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NEW YORK ON.**



TATA
CONSULTANCY
SERVICES

TCS NEW YORK CITY MARATHON **2014 RUNNER HANDBOOK**

NYRR RUN FOR LIFE



Like the starting horn at a race, we want to be the “Go!” that gets people running for life. At NYRR, it is our goal to give everyone on the planet both a reason to run and the means and opportunity to keep running and never stop. Today, tomorrow, and for life.

#RUNFORLIFE





Saturday, November 1, 2014 8:30 a.m.

DASH TO THE FINISH LINE 5K

Finish at the famed TCS New York City Marathon finish line in Central Park.

COME CHECK IT OUT!

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FOUNDATION PARTNERS



STRATEGIC PARTNERS



CONTRIBUTING PARTNERS



OFFICIAL BROADCAST PARTNERS



MEDIA PARTNERS



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CITY AGENCIES/PARTNERS

The City of New York	New York City	Mayor's Office of Media and Entertainment	United States
New York City	Department of Education	Metropolitan	Army Reserve
Police Department	New York City	Transportation Authority	United States
New York City	Department of Health and Mental Hygiene	MTA Bridges and Tunnels	Coast Guard
Fire Department	New York City	Port Authority of New York & New Jersey	United States Park Police
New York City	Department of Sanitation	Central Park Conservancy	USA Track & Field
Department of Sanitation	New York City Office of Environmental Protection	City Parks Foundation	IAAF/International Association of Athletics Federations
New York City	Department of Emergency Management	NYC & Company	AIMS/Association of International Marathons
Department of Transportation	Mayor's Office of Citywide Event Coordination and Management	National Park Service	ARRL Ham Radio Operators
City of New York			
Parks & Recreation			





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Experience New York from start to finish

#GoTheExtraMile

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UNITED



26.2 • friendly

*Proud to fly in runners from
around the world to the starting line of
the TCS New York City Marathon.*

fly the friendly skiesSM



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TCS NEW YORK CITY MARATHON



OWN THE ROAD

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212.673.7700

TIMES SQUARE OAKLEY STORE
1515 BROADWAY, NEW YORK, NY
212.575.0960

MARATHON EXPO OAKLEY STORE
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**WE'RE IN IT
TOGETHER.**

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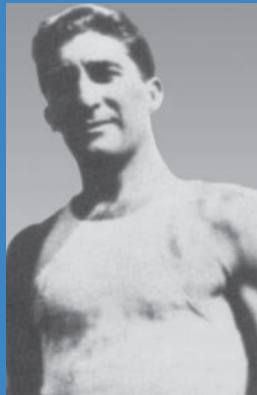


COURTESY OF TIFFANY & CO.

The Rudin Family

is proud to present **The Samuel Rudin Trophy** to the winners of the
TCS NEW YORK CITY MARATHON
SUNDAY, NOVEMBER 2, 2014

The Rudin Trophy is given in memory of their beloved father, grandfather and great-grandfather, a long-distance runner for the Pastime Athletic Club in the Bronx between 1917 and 1923.



Samuel Rudin (1896-1975)

An avid long distance runner and civic leader, Samuel Rudin rose from humble beginnings on New York's Lower East Side to become one of New York's major builders and owners of real estate. Rudin joined the Pastime Athletic Club in the Bronx in 1917 while a student at City College and competed in long-distance races as a member of the club through 1923. In 1925, he founded the Rudin Management Company, a real estate firm which presently owns and manages 22 multi-story apartment houses and 16 office buildings in Manhattan. Samuel Rudin was actively involved with many charitable organizations in New York City, including the United Jewish Appeal, the Federation of Jewish Philanthropies, the City College Fund and the Boy Scouts of America. In 1967, he was awarded an honorary Doctor of Laws degree by Iona College in New Rochelle, New York. Today the Rudin Family continues to play a major philanthropic role in New York City.

