

## **Wellness, Fitness and Health at Marine Stadium Park**

Miami Marine Stadium Park has enormous potential for all types of land and water based fitness and healthy activities-running, cycling, mountain biking, triathlons, marathons, swimming, paddle boarding, dragon boating. The site will be used for both high profile world class athletic events and every day fitness and health activities. Since 2008, Friends of Miami Marine Stadium has actively reached out to organizations and individuals involved in these activities. Below are representative comments.

*I think that this stadium can be the epicenter of events and training for triathlons, OCR's (Obstacle Course Racing) and training and long distance open water swim events. A great asset this stadium can share is the adjacent property of Virginia Key Park mountain bike trails. This can become a mecca for the participatory endurance athlete with the integration of all the disciplines (biking, trail running, swimming, kayaking, paddle boarding, crossfit, etc. I also would love to integrate the Bernard Zyscovich plan which I think fits into the health and wellness angle for the stadium beautifully well. Marine Stadium can become the Fitness Playground and Epicenter of our community. There is no better time than now to make this push, as Miami is on the cusp of making its mark in the world of fitness and endurance sports.*

*I would love to put together a "pop up" fitness event at the stadium together with my Baptist Health South Florida Brickell Run Club during the next few months. I think it can generate a great deal of publicity and shed light into what an attraction this can be for the healthy lifestyle resident. I envision 400 people doing a sunset or sunrise workout up and down the steps, a swim and a run along the horseshoe basin*

**Frankie Ruiz, Co-Founder, Miami Marathon  
Chief Running Officer, LifeTime Fitness  
Founder, Baptist Health South Florida Brickell Run Club**

*Save Our Sisters, Miami's all breast cancer survivor dragon boat team is so excited to hear of all the progress you have been making in regards to getting the funding to bring the Marine Stadium back to it glorious days. As the event planner for the 2014 IBCPC Participatory Dragon Boat Festival, we had to take our participants [3,000 breast cancer survivors from 10 countries, plus the 1,000 support people traveling with them] to Sarasota, where they built a world class rowing facility at Nathan Benderson Park. Our thoughts are to the future. That we could bring the 8,000 hotel room nights, and over \$7,000,000 economic impact here to our city. We need a facility like the Marine Stadium to attract these kinds of sporting events.*

**Kim Bonomo, President,  
Save Our Sisters Women's Breast Cancer Survivor Dragon Boat Team  
President/Co-Chair  
Sarasota Breast Cancer Survivor Festival 2014 Corp**

*I have had the opportunity to travel nationally and internationally to produce large scale events. This gives me a great vantage point to compare various locations and I can definitely state that Miami Marine Stadium is one of the best, if not the best venue in the world for triathlons. Miami Marine Stadium is uniquely located in one of the most exclusive areas in Miami, surrounded by unmatched natural beauty. During 2007 - 2009, our company produced the world famous Miami International Triathlon at this location. This was a sold out event with 1,500 athletes from 23 different countries and was named one of the 10 Best Urban Races on Earth by Triathlete Magazine. The event had over 60 professional athletes competing for the prize purse. Our company is proud to announce that this event will be returning to Miami Marine Stadium on December 6th, 2015.*

**Wilber Anderson, President,  
Miami Tri-Events**

*Multi-Sport athletes love the venue, as it is centrally located, has a contained, clean swim basin and offers a fully shaded trail for running. The only drawback to the facility is its run down condition. A renovation of the facility, including the parking area and the addition of permanent restroom and concession facilities, would draw more athletic events, including rowing regattas, paddle board competitions, and swimming specific events. Also, multi-sport series races, including regular and off-road triathlons, as well as long course Iron Man and 70.3 events, would be much more attracted to a renovated venue. Multirace.com, a local multi-sport race company, draws 600-1000 athletes per triathlon and would likely run 5-6 triathlons at a renovated stadium per year. The Marine Stadium is also an ideal location for the Start and Finish of the Key Biscayne Half Marathon, which brings in 1500 participants.*

**Tom Mooney  
Multi-Sport Athlete**

*The Marine Stadium Basin, unmatched in aesthetics, dimensions, and backdrop from the rest of the world is primed as the World's top destination for Athletic Sports Events and Aquatic sports growth from the grassroots/community level to elite performance. The basin is an ideal destination that can house educational aquatics initiatives for ongoing programs such as what Swim Gym once had in the basin. Open Water swimming events are on the rise and events in South Florida, Open Water Related, are already in high demand with more than 1,000 participants from around the world attending. Events come and go, but the body of water in the marine stadium is primed for year round programming which will drive revenues in each of the following sports: swimming, sailing, stand up paddle boarding, kitesurfing, wake boarding, wake surfing, rowing, water polo, kayaking, triathlon, and scuba/snorkeling.*

