Ric Babcock	Maria De Oliveira Cesca	Jeff Gordon	Norberto Milan	Carlos Rodriguez	Rudy Zepeda
Burt Baldo	Michael Dieppa	Jacqueline Green	Laurie Milgrim	Kenneth Royster	
Jonathan Bales	James Dugan	Barry Greenberg	Malka Mordujovich	Fernando Salazar	
Caroline Barnes	Matt Duncan	Hope Jacobson	Michael Murawski	Arthur Sarakas	
Robert Barnes	Celeste Ellich	Steve Jacobson	Domingos Oliveira	Paul Schoenlaub	
Denise Bell	Maria Espailat	Tony Jones	Johnny Pagan	Joseph Scott	

JULY 24, 2022

verizon[✓]



NEW YORK CITY TRIATHLON

NYCTRI.COM

RACE THE GREATEST CITY IN THE WORLD!

The Verizon New York City Triathlon is the nation's premier urban triathlon, with a course that wraps through some of the busiest streets in Manhattan. This epic race includes a 1.5k swim with the fast current in the Hudson River, a 40k ride up the traffic-free Hudson Parkway into the Bronx and back, followed by a 10k run across 72nd St before finishing in the heart of Central Park.

NO LOTTERY IN 2022! REGISTER TODAY



LIFETIME[®]

RACE DAY ENTERTAINMENT & CHEER ZONES

START LINE

- Colors presented by Booker T Washington High School Air Force JROTC Color Guard
- National anthem vocalist: Sgt. Lizlinda Bremer, 16-year veteran of the Miami Police Department, lead singer of the InBlue Police Band and a veteran of the US Army

Cheer on your favorite runner throughout our marathon and half marathon course, including bands, DJs, dance groups and community groups and cheer squads. Some of what you'll see:

Miami Brass Band Collective

St Andrew's Pipe and Drum Band of Miami

Team Lifeline Cheer Zone

Friendship Circle Cheer Zone

Hoka Cheer Zone

Dimelo305

Cowboy Up

KIDS RUN MIAMI

- Colors presented by Booker T Washington High School Air Force JROTC Color Guard
- National anthem performance by Estelle Morales, Junior at Miami Beach Senior High School. Estelle performs as a vocalist in The Miami Beach Rock Ensemble and Arrowhead, both Young Musicians Unite ensembles.
- Performance by Arrowhead
- Appearances by South Florida professional sports team mascots - Sebastian the Ibis from the University of Miami, and Golazo from Miami FC
- Kids Zumba with Greysi Ospina

*Entertainers/cheer zones subject to change.



Voodoo Kings

Y5

Birdman Clambake

BluDaze Band

Go Run Miami

Momentum Indoor Percussion and Drumline

Life Time Cheer Zone at CocoWalk

FINISH FESTIVAL:

- 13th U.S. Army Band
The 13th Army Band from the Florida National Guard is proud to return to the Miami Marathon stage for the 3rd time. Their salsa band "Sintonía" is comprised of 15 soldiers who play horns, percussion, and sing. They perform covers of a variety of hits by well-known artists like Marc Anthony, Maluma, Grupo Mania, Luis Fonsi and Farruko. Sintonía has performed everywhere from Tallahassee to Key West and even Washington D.C., but they most enjoy performing right here in their hometown, the Magic City.
For the first time, the "Bazooka Brass" brass band will also be stepping on stage to perform various genres such as funk, jazz, rock, and pop. This group is made up of horns, a drum set, and the customary sousaphone.

LIFE TIME® FOUNDATION

Do something good.

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. To learn more, visit www.ltfoundation.org





KIDS CAN RUN A MARATHON TOO!

Life Time Kids Run Miami 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 mission of the program 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 Life Time Miami Marathon & Half. Starting at 11:00 AM, students will take to the streets of Miami on their Final Mile run together on the same secure course used by the 15,000 marathon and half marathon runners and will cross the same finish line as the half marathoners! www.KidsRunMiami.com



