

Route Team Binder

Hurricanes Hundred

Route Map • Turn-by-Turn • Time Estimates

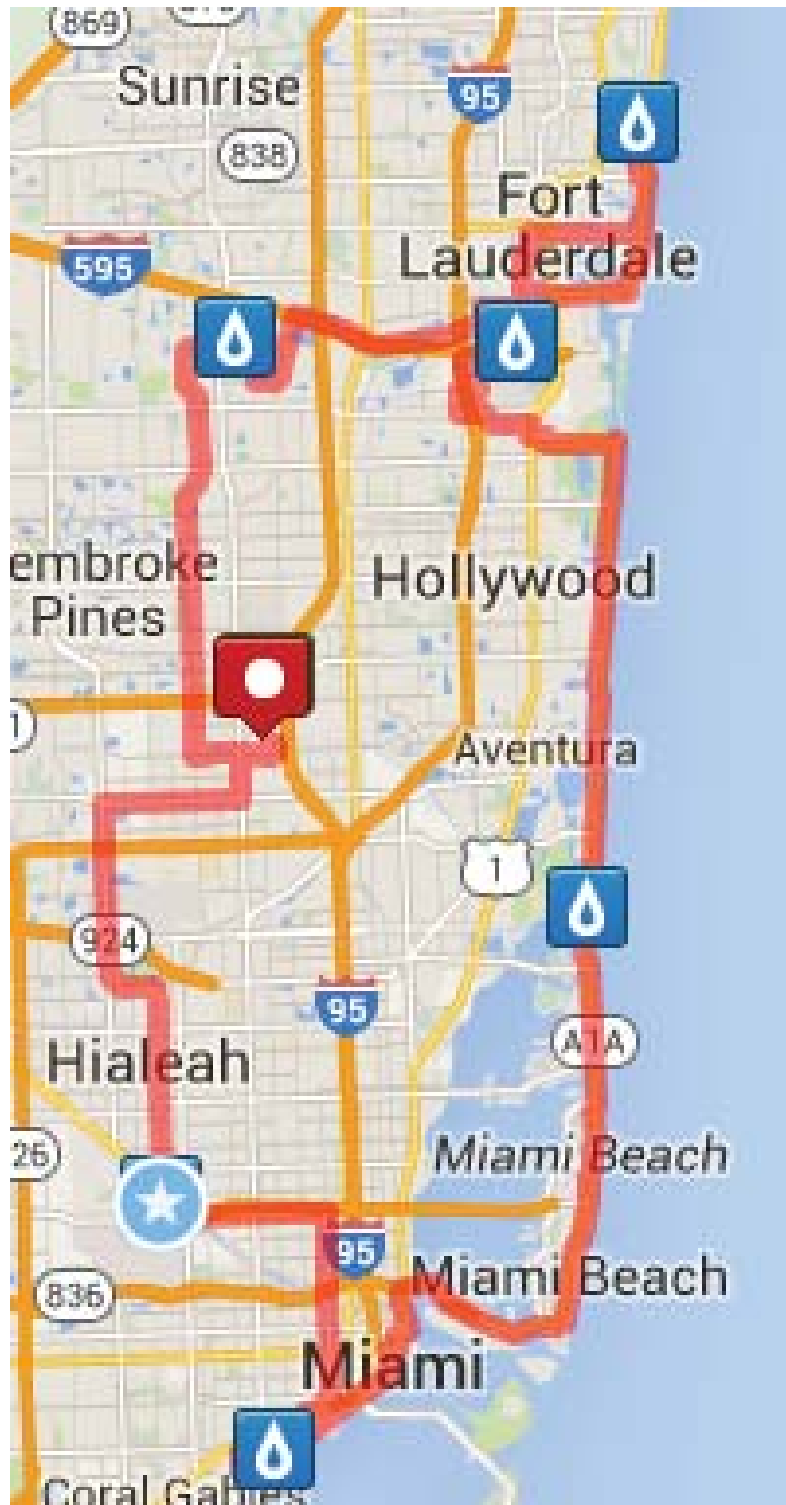


Saturday February 20, 2016



Hurricanes Hundred
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Route Map





