

## **Miami Marathon Trip Notes** **January 23-28, 2009**

This too was a good marathon and a good trip. Have you noticed a trend here? I like them all. Frankly I am tickled-pink to be able to do them and nothing is going to spoil my fun. This was my 2<sup>nd</sup> marathon of '09 and hopefully there's quite a few more to go, along with some major hiking trips too.

### ***We've been in and out of Florida for some years***

Tom and I lived south of Miami in the early 1970s but I had little appreciation for the big town of Miami then. Then from sometime in 2000 I commuted to Palm Beach but then too, Miami felt out of reach, if not out of reason having remembered Miami being the #1 crime town in the country during the 1970s. We renewed acquaintances with the area in February 2006 while staying in Key Biscayne, and then in January 2007 while touring Key West. But Miami always eluded me so when the opportunity arose to run the Miami Marathon it was tempting.

### ***Why Miami Marathon?***

Maricar and I met Monica Nop, our Cambodian runner friend and level #10 Marathon Maniac, while in Myrtle Beach in February 2008 and she was wearing one of the best race t-shirts we'd seen. (Well, maybe in fairness Vermont City was as good.) I signed up in my quest for nine marathons in '09, needing a couple winter marathons to make my numbers, and a little sun wasn't going to hurt either. Then sometime during one of our Expos Maricar saw the Miami Marathon famous triple-spinning medal and signed up on the spot. I think between the t-shirt, the medal, and realizing my numbers were catching up to her, she couldn't resist. There's something going on here and it isn't "moderation" on either of our parts. Father always encouraged me towards "moderation in everything including moderation in itself" and I seem to have forgotten that in my marathon quest.

Miami Marathon had us worried for a time when the medals hadn't arrived late the evening before the race and I was totally convinced by the picture and comment that the design had changed that the medal's internal palm tree didn't spin in the new model. Not. Then we were miffed that the shirts were not special at all, were white and not the hoped for navy blue, and cut so large that size medium folks were switching to the extra small sizing. I was so miffed that I refused to purchase a small shirt either but it's not like I don't have enough shirts. (On a recent packing for our Paris trip, Tom endeavored to find clothing for me that wasn't running clothes. It was a challenge.) Overall, the medal is far above average and the shirt is just fine if you're a big person. Note that runners also receive a very nice white hat trimmed in gold.

### ***You couldn't ask for a better touristy course!***

It is the course that's the major highlight with the Miami Marathon. While some runners fussed that we had cars on the course, it is clear that we couldn't have had such a perfectly wonderful tourist course without that happening. We ran over bridges, through town, into Coral Gables and Coconut Grove, and out and back to Key Biscayne. We were in sight of either water or tourist sites or major estates at all times. Yes, we had to cross over Highway 1 (also known as Dixie Highway) and some other major thoroughfares but they were carefully guarded and controlled. If you're curious, at the end of this report get a load of the touristy course that simply could not have been better. It was almost the exact course as the bus tour I took the following day. As an example – Maricar was trying to figure out a reason to return to Miami Marathon but she can do so on one of her beloved cruises and doesn't need to run the marathon again to be a tourist.

Read at the end of the file for a multi page tour/touristy description with pictures attached.

I continue to lean towards carrying my own water bottle and joke that anybody who was at the infamously hot and dry Chicago Marathon carries water. It was a good thing here. The first water

station wasn't until about mile 3 and they had not stocked enough, necessitating runners standing in wait for a pouring or picking up dirty cups and pouring for their selves. Maricar and I had our own which I continued to carry throughout the course but didn't need at all during the second half. It was simply my security blanket and I've learned to like being able to sip water whenever I wish.

Food was at a minimum though there were fig cookies late in the game and orange slices twice. I think there might have been bananas earlier but they weren't left by the time we came through. On that note, the mistake was giving out whole bananas – they should be cut in thirds.

### ***Shopping is never my priority***

The Expo was plenty large and varied and worthy of an ING sponsored event. Samples of Lara Bars were appreciated and I suppose my greediness was one reason they ran out by mid-day Saturday. I went to the Expo on Friday with Parker and Loudean and then again on Saturday with Maricar where we ran into Dave and Dana, their friend Lisa, and Marie the pacer. For what I didn't buy (zilch) Maricar made up for it with shoes, socks, running skirt, compression socks (a full story exists here) and who knows what else. She was on a roll. The Expo was held at the Convention Center on Miami Beach giving everyone an opportunity to see the Art Deco buildings, the beach, and Lincoln Road mall with its many fancy stores and restaurants.

### ***We compete to eat! Plus tour***

We'd eaten at the famous and historical diner called The Big Pink the first morning, and at the equally noted and beach-front News Restaurant on Saturday. It's just down the street from the Gianni Versace mansion, noted as the 2<sup>nd</sup> most photographed house in the country, but never before with Parker laid out on the steps in 'dead' mode. It was one of many laughs of the day, the next one being Diana disappearing off the beach and getting out of the sun under a canopied sofa bed at the Ritz where the rent price was a \$15 glass of wine. We found a Cuban restaurant for fried plantains and ate them at Ghirardelli chocolates where we consumed chocolate samples all the while paying rent on that table with a \$6 latte. We were back to the Lincoln Mall for a pasta dinner and were amazed to find the \$15-\$23 menu dinner plates offered for about \$6 if ordered as early as 5:30pm. We were happy campers with our bargains but made up for it by ordering appetizers.