DON'T CRACK UNDER PRESSURE



TAGHeuer
SWISS AVANT-GARDE SINCE 1860



OFFICIAL TIMEKEEPER OF THE
TCS NEW YORK CITY MARATHON

LINK CALIBRE 16
CHRONOGRAPH

WEATHER

Average temperatures from past New York City Marathons:

- **Average high:** 60°F/15°C
- **Average low:** 48°F/9°C

START TIMELINE

- 8:30 a.m. Wheelchair Division
- 8:45 a.m. Foot Locker Five Borough Challenge
- 8:55 a.m. Achilles Handcycle Category and Select Athletes with Disabilities
- 9:10 a.m. Professional Women
- 9:40 a.m. Wave 1 (including Professional Men)
- 10:05 a.m. Wave 2
- 10:30 a.m. Wave 3
- 10:55 a.m. Wave 4

WATCH, FOLLOW, & TRACK

In the NYC metro area: Watch the broadcast live on race day on ABC7 from 9:00 a.m. to 2:00 p.m. Pre-race features from Fort Wadsworth begin at 7:00 a.m. Live streaming will also be available on WatchABC and 7online.com from 7:00 a.m. to 2:00 p.m.

Across the country: Live coverage on ESPN2 and WatchESPN from 9:00 a.m. to 12:30 p.m. EST. Additional coverage will be streaming live on ESPN3 from 7:00 to 9:00a.m. EST and from 12:30 to 2:00 p.m. EST, available only at WatchESPN.com and through the WatchESPN app. The broadcast will also be aired live in Spanish on ESPN Deportes+ from 9:00 a.m. to 12:30 p.m. EST. And don't miss the national highlight show on your local ABC affiliates from 4:00 to 6:00 p.m.

On mobile devices: This broadcast is available live on tablets or smartphones with WatchABC in New York and WatchESPN nationwide. Download the app in the App Store or Google Play store. Access to WatchABC and WatchESPN is available through participating TV providers.

Around the world: International viewers can watch the broadcast via a live digital stream from 7:00 a.m. to 2:00 p.m. EST on 7online.com.

Mobile app: The TCS New York City Marathon Mobile App Powered by Tata Consultancy Services features a schedule of race-week activities, tracking of up to 10 runners at a time, fun facts, weather updates, and more. Developed by Tata Consultancy Services, the app is available for download free of charge throughout race week at the iTunes Store and Google Play Store.

Live tracking and results: Use NYRR's Live Results tool during and after the race to track runners and get unofficial results free of charge on any computer or mobile device; go to liveresults.nyrr.org on race day.

race week

SATURDAY, OCTOBER 25

Youth Track & Field Jamboree Presented by Tata Consultancy Services

9:00 a.m., New Balance Track & Field Center at the Armory

Presentation of the 2014 Abebe Bikila Award to Dr. Norbert Sander

SUNDAY, OCTOBER 26

Poland Spring Marathon Kickoff (5M)

8:30 a.m., Central Park

Run through Central Park and cross the TCS New York City Marathon finish line.

THURSDAY, OCTOBER 30

Run with Champions

9:00 a.m., Central Park

More than 1,000 NYC schoolchildren served by NYRR Youth Programs race in Central Park.

TCS New York City Marathon Health and Fitness Expo

10:00 a.m.–8:00 p.m. (bib pickup closes at 7:00 p.m.)

Jacob K. Javits Convention Center, Hall 3E (11th Avenue at 35th Street)

FRIDAY, OCTOBER 31

TCS New York City Marathon Health and Fitness Expo

10:00 a.m.–8:00 p.m. (bib pickup closes at 7:00 p.m.)

Jacob K. Javits Convention Center, Hall 3E (11th Avenue at 35th Street)

Marathon Lounge Presented by Tata Consultancy Services

10:00 a.m.–9:00 p.m., Time Warner Center at Columbus Circle

A free event, open to the public, with a variety of interactive activities and special programming

Marathon Opening Ceremony Presented by United Airlines

5:30–7:00 p.m., Central Park

A spectacular parade to celebrate the diversity of the TCS New York City Marathon, followed by the Marathon Fireworks Presented by Poland Spring

SATURDAY, NOVEMBER 1

NYRR Dash to the Finish Line

8:30 a.m., NYC streets and Central Park

A 5K in Manhattan with a finish at the TCS New York City Marathon finish line

TCS New York City Marathon Health and Fitness Expo

9:00 a.m.–5:00 p.m. (bib pickup closes at 5:00 p.m.)

Jacob K. Javits Convention Center, Hall 3E (11th Avenue at 35th Street)

Marathon Lounge Presented by Tata Consultancy Services

10:00 a.m.–9:00 p.m., Time Warner Center at Columbus Circle

A free event, open to the public, with a variety of interactive activities and special programming

Marathon Eve Dinner

4:00–8:00 p.m., Central Park at West 67th Street and Central Park West

A carb-centric dinner, with entertainment provided by iHeartMedia

SUNDAY, NOVEMBER 2

Standard time resumes at 2:00 a.m. Set clocks back one hour Saturday night.