Dolphins
CANCER CHALLENGE

Hurricanes Hundred
Saturday February 20, 2016

Turn by Turn

<u>DCC VI Turn by Turn Directions</u>	<u>Miles in</u>	<u>Distance</u>
1 Head out of Gate 2 to,	0	0.1
2 Right onto Turnpike Access Rd to,	0.1	0.14
3 Right onto NW 199th Street to,	0.24	0.81
4 Left onto NW 27th Ave to,	1.05	1.01
5 Right onto Miami Gardens Dr to,	2.06	3.01
6 Left onto Red Rd to,	5.07	3.83
7 Left onto W 68th St to,	8.9	0.35
8 Continue onto W 65th St to,	9.25	0.76
9 Right onto E 4th Ave to,	10.01	4.81
10 Water Stop #1 - Charles P. Stafford	14.82	0
11 Continue right onto E 4th Ave to,	14.82	0.29
12 Left onto N US Hwy 27 to,	15.11	3.54
13 Right onto NW 12th Ave to,	18.65	4.06
14 Right onto SW 3rd Ave to,	22.71	0.47
15 Continue onto SW 1st Ave to,	23.18	0.14
16 Left onto SW 17th Ave to,	23.32	0.27
17 Right onto Tigertail Ave to,	23.59	1.24
18 Right onto SW 27th Ave to,	24.83	0.25
19 Left onto Bird Ave to,	25.08	0.51
20 Left onto McDonald St to,	25.59	0.51
21 Left onto Grand Ave to,	26.1	0.19
22 Right onto McFarlane Rd to,	26.29	0.19
23 Continue onto Bayshore Dr to,	26.48	3.65
24 Continue on S Miami Ave around roundabout to,	30.13	0.55
25 Right onto SW 8th St to,	30.68	0.18
26 Left onto Brickell Ave to,	30.86	0.34
27 Right onto Biscayne Blvd to,	31.2	1.2
28 Right onto MacArthur Causeway to,	32.4	3.4
29 Continue onto Collins after Causeway ends to,	35.8	0.55
30 Left onto Ocean Dr to,	36.35	0.91
31 Left onto 15th St to,	37.26	0.06
32 Right onto Collins to,	37.32	2.09
33 Continue right back onto Collins to,	39.41	5.84
34 Crossing over Bridge (Approaching Water Stop)	45.25	0.95
35 Water Stop # 3 - Haulover Park	46.2	0
36 Continue right on Collins Ave to,	46.2	9.75
37 Continue onto A1A after loop to,	55.95	1.75
38 Right onto Fronton Blvd to,	57.7	0.24



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Turn by Turn cont.