### ***Living with the homeless***

Our host hotel was only .68 miles from the start and sounded and looked good on the web but I was never comfortable at this Hilton Downtown. It was a very important .68 miles going the wrong direction into a rough area, and the staff and entire setting never set well with me. Just as bad, even with the marathon rate of \$219, it felt overpriced. Had I realized the location, I would have opted for the pricey \$289 Intercontinental. I'd been on a wait list for the Courtyard by Marriott but its location was not good either. (There is a Holiday Inn near to the Intercontinental that might have been another option but not available.) On Monday morning after three days at the Hilton, I moved to the financial district's JW Marriott where I was very much at home and comfortable and rated it hugely better – the building, the room, the staff, the location, etc., but it would not have been good for the marathon start. Hotel choices are limited and very definitely a downside to the Miami Marathon if one wants to walk to the start, which is very important to me.

There was a post-race party on Sunday evening and I was alone so very tempted to attend. (I'd hoped their foodstuff was better than that found at the end of the marathon which was minimal so it would have been easy to surpass the cookies and white bagels.) This will tell the tale of the location: I'm usually fairly fearless and remind myself that I lived in Saigon so I'll go about anywhere. I dressed in my Boston clothing, started out, and half a block into the walk decided I didn't have any business being on those streets. Whatever I missed of the party, maybe I missed some bad stuff too. I ate at the hotel bar instead. I really didn't mind as I like my own company anyway (smile).

### ***We compete to tour!***

Monday I took a 7 ½ hour mini-bus tour as well as a water tour. It didn't hurt that I'd seen the sights on my feet during the marathon. That some of the sights we'd walked through with Parker and Loudean, like Lincoln Road. I couldn't have been more pleased with the bus nor the tour guide (father of the owner) and I thought they should offer a pre-tour of the marathon course next year since they already have it down pat. Among others, we saw Miami's highlights of South Beach; Downtown Miami; Brickell; Key Biscayne; Coconut Grove; Coral Gables, Little Havana; and Ocean Drive. Maybe lesser-known areas were sites like the Gianni Versace Mansion (where we'd photographed Parker two days before laying on the steps), Venetian Causeway; Holocaust Memorial; Watson Island; Madonna's House; Sylvester Stallone's House; Viscaya, Pan American Seaplane Base; Coral Gables Waterways; Cartagena Plaza; University of Miami; Biltmore Hotel; Venetian Pool; Miracle Mile; Calle Ocho; Old Cutler Road; the Top Secret CIA House in Coral Gables, and the spot where Michael Jackson filmed his "Thriller" music video, an above ground cemetery, just to name a few. The bus stopped several times during the tour, with one of them being at Fresh Market, (from Bravo TV's "Top Chef") where we collected a picnic lunch. Before and after the 1 ½ hour water tour was time to wander the Bayside Market Place where I'd already walked through after the marathon. You can see a video of some of the tour highlights at [www.miamitourcompany.com](http://www.miamitourcompany.com) .

Tuesday Parker offered to spend the day with me and we opted to visit the historical home of James Deering, just south of the Key Biscayne bridge and on the water. I'd visited as part of an evening's reception in February 2006 and had wanted to return for a tour of the house and it was not a disappointment. It's one of four national historical landmarks in the Miami area, Miami who is blessed with more than their fair share. After spending much of the day there, we didn't really have enough and bought the big \$38 book after chatting with the 2<sup>nd</sup> tour guide over coffee. The book is coincidentally by the author of a recently consumed and excellent book about Frederick Law Olmstead called "A Clearing in the Distance" and it's huge. We finished the day with a walk through Coconut Grove, a tour through the Mayfair Hotel (necessitating a bunch of pictures!), and an unhealthy but tourist meal street side at Johnny Rockets.

### ***More miles***

Both evenings I put on many miles walking through the financial district, the Mary Brickell Village, along the shore, into and around the upscale Brickell Key with its pricey condos and Mandarin Oriental Hotel. One night I ventured north of the river over one bridge and back another one, a no-no but I got by with it and wondered if I wasn't asking for trouble and using up my luck. Twice I boarded their little metro people mover monorails and took in the sights from way above the city. (They are totally computerized.) Oddly these people movers are not used very much except by the homeless and I had some interesting conversations with a few of them with one pulling out a Spanish language ad about the Marathon Expo having free samples and asking me if it would be worth the \$2 bus fee to go there.

### ***With freezing temps in New Jersey . . . .***

The weather all days was next to perfect. Cool enough in the evenings to need a light jacket, and cool enough for the marathon morning to start at 6am with a long sleeve shirt. Warm enough to shed the shirt before the halfway point and warm and sunny enough to get some unintended sunburn despite the slathering of sunscreen that morning. With freezing temperatures and a snow storm going on in New Jersey, the timing was next to perfect. Well, if you don't mind the many hours delay getting home.

### ***Some stats***

Maricar: 5:04:57 1:13 at 10K, 2:32 at half, 11:38 pace

Diana: 5:33:10 1:13 at 10K, 2:34 at half, 12:43 pace, AG 5 of 7

2744 marathon finishers with 1814 male and 930 female  
9639 half finishers with 4404 male and 5235 half

***What's up next?***

With the longest time home for a sometime (about 6 days) it's off to Florence for some culture. Though some might say I should go for the gelato or the Panini, my calling card is Bernini's bust of Contanza Bonarelli in the Museo Nazionale del Bargello and for Michelangelo's original David in the Accademia, and of course the Uffizi. The reader maybe surprised that this trip isn't for a marathon, but to get everything into this short 6-day trip it might turn into a marathon. Then it's off to the GW Birthday Marathon in DC area, followed by Las Vegas for a few days where I'll then start a 6-day hike through Death Valley with [www.timbertours.com](http://www.timbertours.com), getting home before February is out. I'm still looking for someone to join me on a summer hike to Yosemite followed by an attempt at Half Dome. Until then . . . run on friends and keep in touch. Me? I gotta run.