2014 TCS New York City Marathon

Fort Wadsworth, Staten Island, to Central Park

Start times and broadcast schedule are on page 11

Marathon Lounge Presented by Tata Consultancy Services

9:00 a.m.–7:00 p.m., Time Warner Center at Columbus Circle

Watch the TCS New York City Marathon broadcast and see the runners pass through Columbus Circle at this free event, open to the public, with a variety of interactive activities and special programming.

Blue Line Lounge Presented by Tata Consultancy Services at the Marathon Pavilion

9:30 a.m.–1:30 p.m., Central Park West at 67th Street

Information and tickets at tcsnycmarathon.org

Night of Champions: A Benefit for NYRR Youth Programs

6:00–9:30 p.m., the Todd English Food Hall at the Plaza Hotel

Celebrate and raise funds to support NYRR's youth and community services; information and tickets at tcsnycmarathon.org

MONDAY, NOVEMBER 3

Marathon Monday at the Marathon Pavilion

7:00 a.m.–5:00 p.m., Central Park at West 67th Street

Limited-edition finisher gear and select 2014 ASICS apparel; Fond Memories finisher medal engraving; sales of the New York Times special marathon results section; Oakley photo booth; and Hospital for Special Surgery Recovery Zone

TUESDAY, NOVEMBER 4

Marathon Tuesday

10:00 a.m.–4:00 p.m., NYRR, 9 East 89th Street

Fond Memories finisher medal engraving; sales of select merchandise.

Information is subject to change; check tcsnycmarathon.org for updates.



PROUD PARTNERS OF THE
TCS NEW YORK CITY MARATHON

TATA CONSULTANCY SERVICES



THE NEW
GEL-NIMBUS 16
FEEL THE RUN, NOT THE ROAD.

When making your travel plans, remember that you must arrive in time to pick up your race number at the expo (October 30–November 1) at the Jacob K. Javits Convention Center.

Use **Airbnb**, the Official Community Hospitality Partner of NYRR, to stay with a New Yorker and be a local for the marathon! With apartments and rooms in every neighborhood across New York City, Airbnb hosts are opening their doors to runners and visitors to share New York's best hospitality and insider information with you.

Our Official Airline Partner, **United Airlines**®, offers more nonstop service from more cities to the New York area than any other airline. Visit united.com to book your flight today to one of United's over 350 destinations. fly the friendly skies™

Anthony Travel is proud to serve as the Official Travel Provider of the TCS New York City Marathon. Don't spend your time price-shopping. Visit AnthonyTravel.com and take advantage of the following exclusive benefits:

- Discounted rates at 25+ hotels, many located near the finish line
- 24/7 access to an endurance travel expert during your stay
- Complimentary race start-line and expo transportation for registered participants at select hotels*
- Airfare and ground transportation assistance
- Discounted Broadway shows, tourism passes, and yacht cruise tickets

**Official TCS New York City Marathon transportation to the race start and expo is complimentary for registered race participants who make Anthony Travel reservations at the New York LaGuardia Airport Marriott or New York Marriott at the Brooklyn Bridge. The bus will pick up race participants at the hotel and drop them off at the staging area prior to the race. There is no return transportation to the hotels. A guest must be listed as a participant on his or her Anthony Travel reservation to qualify for this offer.*

For the most up-to-date travel information, please visit AnthonyTravel.com or call a sports travel expert at (800) 736-6377.

TCS NEW YORK CITY MARATHON HEALTH AND FITNESS EXPO

Jacob K. Javits Convention Center, Hall 3E (11th Ave at 35th St)

DATE	EXPO HOURS	LAST TIME FOR NUMBER PICKUP
Thursday, October 30	10:00 a.m. – 8:00 p.m.	7:00 p.m.
Friday, October 31	10:00 a.m. – 8:00 p.m.	7:00 p.m.
Saturday, November 1	9:00 a.m. – 5:00 p.m.	5:00 p.m.