39 Left onto NE 2nd St to,	57.94	0.31
40 Right onto Federal Highway to,	58.25	0.24
41 Left onto Old Griffin Rd to,	58.49	1.2
42 Right onto Griffin Road to,	59.69	0.47
43 Right onto Anglers Ave to,	60.16	0.5
44 Right onto SW 42nd St to,	60.66	0.41
45 Left onto W Perimeter Rd. to,	61.07	1.66
46 Right onto SW 33 Pl to,	62.73	0.7
47 Left onto SW 4th Ave to, (Approaching Water Stop)	63.43	0.13
48 Water Stop # 4 - Snyder Park	63.56	0
49 Continue North on SW 4th Ave to,	63.56	1.14
50 Right onto SE 17th St to,	64.7	2.3
51 Continue onto N Atlantic Blvd to,	67	2.65
52 Left onto E Sunrise Blvd to,	69.65	0.15
53 Right into Hugh Taylor Birch Park to, (Approaching Water Stop)	69.8	1.16
54 Water Stop # 5 - Hugh Taylor	70.96	0
55 Continue back toward E Sunrise Blvd to,	70.96	1.06
56 Left onto E Sunrise Blvd to,	72.02	0.15
57 Right onto N Atlantic Blvd to,	72.17	0.94
58 Continue right at fork to,	73.11	0.38
59 Right onto E Las Olas Blvd to,	73.49	2.35
60 Right onto S Andrews Ave to,	75.84	0.46
61 Right onto SW 7th St to,	76.3	0.24
62 Left onto SW 4th Ave to,	76.54	1.15
63 Right onto SW 20th St to,	77.69	0.86
64 Left onto SW 15th Ave to,	78.55	0.38
65 Right onto Marina Mile Blvd to,	78.93	2.1
66 Continue onto SR-84 West to,	81.03	2.19
67 Left onto Davie Rd to,	83.22	1.47
68 Right onto SW 39th St to,	84.69	0.5
69 Right onto College Ave to,	85.19	0.57
70 Left onto SW 30th St to, (Approaching Water Stop)	85.76	0.55
71 Water Stop # 6 - Training Camp	86.31	0.08
72 Continue West on SW 30th St to,	86.39	1.19
73 Left onto Pine Island Rd to,	87.58	9.11
74 Left onto NW 199th St to,	96.69	1.99
75 Left into Gate 2 to,	98.68	0.09
76 SLS Loop Finish	98.77	