## ***Itinerary***

### **Fri Jan 23 - Diana**

6:55am Depart Newark via CO#338

10:14am Arrive Miami

Hotel Hilton Miami Downtown  
1601 Biscayne Boulevard, Miami, FL 33132  
Tele 305 374 0000

12:00 noon Health & Fitness Expo to 8pm  
Miami Beach Convention Center, 1700-1901 Convention Center Drive, Hall A  
Shuttle offered to expo from Bayside Marketplace  
Expo is 3.73 miles across bridge per MapQuest.

### **- Maricar**

3:45pm Depart EWR via CO#45

7:05pm Maricar arrives

### **Sat Jan 24**

8:00am Blue Cross Blue Shield of Florida Tropical 5K  
Watson Island/Nikki Beach, 980 MacArthur Causeway

9:00am Health & Fitness Expo to 6pm

Shuttle available from Bayside Marketplace to Expo

### **Sun Jan 25**

6:15am ING Marathon and Half Marathon [www.ingmiamimarathon.com](http://www.ingmiamimarathon.com)  
Hilton is .69 miles from start line at American Airlines Arena, 601 Biscayne Blvd  
See course highlights below

8:00am Post Race Finish Line Celebration to 1pm  
Bayfront Park , 301 Biscayne Blvd. 1.12 miles from hotel per MapQuest

### **- Maricar**

4:55pm Maricar departs via CO #539 arriving in EWR at 8:04pm

### **Mon Jan 26 -Diana**

Hotel JW Marriott Hotel Miami  
1109 Brickell Avenue, Miami, Florida 33131  
Tele: 1-305-329-3500 or Fax: 1-305-371-8820  
<http://www.marriott.com/hotels/travel/miajw-jw-marriott-hotel-miami/>

### **Wed Jan 28 - Diana**

4:55pm Depart Miami via CO#539

8:04pm Arrive EWR

### **Participants:**

732 804 7514 Diana Burton cell  
561 721 5093 David Parker cell  
816 547 4113 Loudean Marks cell  
908 907 5054 Maricar Korff

412 926 8582      Adrian (with wife?) at Marriott Downtown  
Marie Bartoletti cell (arriving Saturday)

**Tourist ideas from Parker:**

1. Coral Castle in Homestead
  2. Vizcaya house Coral Gables
  3. MIA design preservation walking tour. Miami Beach
  4. Jungle Island. Miami
- Lots of restaurants especially a Cuban meal and a diner.

(1) The **Hilton Miami Downtown** hotel in Miami, Florida has just completed a multi-million dollar renovation of all 527 guestrooms including 58 suites that overlook Biscayne Bay and the downtown skyline. In addition to new bathrooms, the new guestrooms feature the exclusive **Hilton Serenity Bed and Bath Collection®**. The hotel has the easiest access to all points downtown, including the Port of Miami. Guests can enjoy the rooftop pool with views of Miami, complimentary use of the business center and exercising in the new **Fitness by Precor®** exercise facility. The Hilton Miami Downtown Florida hotel is the premier full-service hotel located in the downtown's performing arts district and a preferred choice for business, leisure and convention guests. Just minutes away from:

- South Beach
- Arsht Center for the Performing Arts
- American Airlines Arena - Home of the Miami Heat
- Coconut Grove and the famous Miracle Mile
- Dolphin Stadium - Home to the Miami Dolphins and Florida Marlins
- Miami Beach
- Miami International Airport
- Miami Seaquarium
- Port of Miami

Meeting planners and attendees will enjoy the Hilton Miami Downtown hotel's 45,000 square feet of function space, including the largest ballroom in the downtown area. If traveling on business, the Hilton Miami Downtown Florida hotel is located close to several major companies, including:

- AT&T
- Bank of America
- Boeing
- Carnival Cruise Lines
- Citi
- Federal Express
- GE
- IBM
- ING
- Norwegian Cruise Lines
- Royal Caribbean Cruise Lines
- Wachovia

The Hilton Miami Downtown Florida hotel is connected to the Metro Mover, a complimentary light rail service that takes guests to several restaurants and shopping areas downtown, including Bayside Marketplace. Our hotel is ten minutes from the most amazing world-class beaches and only five minutes from the Port of Miami, known as the cruise capital of the world, where ships depart daily.

Sailing, fishing, golf and a variety of other recreational activities are just minutes from the Hilton Miami Downtown hotel. Several exciting and famous Florida attractions located nearby include:

- Bayside Marketplace
- Dolphin Mall
- Florida Everglades
- Historic Art Deco District
- Jungle Island
- Key Biscayne
- Little Havana Historic District
- Miami Metro Zoo
- Vizcaya Museum and Gardens

Please see our accommodations page to see all of the extra amenities that come with all guestrooms at the Hilton Miami Downtown hotel. Welcome, and enjoy your stay.

Travel should be more than just A to B. Travel should take you places.™

AAA Hotel Diamond Rating: ◆◆◆  
Hilton HHonors Reward Category: 4  
(30,000 points per night)

### **Guest Accommodations**

The hotel has just completed a renovation of all guestrooms and bathrooms; they are tastefully decorated and offer a variety of views.

Your well appointed accommodations at the Hilton Miami Downtown include:

- The Serenity Bed Collection® including 250 thread count sheets
- Individual thermostats in each room offering air conditioning and heat
- Easy Set Hilton Alarm Clock Radio with MP3 connection
- A 27" television
- Pay Per View Movies
- Premium cable with HBO, CNN, ESPN, Fox Sports
- Work desk with adjustable lamp and desk level outlets
- LaVazza Coffee Maker
- Complimentary USA Today® (M-F)
- Two-line phones with voicemail
- Black out draperies
- Electronic Locks

For a small additional fee, many of the rooms offer stunning views through ceiling to floor windows of downtown Miami, Biscayne Bay and the Port of Miami. These views are especially amazing at night.