HIGHLIGHTS OF THE EXPO

While at the expo, be sure to visit the **Marathon Store Presented by ASICS** to shop for marathon gear. New this year, you don't want to miss the **TCS New York City Marathon Get Your New York On Experience presented by NYRR**, on the second floor. Take a journey through the five-borough marathon course by walking through this new experience for runners, spectators, volunteers, partners, and the people of New York City (it's free and for everyone). The exhibit will feature a variety of tools, tips, and giveaways for the first-time marathoner, and all runners will get to try out the **NYRR Intelligent Race Predictor presented by Tata Consultancy Services** to get the most accurate marathon finish-time prediction.

NUMBER/PACKET PICKUP

- Your registration form is available in My NYRR; you must print out a copy and bring it with you to the expo or show it on your mobile device. **Registered runners must pick up their race materials in person with government-issued photo identification at the expo.**
- You will pick up your race number/B-Tag, instructions, Official UPS Baggage Bag or Official Start Village bag and wristband if you selected the No-Baggage option. The bag you receive will depend on whether you selected the Baggage or No-Baggage option. If you did not make a selection, you have been assigned to one of the remaining available options; check mynyrr.org.
- The Help Desk in the registration area will accept cancellations and will be able to update your personal information and resolve any other questions.
- **Please fill out the medical information on the back of your race number**

EVENT REGISTRATION AND TICKET SALES

Subject to availability, registration/tickets will be available for:

- **Marathon Eve Dinner:** Tickets \$40 for marathoners, friends, and family
- **Reserved Grandstand Seating:** Tickets \$75
- **Blue Line Lounge Presented by Tata Consultancy Services at the Marathon Pavilion:** Tickets \$275
- **Night of Champions:** Tickets \$350

ASICS PACE YOUR RACE PACE BANDS

ASICS is proud to supply runners with Pace Your Race: the official pace band of the 2014 TCS New York City Marathon. Create a personalized pace band by entering your goal time at:

- PaceYourRace.ASICS.com
- The ASICS booth at the TCS New York City Marathon Health and Fitness Expo
- The ASICS 42nd Street Store and ASICS Meatpacking District Store
starting Thursday, October 30

GETTING TO THE EXPO

Free shuttle buses to and from select hotels and transit hubs, including Penn Station and Grand Central Terminal, will operate during the following hours:

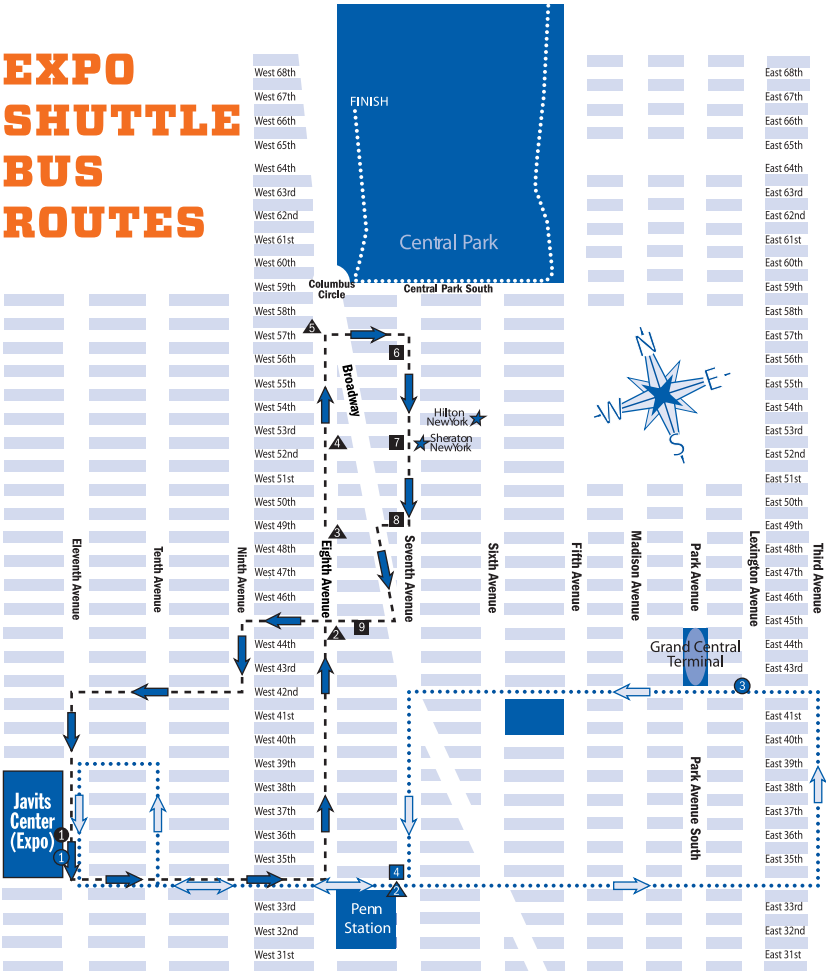
DATE & TIME*	THURS. OCT 30 9:30 AM-8:30 PM	FRI. OCT 31 9:30 AM-8:30 PM	SAT. NOV 1 8:30 AM-5:30 PM
Manhattan Hotel Route	Every 10 mins.	Every 10 mins.	Every 10 mins.
Brooklyn Hotel Route	not available	Hotel to expo: 9:00 a.m. & 1:00 p.m.; expo to hotel: noon & 3:00 p.m.	Hotel to expo: 9:00 a.m. & 1:00 p.m.; expo to hotel: noon & 3:00 p.m.
LaGuardia Hotel Route	not available	Hotel to expo: 9:00 a.m. & 1:00 p.m.; expo to hotel: noon & 3:00 p.m.	Hotel to expo: 9:00 a.m. & 1:00 p.m.; expo to hotel: noon & 3:00 p.m.
Transit Hub Route	Every 30 mins. 9:30 a.m.-noon; every 15 mins. noon-8:30 p.m.	Every 30 mins. 9:30 a.m.-noon; every 15 mins. noon-8:30 p.m.	Every 30 mins. 8:30 a.m.-noon; every 15 mins. noon-5:30 p.m.
Last Street Pickup*	7:00 p.m.	7:00 p.m.	4:00 p.m.
Last Expo Pickup*	8:30 p.m.	8:30 p.m.	5:30 p.m.