Dolphins
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Time Estimates

Location	Distance	Distance From Last Checkpoint	FASTEST GROUP (23+ MPH)			FAST GROUP (18-22 MPH)			MIDDLE GROUP (16-18 MPH)			SLOWEST GROUP (12-16 MPH)		
			Speed	Duration	Time	Speed	Duration	Time	Speed	Duration	Time	Speed	Duration	Time
Sun Life Stadium - START	0.00	0.00		0:00:00	6:30 AM		0:00:00	6:30 AM		0:00:00	6:30 AM		0:00:00	6:30 AM
NW 27th Ave / NW 183rd St	2.06	2.06	20	0:06:11	6:36 AM	17	0:07:16	6:37 AM	15	0:08:14	6:38 AM	14	0:08:50	6:38 AM
NW 183rd St / NW 57th Ave (Red Rd)	5.07	3.01	21	0:08:36	6:44 AM	17	0:10:37	6:47 AM	16	0:11:17	6:49 AM	13	0:13:54	6:52 AM
W 65th St / E 4th Ave	10.01	4.94	23	0:12:53	6:57 AM	18	0:16:28	7:04 AM	17	0:17:26	7:06 AM	12	0:24:42	7:17 AM
SE 4th Ave / Charles B. Stafford Park	14.81	4.80	23	0:12:31	7:10 AM	18	0:16:00	7:20 AM	17	0:16:56	7:23 AM	13	0:22:09	7:39 AM
Charles B. Stafford Park - Water Stop				0:00:00	7:10 AM		0:00:00	7:26 AM		0:10:00	7:33 AM		0:10:00	7:49 AM
East Dr. / NW 36th St	15.11	0.30	22	0:00:49	7:11 AM	19	0:00:57	7:26 AM	18	0:01:00	7:34 AM	14	0:01:17	7:50 AM
NW 36th St / NW 12th Ave	18.65	3.54	24	0:08:51	7:19 AM	20	0:10:37	7:36 AM	18	0:11:48	7:46 AM	13	0:16:20	8:07 AM
NW 12 Ave - UM SYLVESTER	20.15	1.50	22	0:04:05	7:23 AM	19	0:04:44	7:41 AM	17	0:05:18	7:52 AM	12	0:07:30	8:14 AM
SW 12th Ave / SW 8th St	21.70	1.55	24	0:03:53	7:27 AM	19	0:04:54	7:46 AM	17	0:05:28	7:57 AM	14	0:06:39	8:21 AM
SW 17th Ave / S Dixie Hwy	23.35	1.65	24	0:04:08	7:31 AM	19	0:05:13	7:51 AM	17	0:05:49	8:03 AM	12	0:08:15	8:29 AM
McDonald St / Grand Ave	26.10	2.75	24	0:06:52	7:38 AM	19	0:08:41	8:00 AM	16	0:10:19	8:13 AM	14	0:11:47	8:41 AM
Water Stop 2 - Water Stop				0:00:00	7:38 AM		0:00:00	8:06 AM		0:06:00	8:18 AM		0:06:00	8:48 AM
SE 8th St / Brickell Ave	30.86	4.76	24	0:11:54	7:50 AM	19	0:15:02	8:20 AM	18	0:15:52	8:34 AM	13	0:21:58	9:08 AM
S Biscayne Blvd Way / E Flagler St	31.59	0.73	23	0:01:54	7:52 AM	19	0:02:18	8:22 AM	15	0:02:55	8:37 AM	14	0:03:08	9:11 AM
MacArthur Cswy / Alton Road	35.80	4.21	24	0:10:31	8:03 AM	20	0:12:38	8:35 AM	16	0:15:47	8:53 AM	12	0:21:03	9:32 AM
Ocean Dr / 10th St	36.75	0.95	23	0:02:29	8:05 AM	20	0:02:51	8:38 AM	15	0:03:48	8:56 AM	14	0:04:04	9:36 AM
Collins Ave / 71st St	42.22	5.47	23	0:14:16	8:19 AM	20	0:16:25	8:54 AM	16	0:20:31	9:17 AM	14	0:23:27	10:00 AM
Collins Ave / Haulover Park	45.61	3.39	23	0:08:51	8:28 AM	20	0:10:10	9:04 AM	15	0:13:34	9:31 AM	13	0:15:39	10:16 AM
Haulover Park - Water Stop				0:10:00	8:38 AM		0:10:00	9:14 AM		0:10:00	9:41 AM		0:10:00	10:25 AM
Collins Ave / William Lehman Causeway	49.05	3.44	24	0:08:36	8:47 AM	21	0:09:50	9:24 AM	16	0:12:54	9:53 AM	12	0:17:12	10:42 AM
S Ocean Dr / Hollywood Blvd	53.12	4.07	23	0:10:37	8:57 AM	21	0:11:38	9:36 AM	17	0:14:22	10:08 AM	12	0:20:21	11:03 AM
E Dania Beach Blvd / Fronton Blvd	57.70	4.58	22	0:12:29	9:10 AM	20	0:13:44	9:50 AM	17	0:16:10	10:24 AM	13	0:21:08	11:24 AM
Anglers Ave / SW 42nd St	60.16	2.46	24	0:06:09	9:16 AM	21	0:07:02	9:57 AM	16	0:09:13	10:33 AM	12	0:12:18	11:36 AM