NEW! MIAMI KIDS MILE

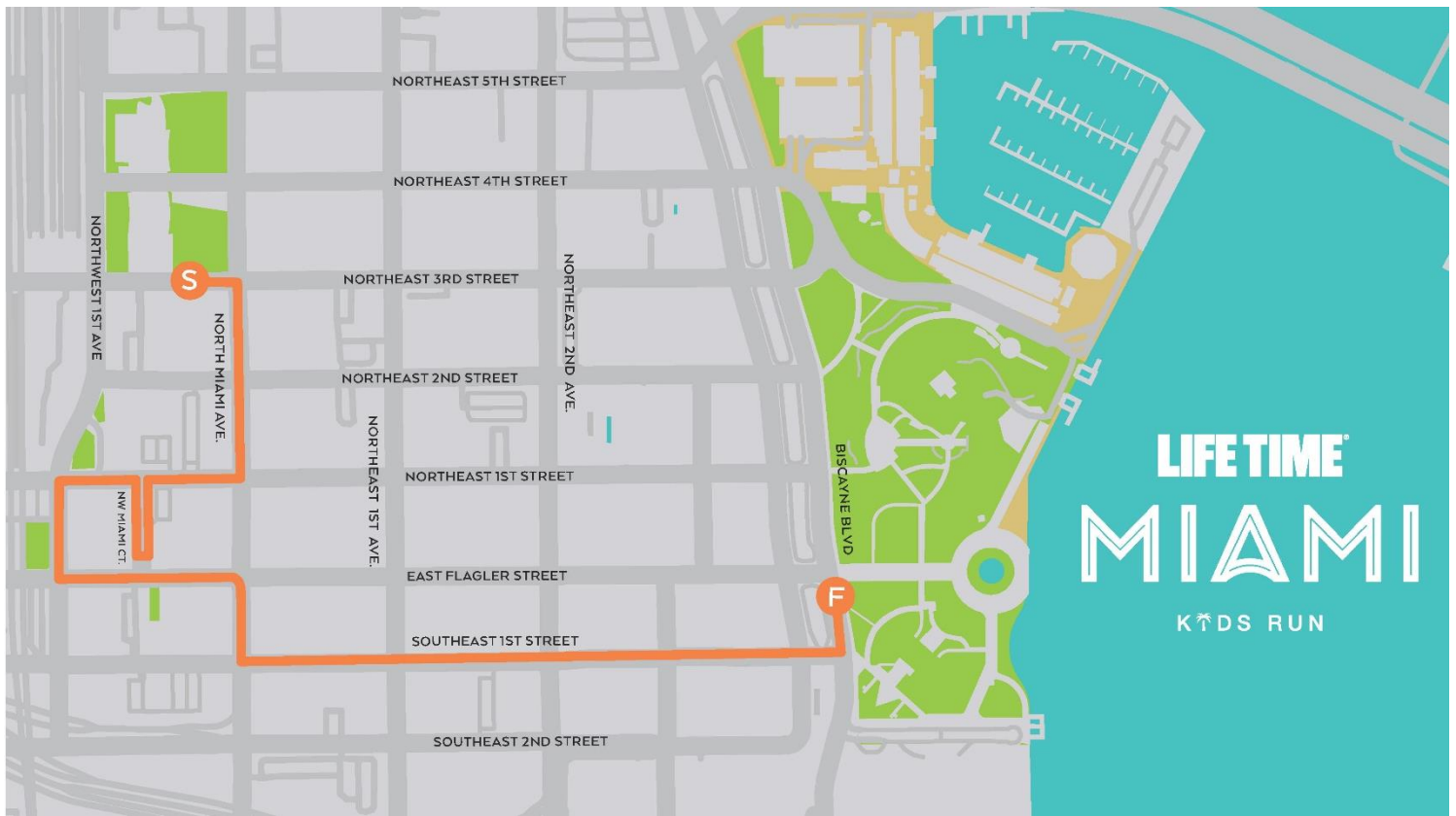
By popular demand, we've added a one-mile race option in conjunction with the Life Time Kids Run Miami Final Mile. Open to all youth ages 6-13 years old, kids who attend a school not part of the Life Time Kids Run Miami program now have the opportunity to run the Miami Kids Mile on February 6, 2022 and earn a medal of their own!

Participants will complete their mile at the 20th anniversary Life Time Miami Marathon & Half, crossing the same Finish Line as the Miami Half Marathon runners!

[LEARN MORE + REGISTER](#)



Life Time Kids Run Miami + Miami Kids Mile



Start Line: NW 3rd St between N Miami Ave & NW 1st Ave

Approximate address: 45 NW 3rd St, Miami, FL 33128

Check-In: 9:30 – 10:45 AM

NW 3rd St at NW 1st Ave

Race Start: 11:00 AM

Kids registered for the timed Miami Kids Mile will start first, followed by those participating in the Life Time Kids Run Miami program. Coaches, chaperones, and parents/guardians should help guide their kids to the appropriate placement in the corral – Miami Kids Mile up front, Life Time Kids Run Miami to follow.