The cherry wood and granite bathrooms include the Serenity Bath which features Crabtree & Evelyn® La Source bath amenities.

[View Maps](#)

### **Directions & Transportation**

1: Start out going NORTH on BISCAYNE BLVD/US-1 S toward NE 15TH ST. 1.1 mi

2: End at Hilton Miami Downtown, 1601 Biscayne Blvd Miami, FL 33132 [View all directions, map, and airport information](#)



See interactive map(s):

<http://www.miamimaps.com/biscayncorridormap.html>

Note on map and distances:

The convenient environment of the ING Miami Marathon and Half Marathon® start & finish lines, expo, and awards ceremony allow for commuting to be a breeze. All race weekend events, with the exception of the parties on South Beach, are all within half mile radius.

Using the Miami-Dade MetroRail & MetroMover: The MetroRail will depart from Dadeland Station South at 4:30 a.m. and trains will run continuously to the Government Center station. Transfer to the MetroMover, which has a 2-car express service to the Freedom Tower station (closest to start line). MetroMover will be running 24 hours. All runners will ride for FREE with their race numbers.

Expo Shuttle Info:

Free service available to participants and their friends and families.

Friday Schedule - Start time - 11:30 am

Buses depart every 20 minutes

Location of pick up - Bayside Marketplace

Destination - Miami Beach Convention Center

Last bus leaves Bayside at 7:30 pm

Last bus leaves Miami Beach Convention Center at 8:15 pm

Saturday Schedule - Start time - 8:30 am

Buses depart every 15 minutes

Location of pick up - Bayside Marketplace

Destination - Miami Beach Convention Center

Last bus leaves Bayside at 5:30 pm

Last bus leaves Miami Beach Convention Center at 6:30 pm

ING Miami Marathon® Race Morning Shuttle Service (Nominal Fee) - Plans for race day shuttles from the Miami Beach Convention Center to the Start/Finish Area are being finalized. Join our newsletter for more details and to know when shuttle tickets go on sale.

## MILE-BY-MILE NARRATIVE COURSE DESCRIPTION 2008

The areas of Miami & Miami Beach in which you'll be running in has attracted people for more than 10,000 years, certainly a contradiction to the notion that this community is virtually new and has no history.

These very first people who came to this area 10,000 years ago shared your same ideas that there exist a destination with perfect weather and the constant promise of a better day. This running destination is your very own tropical paradise - MIAMI & its BEACHES...

Runners, as Will Smith would say... Welcome to MIAMI!... Bienvenidos a Miami! - The course offers the best way to experience and explore this urban tropical paradise.

### START

Directly adjacent to the start is the American Airlines Arena, Downtown Miami's ultimate sports and entertainment showpiece. This 20,000 seat ultra-modern jewel on the bay is home to the NBA's Miami HEAT and two year host of the MTV Music Awards. On the west side of the start you'll notice the Freedom Tower. The structure, now often referred to as Miami's Statue of Liberty, was built in 1925 and was host to Miami's first newspaper 'The Miami News'. During 1962 to 1974 nearly 300,000 Cuban refugees received a wide variety of federal assistance and stayed in this building - giving the structure its name: the Freedom Tower. This Biscayne Boulevard stretch has become one of most obvious signs of Miami's new face. In recent years new condo buildings have been completed along this stretch of the course dramatically altering the Miami skyline in 4 short years. To your right as you approach the MacArthur Causeway on-ramp is Bicentennial Park - future home of long awaited Museum Park.



### MILE 1

As the wave of runners begins its march you'll begin to experience the MacArthur Causeway, Miami's main link to its world famous beaches. This bridge will provide magnificent views of Watson Island, Biscayne Bay and to your left the Miami Herald building (modeled after the Chicago Sun Times building). On Watson Island there is a helicopter pad and the state-of-the-art Children's Museum. As you continue to run you may begin to recognize that the very road you're on has been used on several movies and music videos, one of the more recognized scenes was for the famous 5 minute stunt scene on Will Smith's Bad Boys II. To your left you will take notice of Jungle Island & Gardens, featuring some of the globe's most exotic and marvelous animals such as the largest crocodile in the New World and our famous flamingoes highlighted in Miami-Vice.



## MILE 2

To your left you'll run past Miami Beach's stately mansions of Hibiscus & Palm Island. Palm Island was also the site of the former home of the notorious Al Capone, who is said to have brought gambling to the City of Miami Beach. On your right hand side there is the world's most famous and extensive collection of large cruise ships. The Port of Miami handles over 3 million passengers a year. As you pass these multi-million dollar floating resorts on the opposite side of the causeway continues the rows of Miami's most valuable homes. Star Island is home to many famous people. 2003 ING New York City Marathon runner P. Diddy (Sean Combs) purchased a vacation home from Sony Music's Tommy Mottola there as well. At this very island exists the 2nd largest house in Miami Dade County, a 28,185 square foot home assessed over \$31 million. Other notable homeowners include Rosie O'Donnell, Shaq, and Gloria Estefan.



## MILE 3 & 4

As you come off the causeway off to your right is Terminal Isle. This area is used as the launch site for the ferry which transports people to exclusive Fisher Island. Fisher Island's condos and homes happen to make up one of the wealthiest places to live in America, according to census figures. Joining a mandatory club to live there costs \$100,000, therefore, its no surprise that this ultra-exclusive island has had vacation homes for famous stars such as Oprah Winfrey and Mel Brooks. Terminal Isle is also home to the United States Coast Guard. As you climb the second inclined bridge of the causeway, you will immediately notice the breathtaking welcome of the ultra-luxurious condo enclave. Surrounded by the Miami Beach Marina, often host to the world's most extravagant yachts, the building located on the right side of the base of the bridge is the ICON, the building's interiors were designed and inspired by the eccentric designer Philippe Starck of France. Starck's influence in Miami Beach can be seen throughout, most notably in the lobby of the Delano Hotel. As you run along Alton Road you'll begin to hear the sounds of the swaying tropical flora created by the ocean breezes coming onto the Miami Beach coastline. This neighborhood is now known as SoFi (or South of Fifth), it is surrounded by water on three sides.



