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ING MIAMI MARATHON® ENTRIES SOARING HIGHER

South Florida's premier running event continues to get larger.

Entries for the 2011 ING Miami Marathon and Half-Marathon®, which will be held January 30 through the streets of downtown Miami, Miami Beach and Coconut Grove, are trending 18% higher than in 2010 and the race could top the 20,000 runner mark for the first time in its eight-year history.

More than 16,000 runners have registered with just under four weeks to go to race day. The deadline for entries is January 21, but registration will resume on race weekend at the Nissan Health and Fitness Expo presented by The Miami Herald and El Nuevo Herald January 28 and 29 at the Miami Beach Convention Center.

The increase in entries is largely due to the growth of the running community both locally and nationally that is attributed to people's quest to live healthier as well as greater participation among females.

The Tropical 5K, a great family event annually held the morning before the marathon, is also experiencing an increase in entries over 2010, with more than 2,100 runners expected to run on January 29. The race will start at Watson Island and end on South Beach.

"The 2011 ING Miami Marathon and Half-Marathon® has earned its niche as a premier running event," said ING Miami Marathon® Race Director Dave Scott. "Through validation by publications such as Runners World and USA Today and also through word of mouth among runners throughout the country, people are sharing that this is a race that everybody has to run.

"You are coming to Miami. People want to visit our South Florida community. And this is one of the more scenic courses, if not the most scenic, in the country."

The half-marathon distance continues to grow in popularity. About 75% of all entries in the 2011 ING Miami Marathon and Half-Marathon® are for the half-marathon distance, which is very popular among women entrants because it is a more attainable distance than the marathon.

“Marathons and half marathons around the country are seeing a continual climb,” Scott said. “I also think that with so much attention given to health reform that a spin off to that is that people [are](#) looking to be more active and healthier.”

Entries typically surge in the final days before the race due to the resolutions runners make around the New Year to complete their training and test themselves at the marathon or half-marathon distance. Corporations are also encouraging their employees to be more active and get in shape and are offering them incentives to do so.

“Running is good for people and frankly it makes them feel better,” Scott said. “Even in the tough economic times that we have been experiencing the past [few](#) years, the continued growth of the ING Miami Marathon is proof that running is important in people’s lives and has become a part of their lifestyle.”

2011 Fact Sheet

Date:	Sunday, January 30, 2011
Year Founded:	2003
Start Time:	6:05 AM for wheelchair 6:15 AM for ING Miami Marathon and Half Marathon®
Participants:	20,000 in marathon and half marathon; 5000 children in the ING Run for Something Better program; and 2,100 runners in the Tropical 5K held one day prior.
Race Ratio:	25/75 (marathon/half marathon)
Registration:	Before January 21, 2010: \$75 Half Marathon; \$100 Marathon At Expo (January 28 and 29): \$125 Half Marathon; \$125 Marathon
Timing:	ChronoTrack B-Tag timing system, administered by Splitsecondtiming.com
Weather:	The average start time temperature is 64° F
Start Location:	American Airlines Arena, 601 Biscayne Boulevard, Miami, FL 33131
Finish Location:	Bayfront Park, 301 Biscayne Boulevard, Miami, FL 33131

Race Route: The USATF-certified course and Boston qualifier starts at American Airlines Arena, travels over the MacArthur Causeway to South Beach, through the Venetian Islands, Arts District, Downtown Miami, Coconut Grove, Brickell Avenue, and finishes at Bayfront Park.

ING Cheering Zones & Community Fun Zones: The race course comes alive with five areas that provide runners, residents and spectators with entertainment, refreshments and giveaways. Thousands of spectators are expected at the ING Cheering Zone, Omni Center on NE 15th Street and Biscayne Boulevard (Mile 10.5).

Pace Team: The ING Miami Marathon and Half Marathon® will provide experienced pacers to help runners and walkers finish at expected times. Racers can choose from several pace groups: 3:10, 3:20, 3:30, 3:40, 3:50, 4:00, 4:15, 4:30, 5:00, 5:30, 6:00 and 7:00.

Prize Purse: A total of \$10,000 will be distributed to top runners and wheelers in the marathon. The men and women's winner each get \$2,000. The half-marathon winners each get \$500. Performance bonuses are available to runner's who set a new course record or a new Florida record for the distance.

Course Records:

Marathon

Men's: David Ruto 2:12:22 (2003)

Women's: Hiromi Ominami, 2:34:11 (2006)

Half Marathon

Men's: Brian Sell, 1:03:46 (2008)

Women's: Deirdre Brill, 1:17:44 (2004)

2010 Winners:

Marathon

Men's: Michael Wardian 2:28:39

Women's: Brett Ely, 2:45:36

Half Marathon

Men's: Justin Young, 1:05.57

Women's: Meghan Armstrong, 1:17.50

Race Accolades:

“Top 10 U.S. Marathons” *USA Today* 2009; “Cool Runs” *Runner's World Magazine* 2009, “2008 Races to Run” by *Runner's World Magazine*; “2008 Top Winter Destination Race” by *USA Today*; *Competitor Sports Southeast* “Best Event of the Year and Best Running Race.”

Title Sponsor: ING has been the title sponsor for six years. ING is a global financial institution of Dutch origin offering banking, investments, life insurance and retirement services to over 85 million residential, corporate and institutional clients in more than 50 countries.

Other Events: **Friday, January 28 and Saturday, January 29** – The Nissan Health & Fitness Expo presented by The Miami Herald and El Nuevo Herald is one of the largest health expos in the region (expected attendance of 35,000). The Expo will be held at the Miami Beach Convention Center, and will be open 12 Noon to 7 PM Friday and 10 AM - 6 PM on Saturday.

Saturday, January 29 - Tropical 5K, 7:30 AM

Sunday, January 30 – Finish Line Celebration at Bayfront Park for participants, families and friends from 7:00 AM to 1:00 PM.

Call (305) 278-8668 or visit www.ingmiamimarathon.com.

About US Road Sports

US Road Sports & Entertainment Group is a health and wellness company dedicated to the production of world-class endurance events. The mission of US Road Sports is to offer an unparalleled participant sports experience that showcases host communities and endures as a deeply valued local asset through events that are a part of the city's culture, identity and brand. For each participant, US Road Sports strives to offer events that allow participants of all skill levels the opportunity to improve their physical and mental health and accomplish life-altering goals while having fun. US Road Sports provides sponsors and municipalities highly effective exposure to help maximize their presence and message in the community.