

LIFE TIME MIAMI

TROPICAL 5K

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 24, 2026 | 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 2026 Miami Famous Expo at the Mana Wynwood. Dedicated counters at the end of the main Bib Pickup section will be designated for the Tropical 5K. Bib numbers will be assigned onsite.

FRIDAY, JANUARY 23, 12:00-7:00 PM

MANA WYNWOOD CONVENTION CENTER, 318 NW 23RD ST, MIAMI, FL 33127

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

SATURDAY, JANUARY 24 | 6:00-7:00 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.

LIFETIME MIAMI

TROPICAL 5K

RACE DAY PARKING - IMPORTANT INFORMATION

We will no longer be able to offer parking at the Miami Children's Museum. Please prepare to arrive 1 - 1.5 hours in advance as you will need to park in designated parking areas and board a shuttle from the pick-up locations listed below to the Start Line. Please carefully review the parking and shuttle service information provided and be familiar with the plan prior to race day.

PRE-RACE: All athletes will be shuttled to the Start Line from 5:30 – 7:00 AM. Note: you must make it to the shuttle pick-up locations listed below by 6:30AM 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	~0.9 miles
			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	~0.7 miles
Jungle Island	1111 Parrot Jungle Trail, Miami 33132	500	Flat Rate	\$10.00	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.

THERE WILL BE PARKING AVAILABLE AT JUNGLE ISLAND AT A \$15.00 FLAT RATE STARTING AT 5:30 AM.

Note: This garage will fill quickly, and entrance will be cut off once full or at 6:30 AM, whichever occurs first. All parking tickets must be displayed on window. Shuttles will run from Jungle Island to the Start Line on Watson Island.

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 6:30AM 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.

The only vehicles allowed into Watson Island are ride share programs (i.e. UBER/LYFT)