## MILE 5

As you approach mile 5 you'll pass the world famous Joe's Stone Crab (est. 1913) on your left-hand side. Al Capone, using the alias Al Brown, had often dined at Joe's. Joe's is the ING Miami Marathon's course directors favorite lunch spot. Turning onto Ocean Drive will give you a glimpse of the Nikki Beach night club often featured on the E! Channel for its enchanting tepees, hammocks, and champagne beds on the sand. Nikki Beach is also the site for the finish line party of the Tropical 5K Benefiting Community Partnership for Homeless. This area is the closest you'll get to the southernmost tip of South Beach. On your lefthand side the 1915 newly restored vanilla yellow Brown's Hotel, the first Miami Beach Hotel, will welcome you to the world of art deco boutique hotels - the Art Deco District. This building is now the location of Prime 112, a favorite dining spot of visiting and local celebs. The smallest hotels on famous Ocean Drive are all uniquely trendy. These hotels offer a true tropical hideaway in this urban chic area known as SOBE or South Beach. Don't let the outside of these hotels fool you, inside many of these boutique hotels are extremely modern and sleek.



At this point, keep in mind that you are running though a "live" set that is constantly used for many entertainment productions. Since 1941 Hollywood has been using Miami and its Beaches for filming movies and television shows. It has been said that Miami has never really been seen as a backdrop but rather a character of the movies. Part of the course will pass right through the very sites used for Miami Vice, Out of Time, Something About Mary, Karen Sisco, The Specialist, Just Cause, Scarface, True Lies, Godfather Part II, The Bellboy, Fast & the Furious II, Any Given Sunday, CSI Miami, Miami INK, Reno 911 and many more.



## MILE 6

You'll be running parallel to the shoreline where millions of visitors each year have that experience dubbed as the "sand in their shoes" which captivates and ignites a burning desire to stay in Miami Beach. To your left you'll see one of the world's greatest concentrations of 1930's architecture. The 800+ buildings of the National Register Art Deco District makeup the world's first 20th Century historic district. The area is the world largest concentration of Streamline Moderne Art Deco architecture. The sun will be rising at around this time and it'll be setting its morning glow over the rows of the coconut palm trees of Lummus Park. Across the park is the Versace mansion where fashion legend Giani Versace was murdered on the front steps. This mansion was designed as a replica of the Santo Domingo home of Christopher Columbus's son Diego. The home is now used for very exclusive private parties. As you turn off of Ocean Drive you'll cross Collins Avenue (A1A) and make a right onto the longest strip of clubs on Miami Beach - Washington Avenue. Some of the club goers may even cheer you on as they end their night of partying, clubs in the area can serve liquor up to 5 a.m.



#### MILE 7

As you continue on Washington Avenue, you'll pass the world famous Cameo club. Cameo has over 16,000 square feet for partying allowing for nearly 2,000 people to party at once. Directly across the street (to your left) is the quaint road of Española Way. Off to your left on 16th Street you'll catch a glimpse of Lincoln Road Mall. This "5th Avenue of the South" features an eclectic mix of art galleries and cafes with food and drinks from all parts of the world. The pedestrian mall was built in 1959, and has a MiMo style accentuated by its zig zagging black and white lines. One of the most famous painters to have a gallery on this mall is the Romero Britto. His original painting 'Victory' was the official artwork for the 2005 Marathon and was used as the premise for the finish line towers decor. As you pass the mall, also to the left, is the Gilmore Theatre, also known as the Jackie Gleason Theater. It is said that this was and still is where Broadway meets Miami Beach. Jackie Gleason would perform every Friday night at this venue. Adjacent to this venue is the Miami Beach Convention Center, site of the TotalHealth & Fitness Expo presented by The Miami Herald and El Nuevo Herald. As you continue you'll wind your way through the friendly residential area of Prairie and Meridian which shares a great view of the Miami Beach Golf Course.



#### MILE 8

As you pass the golf course you can look left and you'll see the ever so inspiring Holocaust Memorial, a tribute to the six million Jewish victims of the Nazi terrorism before and during WWII. After passing the memorial you'll see Miami Beach's version of the Venice Canals alongside Dade Boulevard. After crossing Alton Road, one of Miami Beach's main arteries, you'll be welcomed by Island View Park to the Venetian Islands. This park is a subtle preview of the peaceful yet dramatic sights ahead. As you pass this park look to your left to get a view of the great graceful spire of the Flagler Memorial on man-made Monument Island. This 110 foot memorial was commissioned by Carl Fisher, who co-founded the City of Miami Beach in 1915, as a tribute to Henry Flagler - Miami Dade's most famous developers. The monument is arguably the most important in South Florida.



#### MILE 9

You are now on the first series of bridges that connected one of the world's best beaches (as awarded by the Travel Channel) with Miami's mainland. The Venetian Causeway was built in 1912 by a New Jersey farmer named John Collins. Its manmade islands contain some of South Florida's most valuable homes. A view towards the north (right side) will give you a glimpse of the remnants of an incomplete manmade island, known as Isola di Lolando, the failed development marked the end of the Florida land boom of 1920's. Keep your eyes peeled to the water as well, if you are lucky you may catch sight of a dolphin playing in the bay, they often come close to play and feed near the bridges. The north and south views from this causeway will most certainly give you sense of refreshment and accomplishment as you exit your



tour of the City of Miami Beach and begin your journey through the Magic City of Miami. Miami was nicknamed the 'Magic City' because of its extraordinary ability to recover from the devastation of a major Downtown fire early in its history and several hurricanes throughout the years.