All kids participating must be wearing a race issued bib – blue for Life Time Kids Run Miami participants, green for Miami Kids Mile participants. Each participant will also receive an official t-shirt they may choose to wear during the race.

Only designated Chaperones and Coaches (those with race-issued credentials) are permitted on-course with the kids during the race. All parents/guardians and spectators must remain on the sidewalks to the side of the race course.

All kids participating must be registered either under the Life Time Kids Run Miami program with their school, or through the Miami Kids Mile registration platform. Space is still available – [register online!](#)

Parents/guardians and spectators will have access to bleachers for viewing the Finish Line (see directions below). Parents/guardians are to wait in the designated pickup area on the south side of the Finish corral (Biscayne Blvd & E Flagler St) after the race to pick up their child by presenting the 'Parent/Guardian' tab from their child's bib to a staff member. *Parents/Guardians MUST remove this tab from their child's bib prior to race start.*

Spectator Directions from Start to Finish

Option 1: Hop on the Metromover at Wilkie D. Ferguson Jr stop on NW 5th St (2 blocks north of the Start Line) and take the Brickell Loop to the Bayfront Park stop (Finish Line)

Option 2: Walk/run - Continue east on NW 3rd St to Biscayne Blvd, turn RIGHT to head south down to E Flagler St.

**Additional race details and logistics will be emailed to registered participants. See more online: www.kidsrunmiami.com*



www.craftsports.us

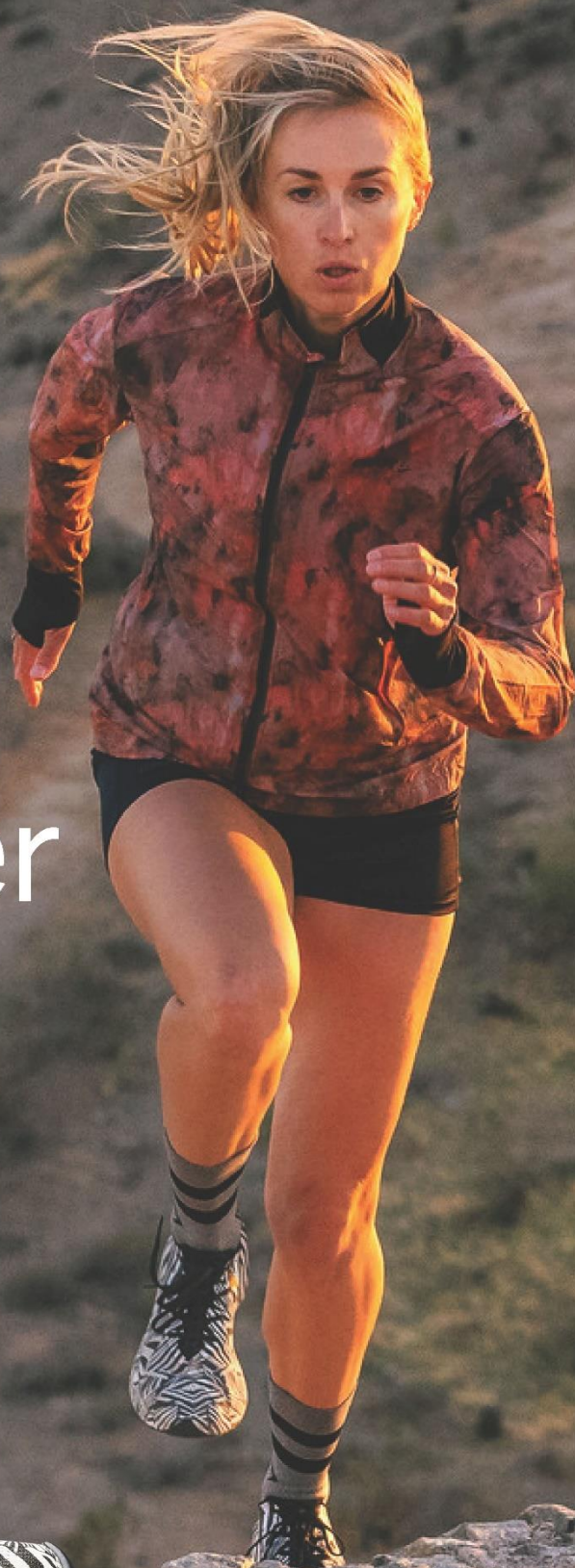
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Thank You to Our Official Groups & Charities

The Life Time Miami Marathon & Half is extremely proud to work with and support various local, national and international groups and 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 Life Time Miami Marathon & Half and ancillary events as a medium to do so.

