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LIFE ON MILE MARKER 61: AN INSIDER'S LOOK INTO LIVING IN THE MIDDLE FLORIDA KEYS

Duck Key resident and long-time managing director of Hawks Cay Resort, Sheldon Suga, talks about what he's learned in his six years living, working and making memories in paradise

DUCK KEY, Fla. – November 16, 2015 – Every morning, Sheldon Suga ties his running shoes and heads out for a morning run. The managing director of [Hawks Cay Resort, Villas and Marina](#) is an avid runner and has been training for the 2016 Walt Disney Marathon. It's that same runner's endurance that has kept him on top of his hospitality game. With over 35 years of experience in the hospitality industry, Suga is just shy of celebrating his seventh anniversary at Hawks Cay. During that time, Suga has also become an involved member in the Middle Keys community and has celebrated some of life's biggest milestones here. Today, he recalled what life is like down on Mile Marker 61.

Q: What is your favorite part about living in the Middle Keys?

Suga: I really love that I can get out on the water whenever I have the opportunity. Here, you can catch just about any type of fish, and the captains at the marina are extremely knowledgeable about seasons and patterns. Fishing is a way of life in Duck Key, and you can see its influence in every aspect of the island. Living here has made an impact on my outlook as the Resort's managing director by giving me a new perspective and purpose.

Q: What is the Middle Keys' best-kept secret?

Suga: Contrary to popular belief, there are very few places where you can find beaches in the Keys--except, that is, in the Middle Keys where you can find beaches at Bahia Honda State Park and Sombrero Beach. Keeping true to that spirit, Hawks Cay even has its own beach, Saltwater Lagoon, which looks directly onto the Resort's boat channel, making it the perfect place to watch the ships go by while floating on a paddleboard or lying on a lounge chair in the sand.

Q: How do Duck Key residents stay in shape?

Suga: With great weather year round, the Keys really is the perfect place to take your workout to the street or water. Most residents and visitors are fans of watersports, so they take full advantage of Sundance Watersports, located at Hawks Marina, for their kayak, stand up paddleboarding, snorkeling and parasailing offerings. Those who are a little bit more

adventurous enjoy the rush of kiteboarding and wakeboarding just down the street at oTHERside Boardsports.

For land lovers, running in Duck Key is unique because of its Venetian bridges; it adds another level of difficulty to your everyday run. We also have the amazing Cliff Drysdale tennis program, which is great for those who want to improve their game.

Q: Where do the locals go to eat in the Middle Keys?

Suga: The Keys are well known for its “hook-and-cook” culture, where you can catch your meal during the day and have it freshly prepared the way you like it for lunch or dinner. It’s the inspiration for the Resort’s new restaurant, Angler & Ale. The new-build restaurant will be open to the public as well as resort guests. It will feature expansive outdoor seating, multiple fire pits and panoramic ocean views from our marina. It’s going to make a great gathering spot for locals, guests and those driving through the Keys.

Q: What is the best memory you have made while living in Keys?

Suga: That would be my daughter’s wedding, which we had right here on property. One of the best things about living on in the Keys is that everyone loves to come to you. We were able to bring in a big group of our friends and family down for the wedding, which made it even more special.

For more information, please visit <http://www.hawkscay.com/> or call 877-484-9342.

About Hawks Cay Resort, Villas and Marina

Hawks Cay Resort, Villas and Marina, located on Duck Key in the Middle Florida Keys, is the premier destination in the Florida Keys for outdoor fun in the sun. Situated roughly halfway between Key Largo and Key West, this 60-acre, tropical destination is easily accessible by car, boat or plane yet feels worlds away from everyday life. A recipient of the AAA Four Diamond Award and a member of the Preferred Hotels & Resorts Lifestyle Collection, Hawks Cay recently completed a multimillion dollar renovation. This resort-wide enhancement included updates to 177 guestrooms and suites, 15 meeting rooms, the 85-slip marina and all public spaces, including the kids’ club and Pirate Ship Pool. Other additions include The Oasis, an exclusive adults-only area with five private cabanas at the Tranquility Pool; two luxury penthouses; and 16 family suites.

On-property, guests enjoy offshore, flats and backcountry fishing; diving; kayaking; kiteboarding and standup paddleboarding programs; Cliff Drysdale tennis program; Segway tours and the only resort-based Dolphin Connection program with complimentary daily viewings. The Resort is also home to 225 two- and three-bedroom villas, four restaurants, a saltwater lagoon, five swimming pools and the award-winning Calm Waters Spa.

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