#### MILE 10

The views continue... Look to your left to see the MacArthur Causeway, where you began this running journey. The glow of the morning sun and the fading city lights reflecting off the bay onto the towering skyscrapers is a sight to remember. Off to your left you'll also see the other side of the Miami Herald building (built in 1963) and across is a chance to see the shores of MidTown Miami. This area is now undergoing one of the most incredible residential development booms ever to hit the area. Condos and lofts are being built everywhere alongside the turquoise waters of Biscayne Bay. If you continue to look north (to your right) there is the Julia Tuttle Causeway, named after modern Miami's mother Julia Tuttle. This monster of a bridge connects the mainland to the north portion of Miami Beach. To your right you'll be able to see the island used for the Publix Escape to Miami Triathlon. On the northwest side of the causeway lies the exciting Miami Design District, which is packed with interior design showrooms and stores, art studios and galleries, and movie production and theatrical costume companies.



#### MILE 11

The OMINI sign welcomes you head across Biscayne Boulevard into the area known as Omini-Ventia. This area is undergoing some intense revitalization as a new Greater Miami Performing Arts Center, designed by world-renowned Cesar Pelli, has now been completed and is now hosting world class performances. With a price tag of over \$350 million the center is said to become one of South Florida's signature architectural landmarks. Before crossing Biscayne Boulevard, on your right hand side is the main campus of Miami International University of Art and Design, students from this school took part in the ING Run For Something Better Running Man Sculpture Project. After crossing Biscayne Boulevard, the main offices of the Dade County Public Schools System, the largest district in the state and the 4th largest in the country. As you make your left hand turn onto North Miami Avenue you'll notice a blue building, which is the assistance center of the Community Partnership for Homeless (beneficiary of the Blue Cross and Blue Shield of Florida Tropical 5K). Then you'll run passed Miami's only 24-hour club district. This area is the location of the vibrant world of DJ's, velvet ropes and the cool sounds of nightclubs such as Club Space, Club Nocturnal, and Stereo. As you continue, off to your left is a building with very few windows, the TECOTA (Technology Center of the Americas). This structure serves as a "telecom hotel" that houses



the NAP (network access point) of the Americas. This 750,000 square foot facility serves as a major internet gateway between North and South America. After passing this enormous structure you'll approach the Miami Arena, original home of the Miami Heat and Florida Panthers. The arena was recently sold by the City of Miami to a private investor.

#### MILE 12

The journey continues into the business heart of the Magic City through North Miami Avenue. Keep in mind that you're on one of Miami's oldest roads. In fact, in the late 1890's the heart of the community was a retail district along Avenue D (today's Miami Avenue). On this very same avenue on July 28 of 1896, 343 registered male voters, packed into a wood building to vote 'yes' for the incorporation of the City of Miami. The next building to catch your attention will be that of the Federal Courthouse of the United States Federal Appeals Court for the Eleventh Circuit. The new building was the first federal building to begin construction after September 11th. The courthouse is one of the largest in the country. The site of the building is the former location of the NBC 6 studios, Florida's first television station. Onto NE 2nd Street, you'll begin to feel the sea breeze coming from sparkling Biscayne Bay. If the slight breeze doesn't distract you too much you'll notice all the shops along Flagler Street. This street is certainly an important one to our community, as it divides our city's addresses into two halves (North and South). Flagler (name of the railroad tycoon, who actually adamantly opposed the city being named after him) was actually the name proposed by many as the name for the city, obviously that never materialized. Along this road you'll spot to your left the Gusman Theatre, which opened in 1926 as a silent movie palace. The Theatre (originally known as Olympia Theatre) was the first building in the south to have air condition. Cultural icons such as Elvis Presley, B.B. King, Luciano Pavarotti and Etta James have provided memorable evenings at this theatre. As you east on Flagler you can look nearly all the way to the bay, your view is obstructed by a white balloon ride attraction that raises people in the air to give a view of the city's skyline.



#### MILE 13

The Miami Avenue bridge over the Miami River provides a great view of the mouth of the river and the skyscrapers of the Brickell area. The Miami River is currently undergoing a major restoration and clean up project. The US Army Corps of Engineers is currently in the midst of a \$100 Million river bottom dredging project, to restore the original 15 foot depth of the 5.5 mile river which serves as a major port for the area. The banks of the river are quickly becoming a place to build luxury high rise lofts and condos, see the many condos already in their final stages of completion dotting the shore. The immense variety of the design of the buildings in the areas you have already run through and will continue running by, is certainly reflective of the diversity of this tropical community. Our community is often studied by sociologists because they see it as a preview of what other U.S. cities may look like in the near future.



As you roll down this drawbridge you'll cross one of Miami's "cultural streets" - Calle Ocho. This street is world famous for its annual million-person party, designated by the Guinness Book of World Records as the largest street party in world. This street is lined with small "cafeterias" and Cuban restaurants where 'Spanglish' is the official language... take a deep breath and you might smell the aroma of the Cuban coffee. The road continues under the Metro Mover lines, our version of the New York subway system. The intricate elevated rapid public transportation system includes 22 miles of Miami Dade County rail lines. On this road you can catch a glimpse to your right of the back side of Mary Brickell Village, a new shopping and dining center for the area.

