



PARTICIPANT INSTRUCTIONS

Date: Saturday, January 28, 2012

Start Time: 7:30 AM

Start Location: Miami Children's Museum at Watson Island
980 MacArthur Causeway
Miami, FL

Finish Location: Nikki Beach
1 Ocean Drive
Miami Beach, FL

Packet Pick-Up: Packet pick-up will be located at the Nissan Health and Fitness Expo presented by the Miami Herald and El Nuevo Herald at the Miami Beach Convention Center (1901 Convention Center Drive, Miami Beach, FL) on Friday, January 27th from 12:00 PM – 7:00 PM. Packets will also be available race morning from 6:00 AM – 7:15 AM at the Miami Children's Museum located on Watson Island.

Registration: There will be **NO RACE MORNING REGISTRATION**. Walk-up registration will be available at the Nissan Health and Fitness Expo on Friday, January 29th from 12:00 PM to 7:00 PM at the Miami Beach Convention Center **ONLY IF SPACE IS AVAILABLE!**

REMINDERS:

- **This years timing device will be the ChronoTrack B-Tag. DO NOT REMOVE B-TAG from the BACK OF YOUR BIB!!!! DO NOT FOLD!**
- Please make sure you have your race number on your shirt in order to participate.
- Participants wearing earphones are asked to only use one speaker in order to listen to instructions on the course.
- Please stay to the RIGHT during the race and be courteous to other runner's trying to pass.
- There will be (1) water station along the course – Mile 1.8 on McArthur Causeway just before the Star Island traffic light.

PARKING/DIRECTIONS:

Early Arrival is Strongly Encouraged. Construction and limited parking locations will have impacts on your arrival time. Please make every effort to arrive early race morning.

To Start Line:

I-395 Eastbound/Miami Traffic

- Exit onto Watson Island/Miami Children's Museum/Jungle Island
- Follow the guidance of the Parking Attendants into designated parking locations.

I-395 Westbound/Miami Beach Traffic

- Exit onto Watson Island/Miami Children's Museum/Jungle Island
- Utilize Jungle Island Parking Deck
- Parking Deck is Free and will open at 5:30 AM
- Shuttle to start line will be waiting at entrance of parking deck
- Shuttles will depart every 15 minutes beginning at 6:00 AM and ending at 7:15 AM

****Shuttles will provide transportation back to Watson Island/Miami Children's Museum/Jungle Island from the Finish Line at Nikki Beach beginning at 8:00 AM and ending at 11:00 AM****

Results: Results will be posted on www.runmiami.com and www.tropical5k.com post-race.