

## COURSE TURN-BY-TURN

### 2013 FULL MARATHON

START at AMERICAN AIRLINES ARENA (NE 8 ST)  
North on BISCAYNE BLVD  
Right onto MACARTHUR CAUSEWAY  
Right onto ALTON RD  
Left onto BISCAYNE ST/S POINT DR  
Left onto OCEAN DRIVE  
Left onto 14 ST  
Right onto WASHINGTON AVE  
Left onto DADE BLVD  
Right onto PRAIRIE AVE  
Left onto 28 ST  
Left onto MERIDIAN AVE  
Right onto DADE BLVD  
Becomes VENETIAN CAUSEWAY  
Becomes NE 15 ST  
Left onto NORTH MIAMI AVE  
Left onto E FLAGLER ST

Right onto SE 3 AVE  
Right onto SE 2 ST  
Left onto MIAMI AVE  
Over MIAMI AVE BRIDGE  
Becomes SW 1 AVE  
Left onto BROADWAY/15 RD  
Right onto SOUTH MIAMI AVE  
Becomes SOUTH BAYSHORE DR  
Right onto SAMANA DR  
Right onto SHORE DR E  
Left onto SHORE DR N  
Left onto SHORE DR W  
Left onto SHORE DR S  
Right onto TIGER TAIL  
Angle Slight Right at 27 AVE  
Onto DAY AVE  
Left onto MATILDA ST

Left onto OAK AVE  
Right onto VIRGINIA ST  
Right onto GRAND AVE  
Left onto COMMODORE PLAZA  
Left onto MAIN HIGHWAY  
Right onto McFARLANE AVE  
Left onto SOUTH BAYSHORE DR  
Becomes SOUTH MIAMI AVE  
Right onto US1  
Right onto RICKENBACKER CSWY  
Under WILLIAM POWELL BRIDGE  
Right onto BRICKELL AVE  
Over BRIDGE Becomes SE 2 AVE  
Right onto SE 4th ST  
Onto BISCAYNE BLVD  
Finish at BAYFRONT PARK(E Flagler)

### 2013 HALF MARATHON

Start at AMERICAN AIRLINES ARENA (NE 8 ST)  
North on BISCAYNE BLVD  
Right onto MACARTHUR CAUSEWAY  
Right onto ALTON RD  
Left onto BISCAYNE ST/S POINT DR  
Left onto OCEAN DRIVE  
Left onto 14 ST  
Right onto WASHINGTON AVE  
Left onto DADE BLVD  
Right onto PRAIRIE AVE  
Left onto 28 ST  
Left onto MERIDIAN AVE  
Right onto DADE BLVD  
Becomes VENETIAN CAUSEWAY  
Becomes NE 15 ST  
Left onto NORTH MIAMI AVE  
Left onto FLAGLER ST  
Right onto SE 3 AVE  
Left onto SE 3 ST  
Left onto BISCAYNE BLVD  
Finish at BAYFRONT PARK (E Flagler)



### Baptist Health South Florida

Baptist Health South Florida is there to tend to your needs. Doctors, nurses, and other

medical professionals from Baptist Health, which includes Baptist Hospital, South Miami Hospital, Doctors Hospital, Homestead Hospital, West Kendall Baptist Hospital and Mariners Hospital, as well as our Baptist Medical Plazas 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 red t-shirts 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. Thanks to Baptist Health South Florida for helping make the pain go away!

There will be aid stations at the Start and Finish lines and 22 course aid stations located approximately every mile starting at the Coast Guard Station on the MacArthur Causeway.

### COURSE GOODIES



Water and lemon-lime Gatorade® Endurance Formula will be available at all aid stations.

Cuban Coffee station will be available between mile 13/14. Fruit station will be available at mile 23.



GU Energy Gel will be available between mile 7/8, and also at mile 22.



Fresh pineapple will be available at the Baptist Health South Florida stations at miles 11, 15 and 22.

-  AID STATIONS (CONTAINS MEDICAL, TOILETS, WATER, GATORADE)
-  ING CHEERING ZONES
-  ENTERTAINMENT AREA
-  COMMUNITY FUN ZONE