#### MILE 14

The residential portion of the course is initiated by your trek through the friendly route of South Miami Avenue. This historic road is almost completely covered by its canopy of Poinciana trees. The road begins with the dense hammock forest of Simpson Park (formerly known as Jungle Park), this park had a natural spring prior to development of the area that was used as a stop over point during early aborigine outings. In 1913, this park was acquired the City of Miami from Mary Brickell for preservation. The park has survived many attempts to destroy it as it lied in the path of I-95 and the Metro Rail. This road is a bit banked, so you may want to stay to your right to get a flatter section of the road. Included in this mile is the crossing of one of Miami's most busy streets, US1 also referred to as South Dixie Highway.



#### MILE 15 - 17

The road name now changes into Bayshore Drive, a scenic and shady route. To your left is the Villa Vizcaya, which was built in 1916 for industrialist James Deering of Chicago to be used as a winter retreat. This Bayfront Italian renaissance villa has 70 rooms. This well-known Miami Dade historic site uses its garden and fountain courtyards to host high profile events such as for U.S. presidents and



foreign dignitaries. Across from Vizcaya is Miami Museum of Science. You'll then turn into the exclusive neighborhood of Bay Heights, this community then propels you through to your straight shot down the tree-lined Tiger Tail Avenue. Along Tiger Tail Avenue you'll notice the many shade-filled roadways to your right and left sides. These narrow roads are home to some of the Miami's oldest houses. These roads even show some small elevation changes because of the early drainage design of the area along with the fact that these areas were once home to various hardwood hammock forests that had rolling hills of limestone and coral rock as a foundation. Many of these roads are Seminole Indian names. Off to your right after having passed Natoma Street is Ransom Middle School. This area you are now running in is known Coconut Grove...welcome to this quaint artistic village.

#### MILE 18

You have now ventured yourself into the trendy shopping and entertainment area of Coconut Grove an area that proudly boasts its claim to fame as Miami's oldest community. This small village in this tropical wilderness was built by settlers from the Bahamas which were then met later by a worldly group of individuals - sailors, intellectuals, naturalists, millionaires and artists - who gave the Grove its present image. This image is showcased by its numerous historic sites, tree-choked roads, weathered stoned walls, and red brick sidewalks.



#### Mile 19

As you trot along Matilda St. you'll run passed the Coconut Grove School. This school is the ancestor of the first public school (1887) in what is now Miami Dade County. As you continue to Virginia St. you'll see two favorite shopping and nightspots - the Mayfair and CocoWalk (host of the ING Miami Marathon's post race celebration. These two shopping malls are home to both chain stores and stylish boutiques. The route on Grand Avenue is a stretch that transitions you from modern and trendy shopping district into the culture rich Caribbean neighborhood of the West Grove. This street is the location for the popular Goombay Festival. As you trot through Commodore Plaza take notice of the architecture of the shops and various dining establishments.

Then, make sure to wave at the local folks runner-watching and eating breakfast at the American-Mediterranean style Greenstreet Café. Across the street from this Restaurant is the Barnacle. This State of Florida historic site is Miami's oldest home in its original location. This spot gives visitors a true sense of the "Era of the Bay" before Henry Flagler's railroad came to Miami. This home was designed by the so-called "Father of the Grove", Ralph Munroe.

#### MILE 20

The right turn onto McFarlane Rd. gives you a chance to wave and cheer on your fellow runners as they pass in front of CocoWalk headed for the area you just covered, this is one of only two spots on the course where you'll have this opportunity.

We recommend you tell family and friends to cheer you on in this area. Here, they'll have two opportunities to see you pass and Coconut Grove provides a convenient destination where they can eat or simply sip a coffee while they wait for you.

The location where Bayshore Drive and McFarlane Rd meet is the heart of the largest street arts festival in the world - the Coconut Grove Arts Festival. The Arts Festival had its 2004 official poster drawn by the 2004 Miami Tropical Marathon official poster artist, Rick Garcia. Peacock Park on your right hand side as you approach the smooth curve onto Bayshore is a public bay front park that honors Charles and Isabella Peacock, who built Miami's first hotel (the Bay View House, 1883). Right next to Peacock Park is the site of the Coconut Grove Sailing Club. This site has been designated as a U.S. Olympic Official Training Facility, one of only three in the country.

#### MILE 21

The area known as Dinner Key is off to your right hand side after Peacock Park, this area is the former location of the Pan American Sea Plane Base and Terminal. During the 1930's and 1940's the Pan American facility was the busiest seaplane terminal in the U.S. During WWII it served as a U.S. Navy base. In 1946 the City of Miami bought the property and used it to house its City Hall. This Streamline Moderne building has undergone major restoration in the past few years. As you run you'll also notice an old Coast Guard hangar being restored for the site of a new marina. Next point of interest to runners is David T. Kennedy Park. This park is often used for a meeting point for long training runs. This park is also used often for television and print commercial shoots.



#### MILE 22

As you continue on Bayshore Drive you'll take notice of a pinkish/red wall on your right hand side. Behind this wall lies a few bay front landmarks such as Mercy Hospital - the main building was built in 1950 in the shape of a cross, La Salle High School, and La Ermita de la Carridad - which was the site of many of the Elian Gonzalez press conferences and vigils. The trot continues once again passed Vizcaya, which is now on your right hand side. This is the last opportunity to see your fellow runners as they run towards Coconut Grove.



You then make a loop into 32nd Road, giving you a glimpse of one of Miami's most beautiful hidden neighborhoods, this area is often referred to as Stallone Gate b/c of a controversy involving Sylvester Stallone and his wish to gate the quaint roadway. Another notable former resident of this area was Madonna.