**Jonathan Strauss, CEO of Swim Gym  
Executive Producer of Several Aquatic Events**

*The Rickenbacker Causeway spans between two cities which are both seeking to improve and encourage runners, walkers, and cycling within their communities. The Rickenbacker Cswy connects the island City of Key Biscayne to the mainland City of Miami. The island provides spectacular views and challenges both athletes and people seeking active lifestyles. The Rickenbacker Cswy is the hub for the dozens of triathlons, biathlons, and iron man events. The Rickenbacker also connects to the Virginia Key Mountain Bike park, providing riders and trail walkers an opportunity to explore nature while being close to the urban core. The Rickenbacker has been upgraded over the years to having off-road trails, as well as on-road bicycle lanes, and there is a planning effort to develop safer and more welcoming facilities throughout the corridor, as well as enhancing access to the Rickenbacker from the entryway from the City of Miami.*

**Colin Worth, Bicycle Coordinator  
City of Miami**

*The Miami Marine Stadium basin has been the home of the Miami Rowing Club and the Miami International Regatta for over thirty five years. It was the world class venue for the 1990 United States Masters Rowing Regatta and the 1991 International Masters Regatta. With the refurbishing of the Stadium, we will be able to attract these kinds of regattas again. In addition, we will be introducing “stake racing” which will take advantage of the stadium and allow the audience to see the entire race (Normal crew races use straight lanes so spectators must choose which part of the race they want to watch). This will be unique and likely the first stake racing since the early part of the last century!*

*Rowing is considered to be one of the best activities for complete muscular and aerobic conditioning. It is a lifetime sport which in the Marine Stadium Basin takes advantage of a unique and beautiful venue and can be enjoyed 365 days of the year. For the few days in the winter where the winds make rowing impossible, the Rowing club provides opportunities for the paddling sports which the wind and waves make fun and more challenging including Outrigger Canoes and Paddleboards. These quiet water sports provide the opportunity to promote these health activities starting with the youth program, including veteran master men and women, and promoting the sport to beginners of any age.*

**Monk Terry, Coach, Olympic Silver Medal Winner  
Miami Rowing Club,**

*Plans are being developed for new and improved bicycle facilities on the Rickenbacker Causeway including:*

- A bike lane extension from Brickell Avenue through the toll plaza to Hobie Island*
- Resurfacing and widening the bike lanes on Crandon Blvd through Crandon Park*
- Extending the new shared-use path on the east side of the Bear Cut Bridge to connect to the MAST Academy. This path extension crosses Arthur Lamb Jr. Road which leads to the Virginia Key Mountain Bike Park*
- A new shared-use path on the north side of Hobie Island that includes an connection under the Powell Bridge to the existing path on the south side of the island*

*These projects will reinforce the growing popularity of bicycling on the causeway for recreation, exercise and commuting. A training facility at the Marine Stadium will support cyclists as an essential site for information, water and bathrooms, access to the basin, retail services, as well as an anchor for events and programs. As the causeway continues to develop as a linear park and recreational destination, new facilities that support those uses will become more critical.*

**David Henderson, Bicycle and Pedestrian Coordinator  
Miami Dade County**

*Protected waters, scenic vistas, ocean breezes and Biscayne Bay just minutes away, by stand up paddleboard or kayak. Miami Marine Stadium offers the ideal venue for stand up paddle boards (SUP) and kayaks to enjoy Miami's beautiful waters. Whether visiting our great city, new to the sport, or experienced competitor, the Miami Marine Stadium basin is the perfect location for paddle sports. Dolphins and sea turtles often visit water enthusiasts as they paddle. Racers flock to the stadium too. With excellent race course options, distance and sprint races launch from the shores of our monument to modern design. What a better way to enjoy our most pristine resource, our waterways, than from Miami Marine Stadium.*

**Esther Alonso-Luft  
The Paddle House**

*The Marine Stadium celebrates boating, a form of transportation unique to Miami. The restoration of the stadium has enormous potential to embrace biking, another popular form of transportation in Miami. With the addition of a bicycle concession operated by the Bicycle Action Committee, the Marine Stadium could be a place for cyclists nationwide to come to rent bikes and explore the scenic bike routes that Miami has to offer. The Marine Stadium's prime location in the heart of Key Biscayne would give cyclists a great opportunity to explore the most beautiful bike rides in Miami. These*

*rides include the Virginia Key Mountain Bike Trail and the path along the Rickenbacker Causeway, which is the only major 'hill' in South Florida. The Bicycle Action Committee (BAC) promotes bike safety and awareness by donating proceeds of city-specific bike clothing sales back to the city governments to be used toward local bike projects. By purchasing the BAC bike clothing at the Marine Stadium, tourists and locals alike will support South Florida bike projects and demonstrate pride for the beautiful rides these cities have to offer.*

**Richard Cahlin**  
**CEO and Founder**  
**Bicycle Action Committee**