PLEASE CONTINUE TO MIAMI BEACH PARKING LOTS 1 & 2. SHUTTLES WILL BE OFFERED FROM 5:30 AM – 7:00 AM

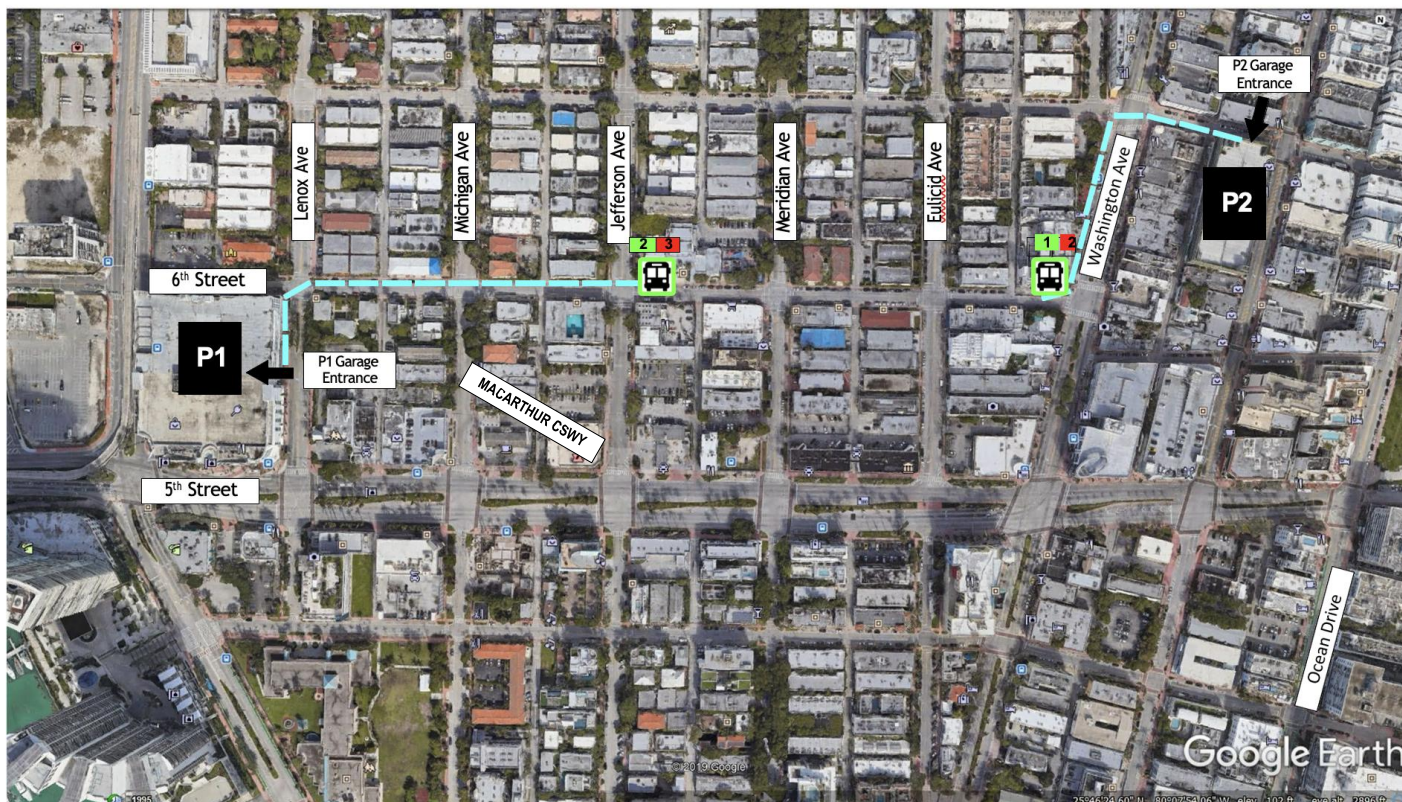
See shuttle map on the following page

PARKING GARAGES

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



TROPICAL 5K

MIAMI BEACH PARKING GARAGES + SHUTTLE PICK UP



P1: 5th & Lenox - 550 Lenox Ave Miami Beach FL 33139

PRE RACE SHUTTLE PICK UP (5:30 AM – 7:00 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

P2: 7th & Washington Ave - 200 7th St, Miami Beach FL 33139

PRE RACE SHUTTLE PICK UP (5:30 AM – 7:00 AM)

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

POST RACE SHUTTLE PICK UP (Post Race – 10:00 AM)

1 Ocean Drive (in front of Nikki Beach) back to previously mentioned parking locations.

LIFETIME[®]

MIAMI

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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 snacks, 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.**

2026 PARTICIPANT SHIRT & FINISHER MEDAL







ADDITIONAL EVENT WEEKEND ATTRACTIONS!

2026 Life Time Miami Marathon & Half Expo: Mana Wynwood

318 NW 23rd St, Miami FL 33127

Friday, January 23, 2026 – 12:00 to 7:00 PM | Saturday, January 24, 2026 – 10:00 AM to 6:00 PM

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

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](#)

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 [2026 Life Time Miami Marathon & Half Expo](#).

LIFE TIME KIDS RUN MIAMI / MIAMI KIDS MILE

Even kids will earn medals on Sunday, January 25! 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. [Learn More](#).

Catch the kids in action!

Race Start: January 25, 2026 at 11:00 AM

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

#MIAMIFAMOUS LIVE STREAM

Tune in to our first-ever Miami Marathon livestream, featuring live coverage of the [Start Line*](#) powered by [Baptist Health](#) and action at the [Finish Line](#) as athletes become #MiamiFamous! Spectators can catch the live start + finish feed on-site at Bayfront Park. Watch it all unfold on the Life Time Events YouTube channel or within the Life Time Digital app—navigate to the Explore section and click the Athletic Events tile.

*The Start Line is a secure, athlete-only zone. Spectators will not be permitted to access the start—report to Bayfront Park to view the Start Line powered by Baptist Health livestream!

ATHLETE TRACKING

Cheering from the sidelines (or from afar)? You can follow your runner's progress in real time on race day. Simply sign up for SMS messaging and click the roster list, locate your athlete's name, and then click the Track+ button next to their entry to start tracking. *Tracking is not available until race start at 7:30am

[>Athlete Tracking & Live Stream Info](#)

LIFE TIME[®] MIAMI

TROPICAL 5K

ON SATURDAY, JANUARY 24, the Life Time Foundation and Miami Marathon are collaborating with Clean Miami Beach and Ford Bronco to bring volunteers and fund the efforts to clean the shores of South Beach. Clean Miami Beach is dedicated to keeping the local community and natural habitats free of garbage and harmful pollutants with primary focus on single-use plastics.

Hand in hand, we can make a difference to inspire Healthy People, a Healthy Planet, and a Healthy Way of Life, as we actively contribute to the well-being of both our communities and the environment. By participating in beach cleanups, we can work together to create a healthier planet and cleaner environment by ensuring shorelines are free from harmful pollutants and foster a sustainable and vibrant ecosystem for generations to come.

[Click here](#) to RSVP and join **#TeamOcean!**



Miami Marathon
BEACH CLEANUP

Jan 24 | **10am-12pm** | **Beach @ 1st Street Miami Beach**

ALL AGES WELCOME
BRING YOUR REUSABLE WATER BOTTLE
COMMUNITY SERVICE HOURS PROVIDED
RSVP: CLEANMIAMIBEACH.ORG

RSVP ONLY

LIFE TIME FOUNDATION | **LIFE TIME MIAMI** | **MIAMI BEACH RISING ABOVE** | **Ford** | **BRONCO**

South Florida Ford Dealers

Conserving, preserving, and protecting the environment, so everyone can live healthy, happy lives.

BEST OF LUCK, ATHLETES!