* Estimated bus times; traffic delays may occur.

Public Transportation

See mta.info for information on public transportation to the expo.

EXPO SHUTTLE BUS ROUTES



Manhattan Hotel Route - - - - -

Transit Hub Route

Drop-offs

- 1 Javits Center
- ▲ East side of Eighth Avenue between W. 44th and 45th streets, in front of the Milford Plaza
- ▲ Southeast corner of Eighth Avenue at W. 49th Street, in front of the Days Midtown Hotel
- ▲ East side of Eighth Avenue between W. 52nd and 53rd streets
- ▲ East side of Eighth Avenue and W. 57th Street

Pickups

- 6 Northwest corner of Seventh Avenue between W. 56th and 57th streets
- 7 West side of Seventh Avenue between W. 52nd and 53rd streets, across from the Sheraton New York
- 8 Northwest corner of Broadway at W. 49th Street
- 9 South side of W. 45th Street between Broadway and Eighth Avenue, in front of the Marriott Marquis
- 1 Javits Center

- 1 Javits Center
- ▲ Penn Station: southwest corner of Seventh Avenue at W. 34th Street
- 3 Grand Central Terminal: northwest corner of E. 42nd Street at Lexington Avenue, in front of the Grand Hyatt
- 4 Penn Station: northwest corner of Seventh Avenue at W. 34th Street
- 1 Javits Center

*Guests of Brooklyn and LaGuardia hotels will be picked up and dropped off in front of the hotels.

● Pickup and drop-off location

▲ Drop-off location only

■ Pickup location only

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Endurance Formula has 140mg of potassium and 300mg of sodium per serving vs.
150mg of potassium and 160mg of sodium per serving in Gatorade Thirst Quencher.

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Sold in sport-specialty and online.
To find it, go to Gatorade.com/Endurance

 **ENDURANCE**



A GREAT **START AND FINISH** TO THE TCS NEW YORK CITY MARATHON



**Find your results in The New York Times,
Monday, November 3.**

Explore coverage of the TCS
New York City Marathon in
The Times, on any platform.



The New York Times

from our medical director

STAY SAFE AND HEALTHY IN TRAINING AND ON RACE DAY

By Stuart Weiss, M.D., NYRR Medical Director

Running is one of the healthiest things you can do for yourself, but as in any sport, there can be health and medical risks. Follow these tips to stay safe.

HAVE A PHYSICAL EXAM BEFORE YOU START A REGULAR EXERCISE PROGRAM.