#### Mile 23

This portion is the newest enhancement to this marvelous route. As you pass through the toll booth you will be instantly greeted by expansive views of Biscayne Bay to the south and north. This link to the secluded island of Key Biscayne, is home to the Miami Seaquarium - filming site of the

famous 80's Flipper TV show; and Crandon Park - site of many local triathlons. The Rickenbacker Causeway is one of Miami's favorite training spots for runners and triathletes. Once you run it you'll quickly notice why. It holds the 'Mount Everest' of Miami, a popular bridge (William Powell Bridge) used by many for incline training. Lucky for you will turn under the causeway and not have to climb the bridge. On your way back into the mainland you get another jaw-dropping view of the Brickell Avenue skyline and if you turn your head a bit more you'll see the southern side of the Port of Miami. Keep your eyes on the water, Dolphins do come close to the shore in this area. This is the closest you'll get to the bay in the entire course.

The Rickenbacker Causeway was named after Eddie Rickenbacker, the American World War I flying ace and founder and president of Miami-based Eastern Air Lines. Another interesting fact about Key Biscayne...in 1926 the City of Coral Gables incorporated with Key Biscayne included in its boundaries. There were dreams of a bridge to the island, making Key Biscayne the seaside resort for Coral Gables that Miami Beach had become for Miami. Nothing materialized because of obstacles caused by lack of funds and various storms hitting the area and now the Village of Key Biscayne governs instead of Coral Gables.

#### MILE 24

The Brickell Avenue stretch is covered with shade created by the ancient Banyan trees along with the many towering residential and office buildings. Since this main thoroughfare was named by William & Mary Brickell (seen by many as the founding father and mother of Greater Miami and the Beaches) after their homestead, the area has never ceased being recognized as an area of wealth and prestige. Among the many water front buildings is a rather distinct structure called the Atlantis. This residential building adds an offbeat touch to the 'financial district' (a.k.a. Brickell area). The glass walled Atlantis is most distinctive because of its square hole in the middle with a single palm tree sitting inside it. This building was also part of the opening sequence of 'Miami Vice' as well as a backdrop for a scene in 'Scarface'.



#### MILE 25

The Brickell Avenue area that you are entering is considered by many as the "Wall Street of the South" because it holds the largest concentration of banks on the east coast of the U.S. south of New York. There are more than 60 commercial banks along with over 250 multinational corporations with offices established here. In keeping with the pioneer spirit of William and Mary Brickell's trading post, Miami has earned the respected title of the Free Trade Capital of the Americas. Rest assured, its prominence is not limited to Latin America. Miami hosts more than 64 consulates from around the globe, 29 bi-national chambers of commerce and 21 foreign trade offices. As your run comes closer to an end the Four Seasons Hotel building reminds you of the enormous accomplishment you made this far. This new building has earned the title of tallest building in the State of Florida. The 5-star Four Seasons has 70 stories towering nearly 800 feet in height. The building is part condo and part hotel. The most expensive condo unit sells for over \$7 million. The next building down on your right hand side is the Espirito Santo Plaza, a contemporary building accentuated by its curved frontal façade.



#### MILE 26

The rows of gigantic office buildings continue until you get to the Scottish Rite Temple. This building, exemplifying Egyptian architecture, was completed in 1924 at a cost of \$350,000, including the land, it is an imposing edifice covering the major portion of five lots overlooking the Miami River on one side, and Lummus Park on the other. As you become overjoyed with the excitement of the last half mile you'll need to climb the small "Heartbreak hill of Miami" - the Brickell Avenue bridge over the Mouth of the Miami River. On this bridge you'll have a perfect site line to the 'Miami Circle'. This world-famous 38-foot diameter Miami Circle is believed to be part of a structure built by the Tequesta people who occupied the riverbanks more than 2,000 years ago. The circle was discovered in 1998 during routine archaeological surveying prior to the construction of a high-rise apartment building. The site was purchased by the government for over \$26 million off of developer Michael Bauman, who had paid only \$8 million dollars for the 2.2 acre parcel of land.



As you cross over the bridge also take note of the Tequesta statue by world-renowned artist Manuel Carbonell (Belen Jesuit High School graduate). The statue depicts a Tequesta family. The column that holds the statue includes relief used to tell the story of Florida's native people as portrayed by French artist Jacques Lemoyne who came to Florida in 1564. The bas-reliefs honor six people who left their imprint on the city - Julia Tuttle, Henry M. Flagler, William and Mary Brickell, D.A. Dorsey and Marjory Stoneman Douglas.

This is it you are on the home stretch! Your tour of Miami and Miami Beach is coming to a close. The last sites that will greet you along your path to the finish line include the Hyatt Hotel - the site of the new Metropolitan buildings (MET 1 and MET 2), the

waterfront One Miami condo and the Epic Condo under construction. The last building on your right is that of the Hotel Intercontinental, this was the site of the Free Trade Area of the Americas conferences a few years ago.

#### FINISH

You'll be finishing on Biscayne Blvd and Flagler Street adjacent to Bayfront Park. This is a year round entertainment venue, hosting concerts and special events nearly every weekend of the year. The park was designed by Isamu Noguchi's Recognized as the 20th Century's foremost American sculptor, Noguchi's innovative parks, plazas, playgrounds, fountains, gardens and public pieces are located in many different countries and celebrated around the world. He designed Bayfront Park to be "a park for the people - may it take its place as a wedge of art into the heart of the New World." The list of the monuments in the park includes the Challenger Memorial, Veterans' Memorial, Mildred and Claude Pepper Fountain, statues of Claude Pepper and Christopher Columbus, Centennial Time Capsule, and four plaques commemorating, respectively, the assassination of Chicago Mayor Anton Cermack, the park's dedication, Stobo DePass Curry's contribution to the park's creation, and Isamu Noguchi's involvement in the design.



Top tourist spots:

Vizcaya Museum and Gardens

Deering Estate at Cutler

Miami Dade Cultural Center

Miami Metrozoo

Miami Seaquarium

Parrot Jungle Island

Holocaust memorial

Boat tours on Island Queen Cruises

Walking tours in various areas

South Beach