



Romanov Academy of Sports Science

Coach Certification Division

Welcome to Miami - Bienvenido a Miami

Traveling should always be a good experience and fun so I want to extend to you my assistance in making your travel plans. I've compiled what I thought was the most relevant information and it should help you in making your travel arrangements.

If you have any additional questions please don't hesitate to contact me. My contact info is at the bottom of this document.

TRAVEL SCHEDULE

Our clinics vary in length anywhere between 1-3 days. When planning your stay make sure to arrive the night before, especially if attending a Certification. All clinics start at 9am and end at 4-5pm. Certification Clinics are completed Sunday at 5pm.

AIRPORT

Miami International Airport

Coming to Miami, FL you should fly into Miami International Airport (MIA). I recommend checking out [Expedia.com](https://www.expedia.com) for best air + hotel (+ car) deals.

GETTING TO HOTEL

10-15 min by car/taxi

There are 3 ways to get to any hotel. Doral is where you will be heading. It is a 10-15 minute ride depending on the location of your hotel and the traffic.

1. By taxi – the taxi stand is right outside, just follow the taxi signs at the airport. It's approximately \$10-\$15
2. By car – the car rental places are right at the airport, so it's easy to get a rental, but it's important that you book in advance. Renting a car will also give you an opportunity to explore Miami and the beaches. [Click here to check for air+hotel+car deals](#)
3. By shuttle – some hotels offer shuttle rides from the airport to hotel. Please inquire with your hotel about this.

CAR

Having a car in Miami is essential, our public transportation system is quite different from other major cities. However, coming to our clinic does not require renting a car unless you would like to head over to the famous South Beach for dinner or for a swim, or explore the area in general. Who said you can't make this an official vacation and stay longer?

HOTELS

There are many hotels in the area from Intercontinental to Extended Stay. If you would like to do a map search, [click here](#). If you decide to rent a car than you're free to choose between any of the hotels in the area. However, if you won't be renting a car while at the clinic, then I recommend staying at either one of these hotels. All of them are a walking distance away - 5 or 20 minute walk.

Extended Stay America

8655 NW 21st Terrace
Miami, FL 33122

[website](#)

[Check offers](#)

Intercontinental

2505 NW 87th Ave
Doral, FL 33172

[website](#)

Residence Inn Doral

1212 NW 82nd Ave
Miami, FL 33126

[website](#)

La Quinta Inn & Suites

8730 NW 27th St
Miami, FL 33172

[website](#)

Candlewood Suites

8855 NW 27th St
Miami, FL 33172

[website](#)

Also near by, but you'd need a car for sure

DoubleTree

711 NW 72nd Ave
Miami, FL 33126

[website](#)

Hyatt Place

3655 NW 82nd Avenue
Miami, FL, 33166

[website](#)

Staybridge Suites

3265 N.W. 87th Avenue
Miami, FL, 33172

[website](#)

[Click here](#) to check special offers on any hotel, air or car bookings.

LOCATION

Our address is 1401 NW 88th Ave, Doral, FL 33172. The Romanov Academy of Sports Science is only a 10 min taxi ride from the airport and is located in the City of

Doral, one of thirty-four municipalities in Miami-Dade County, Florida. It ranks 51st in Top 100 Places to Live (CNN Money).

Doral was awarded a title of Playful City USA (2010-2014) and Tree City USA (2008-2013). There are several parks and recreational areas and plenty of routes to go running - [take a look](#).

Romanov Academy is right next to I Am CrossFit in Doral.

WHAT TO BRING

You're welcome to bring iPads or tablets to make notes.

The only real requirement is proper running shoes. Please make sure to have a pair of thin-soled lightweight racing flats. At the very least please avoid any cushioned or motion control running shoes.

Dr. Romanov prefers running in [Inov-8 195](#). But there are quite a few other Inov-8 pairs to choose from, [check them out](#). He also is a big fan of this [Mizuno Wave Universe](#) series.

Have Questions?

Contact Lana Romanov

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LinkedIn: www.linkedin.com/in/lanaromanov/