Charities participating in the Miami Marathon have raised over \$30 million dollars in its 19-year history, plus the fundraising each team has been executing for this year's 20th annual event! These runners begin the training season with goals for personal bests in their running time as well as in fundraising dollars.

Thank you to our groups and charity teams for supporting our athletes throughout their training and helping them cross that finish line with a successful race and an unforgettable experience!

1000 Miles Run Club	Cardenas	Go Run Miami
101 Training	CMTEAM	Greater Ft. Lauderdale Road Runners Club
54D	D-Runners	Group Hinojosa
All In Your Mind	Destiny 2 Sport	Groups
ALPHA	District Running Collective	Hollywood Run Club
Alzheimer's Association	Every Mother Counts	Holtz On The Run
Aventura Runners	Florrestal	I Love Venezuela Foundation
Baptist Health	Flying High for Haiti	iRun
Black Girls RUN!	Forrestal	Jar of Hope
Black Greek Running Nation	Friends in Training	JCS Alliance Team Blue Card
Boca Raton Triathletes	Friendship Circle	KBG
Brickell Run Club	Front Runners	Kids of Courage/Race for Courage
BRKTHRU	Full Circle	Kingdom Culture RunClub

KLANDESTINO Runners	OTF Half Crazies	Team Footworks
Lady of Guadalupe Team	Our Lady of Guadalupe	Team Hammerheads
Life Time Foundation	Peru Runners	Team Lifeline
Life Time Run	Polsinelli	Team Yogi Rodriguez Workout
Mabe Mentoring Club	RUN fit Bolivia	The Childhood Cancer Project
Marginal Runners	Running Edge	Thumbs Up International
MasterCard	Runs 4 Fun	Tres Pinas Y Mas
Miami Runners	Skyline Run Club	Tri 2 One
Microsoft	South Beach Track Club	Umbali
Microsoft Ft. Lauderdale	Special Compass	University of Miami - Miller School of Medicine
Never Walk Alone	Sportiva	USA FIT Miami
Nirvana Project	Stride for Stride	We Run 313
NoSleepCrew	Team Colombia Corre Miami	We Run Happy
Not A Run Club (Warrior Flow)	Team FDC	Wolves Factory
One Thousand Miles Run Club (1KRC)		

An aerial photograph of a marathon race taking place along the Chicago Lakefront. A large crowd of runners is visible on a paved path that curves along the water. The Chicago skyline is visible in the background, and the water is a deep blue. The path is bordered by green trees on the left and a rocky shoreline on the right.

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CHICAGO

HALF MARATHON SERIES

ONE CITY. TWO RACES.

One city. Two races. 26.2 miles of Chicago's best running routes. Experience the entire Windy City on foot! Kick off the spring on the North Side and race along the South Side cityscapes in the fall. Finish both premium Life Time events and earn an all-encompassing third medal to complement the pair!

North, South. Spring, Fall. Three medals to take home. We'll see you in Chicago.

LIFETIME
CHICAGO SPRING

HALF MARATHON + 10K

MAY 22, 2022

HOKA
CHICAGO

HALF MARATHON + 5K

SEP. 26, 2022

Thank You to Our Sponsors!

We could not host the premier event we've been known for without the support of our invaluable partners and sponsors. Thank you for being such an important part of the mix that creates such amazing experiences for our athletes!



Thank You to Our Sponsors!

Venue Partners



The support of Miami and Miami Beach city entities and local organizations is invaluable to the success of our event. Without their partnership, this event simply could not take place. Thank you for your support throughout all these years. It's #NotMiamiWithoutYou!

Municipal Partners





LIFETIME[®] MIAMI

MARATHON  AND HALF

JANUARY 29, 2023

REGISTRATION OPENS
FEBRUARY 4, 2022

Early access registration will be
capped at 2,500 participants.

General registration opens Fall 2022.

themiamimarathon.com