



Race day is right around the corner! Please take a few moments to review the following IMPORTANT Life Time Tropical 5K event information as there is important 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, January 28, 2023 at 7:30 AM

Start Location

Miami Children's Museum at Watson Island

980 MacArthur Causeway

Miami, FL 33132

Finish Location

Nikki Beach

1 Ocean Drive

Miami Beach, FL 33139

Race Kit Pickup/Registration Information

It is highly recommended to all our participants to please pick up their race kit during the 2023 Life Time Miami Marathon & Half Expo at the Miami Beach Convention Center. *Bib numbers will be dynamically assigned during Race Kit Pickup; please bring the QR code that will be sent to you via RunSignup the week of January 23rd.*

Friday, January 27

12:00-7:00 PM

Miami Beach Convention Center

1901 Convention Center Dr.

Miami Beach, FL 33139

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. *Bibs will be dynamically assigned.*

Saturday, January 28

6:00-6:45 AM

Miami Children's Museum at Watson Island

980 MacArthur 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, nor for lost or stolen items.

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TROPICAL 5K

IMPORTANT! Race Day Parking

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 - 6:45 AM. Note: you must make it to the shuttle pick-up locations listed below by 6:45 AM in order to get on the shuttle to the Start Line.

Post-Race: Parking garages in Miami Beach 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, including Jungle Island.

Parking Garage	Address	Capacity	Price	Distance from Finish
Fifth & Alton Miami Beach Public Parking Garage	550 Lenox Ave, Miami Beach 33139	520	0-2 hrs	\$0.00
			2-3 hrs	\$3.00
			3-4 hrs	\$5.00
Seventh Street Parking Garage	200 7th St, Miami Beach 33139	646	0-4 hrs	\$2.00 p/h
Jungle Island	1111 Parrot Jungle Trail, Miami 33132	500	Flat Rate	\$15.00
				Shuttle Required

**Parking rates subject to change.*

Shuttle Pickup/Dropoff	Address	Distance from Parking Garage
South Shore Community Center	833 6th St, Miami Beach 33139	0.2 mile walk from 5th & Lenox Garage
South of Kimpton Anglers Hotel	600 Washington Ave, Miami Beach 33139	0.14 mile walk from 7th & Washington Garage
Jungle Island	1111 Parrot Jungle Trail, Miami 33132	Jungle Island

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 – 6:45 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.

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TROPICAL 5K



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)

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TROPICAL 5K

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 at 9:00 AM and age group medals may be picked up at the Results table.

***Please note, the last shuttle will leave Nikki Beach at 10:00 AM back to the shuttle drop-off locations in Miami Beach and at Jungle Island.**

2023 Participant Shirt & Finisher Medal



BISCAYNE ISLAND

SAN MARCO ISLAND

START
WATSON ISLAND

HIBISCUS AND PALM ISLAND

MIAMI BEACH

1

MACARTHUR CAUSEWAY

2

3

FINISH
NIKKI BEACH

PORT MIAMI

S. POINTE DR.

ALTON RD

FISHER ISLAND

LIFETIME[®] MIAMI

TROPICAL 5K

1

MILE MARKER



BAPTIST HEALTH AID STATION



TROPICAL 5K

Additional Event Weekend Attractions!

2023 Life Time Miami Marathon & Half Expo

Friday, January 27, 2023 – 12:00 to 7:00 PM

Saturday, January 28, 2023 – 10:00 AM to 6:00 PM

Miami Beach Convention Center

1901 Convention Center Dr., Miami Beach, FL 33139

The Miami Beach Convention Center will be the home of participant packet pickup 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.

Life Time Diaper Derby - Friday, January 27 | 2:00 PM

Pick up your race kit and then stop by the main stage to catch the action in the first-ever Diaper Derby at the Main Stage!

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

[> More Expo 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. †isit the VIP Experience booth at the Expo to purchase. (*Note: purchasing VIP package does NOT include the race entry.)

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 Sneaker Impact booth at the 2023 Life Time Miami Marathon & Half Expo.

Life Time Kids Run Miami / Miami Kids Mile

Even kids will earn medals on Sunday, January 29th! Youth participants in the Life Time Kids Run Miami program and Life Time Miami Kids Mile will take to the streets of downtown for their mile race, crossing the same Finish Line as the half marathoners.

Catch the action!

Race Start: January 29th at 11:00 AM

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

BEST OF LUCK, ATHLETES!