SW 34th Pl / SW 33rd Pl	62.73	2.57	23	0:06:42	9:23 AM	20	0:07:43	10:04 AM	16	0:09:38	10:43 AM	14	0:11:01	11:47 AM
SW 4th Ave / Snyder Park	63.56	0.83	23	0:02:10	9:25 AM	21	0:02:22	10:07 AM	16	0:03:07	10:46 AM	12	0:04:09	11:51 AM
Snyder Park - Water Stop				0:10:00	9:35 AM		0:10:00	10:17 AM		0:10:00	10:56 AM		0:10:00	12:01 PM
SE 17th St / S Federal Hwy	65.36	1.80	22	0:04:55	9:40 AM	20	0:05:24	10:22 AM	17	0:06:21	11:02 AM	14	0:07:43	12:08 PM
N Ocean Blvd / E Las Olas Blvd	68.33	2.97	24	0:07:25	9:47 AM	20	0:08:55	10:31 AM	17	0:10:29	11:13 AM	14	0:12:44	12:22 PM
N Ocean Blvd / E Sunrise Blvd	69.65	1.32	23	0:03:27	9:51 AM	20	0:03:58	10:35 AM	16	0:04:57	11:18 AM	14	0:05:39	12:27 PM
E Sunrise Blvd / Hugh Taylor Park Entrance	69.80	0.15	24	0:00:22	9:51 AM	21	0:00:26	10:35 AM	16	0:00:34	11:18 AM	14	0:00:39	12:28 PM
Hugh Taylor Water Stop	70.96	1.16	25	0:02:47	9:54 AM	20	0:03:29	10:39 AM	17	0:04:06	11:22 AM	13	0:05:21	12:33 PM
Hugh Taylor Birch State Park - Water Stop				0:10:00	10:04 AM		0:10:00	10:49 AM		0:15:00	11:37 AM		0:15:00	12:48 PM
SR A1A / E Las Olas Blvd	73.49	2.53	24	0:06:20	10:10 AM	20	0:07:35	10:56 AM	16	0:09:29	11:47 AM	14	0:10:51	12:58 PM
E Las Olas Blvd / S Andrews Ave	75.84	2.35	23	0:06:08	10:16 AM	20	0:07:03	11:03 AM	16	0:08:49	11:56 AM	14	0:10:04	1:09 PM
SW 4th Ave / Davie Blvd	76.92	1.08	24	0:02:42	10:19 AM	20	0:03:14	11:07 AM	17	0:03:49	12:00 PM	13	0:04:59	1:14 PM
SW 16th Ave / State Rd 64	78.93	2.01	24	0:05:02	10:24 AM	21	0:05:45	11:12 AM	18	0:06:42	12:06 PM	13	0:09:17	1:24 PM
State Rd 64 / Davie Rd	83.22	4.29	23	0:11:11	10:35 AM	21	0:12:15	11:25 AM	17	0:15:08	12:21 PM	13	0:19:48	1:43 PM
Davie Rd / SW 39th St	84.69	1.47	24	0:03:40	10:39 AM	21	0:04:12	11:29 AM	17	0:05:11	12:27 PM	13	0:06:47	1:50 PM
SW 30th St / Miami Dolphins Facility	86.34	1.65	24	0:04:06	10:43 AM	21	0:04:43	11:34 AM	16	0:06:11	12:33 PM	13	0:07:37	1:58 PM
Miami Dolphins Training Facility - Water Stop				0:05:00	10:48 AM		0:10:00	11:44 AM		0:10:00	12:43 PM		0:15:00	2:13 PM
SW 30th St / S Pine Island Road	87.58	1.24	23	0:03:14	10:51 AM	20	0:03:43	11:47 AM	18	0:04:08	12:47 PM	12	0:06:12	2:19 PM
S Pine Island Road / Sheridan St	91.43	3.85	24	0:09:38	11:01 AM	20	0:11:33	11:59 AM	17	0:13:35	1:00 PM	12	0:19:15	2:38 PM
S Pine Island Road / Pines Blvd	92.95	1.52	23	0:03:58	11:05 AM	19	0:04:48	12:04 PM	17	0:05:22	1:06 PM	12	0:07:36	2:46 PM
S Pine Island Road / Miramar Pkwy	94.86	1.91	24	0:04:46	11:10 AM	20	0:05:44	12:09 PM	17	0:06:44	1:13 PM	12	0:09:33	2:55 PM
NW 37th Ave / NW 199th St	96.68	1.82	23	0:04:45	11:14 AM	19	0:05:45	12:15 PM	17	0:06:25	1:19 PM	12	0:09:06	3:05 PM
NW 199th St / NW 27th Ave	97.70	1.02	24	0:02:33	11:17 AM	20	0:03:04	12:18 PM	15	0:04:05	1:23 PM	12	0:05:06	3:10 PM
Hurricanes Hundred Finish - Finish	98.76	1.06		0:00:00	11:17 AM		0:00:00	12:18 PM		0:00:00	1:23 PM		0:00:00	3:10 PM
Duration & Speed w/o Water Stops		98.76	20.81	4:47:28		18.99	6:48:44		14.33	8:58:38		11.38	8:40:07	
			23.47	4:12:28		18.61	6:03:44		18.62	6:58:33		12.88	7:40:07	