Tell your physician the planned volume and intensity of your training and racing. Be as clear and precise as possible; for example: “I plan to start a walk/run program and gradually build up to running. My goal is to run a five-hour marathon in November.” The exam should also include a discussion with your doctor about health risks based on your family and personal health history.

HAVE AN ANNUAL PHYSICAL, NO MATTER HOW HEALTHY YOUR LIFESTYLE.

Many conditions and syndromes are unrelated to your exercise level and have mild or vague symptoms or no symptoms at all. If you're over 40, discuss with your doctor having an exercise stress test, and follow up after the exam by getting any other tests that are recommended. See your doctor immediately at any time if you experience new chest pain, pressure, unusual sweating, or shortness of breath. Less urgently, see a sports medicine physician if you feel any pain while running that causes you to change your form.

USE CAFFEINE CAUTIOUSLY BEFORE RACES. If you habitually drink a cup or two of coffee or tea in the morning before you run or race, or consume a caffeine-containing energy gel during a run, feel free to do the same on race day. If you don't normally use caffeine before or during your run, don't do so on race day; you may experience dehydration or stomach upset. Some research suggests that the caffeine equivalent of two cups of coffee can limit blood flow to the heart during exercise. Discuss your risk with your doctor so you can make the best decision.

TAKE SALT BEFORE AND DURING RUNS AND RACES OF 10K OR LONGER, unless salt is contraindicated by your doctor. Consume salty foods in the days leading up to the run or race, and ingest common table salt before and during your workout or race to maintain the body's water-to-sodium balance. Take one fast-food salt packet at the start of a race. If you're running a half-marathon or marathon, take another salt packet at the halfway point. After the race, drink a sports drink that has some sodium, and eat salted foods.

DRINK FOR THIRST. If you feel thirsty while running or racing, have 4 to 8 ounces of fluid (preferably a sports drink that has some sodium in it) at an aid station or whenever you feel that you need it. If you aren't thirsty, don't feel compelled to drink. If you can't use thirst as a guide, drink no more than a cup (8 ounces) of fluid every 30 minutes. Do not overdrink. Overhydrating can lead to hyponatremia (low

from our medical director

blood sodium); this condition can lead to nausea, fatigue, vomiting, weakness, sleepiness, and—in the most severe instances—seizures, coma, and death. Before you run, check the color of your urine: It should be pale yellow, like lemonade. Dark-colored urine (like tea) indicates dehydration; completely clear urine may indicate overhydration. In training, weigh yourself before and after your runs to get a sense of how much to drink in order to replace the fluids lost. You should aim to weigh the same or no more than 2 percent less after you train. You'll need to drink more in warm, humid weather than on a cool, dry day.

AVOID NSAIDS (NON-STEROIDAL ANTI-INFLAMMATORY DRUGS) starting 24 hours before your race. These drugs, which include ibuprofen (Advil) and naproxen sodium (Aleve), can possibly limit blood flow to the kidneys. You can start taking them again six hours after the race. Tylenol (acetaminophen) is a safe alternative before and during the race.

DON'T TAKE ANTI-DIARRHEAL OR COLD MEDICINES ON RACE DAY. These drugs can have a dehydrating effect.

ALWAYS LISTEN TO YOUR BODY—DON'T OVEREXTEND. Train sensibly— increase the distance and speed of your runs gradually, and recover by resting and refueling between hard workouts—so that you don't dig yourself into a hole. Working with a coach or training group can help you stay within safe and healthy parameters. Listen to your body. Don't ignore feelings of illness. An “off” or “just not right” feeling can be a sign of a serious medical problem. The marathon medical team is available at the start, every mile along the course, and at the finish. Most runners who spend time at a medical aid station are able to finish the race.

ON RACE DAY. Make sure your friends and family know the Runner Information Hotline number: (800) 496-6193. They can call that number if they're unsure of your whereabouts after the race; they must know your race number. They can also follow you with the TCS New York City Marathon Mobile App powered by Tata Consultancy Services.



KICK OFF MARATHON WEEK



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**SHARE YOUR
TCS NEW YORK CITY MARATHON
JOURNEY WITH US AT:**

- The Poland Spring Marathon Kickoff Race **10/26: 8:30 a.m.**
- Marathon Fireworks Presented by Poland Spring **10/31: 6:30 p.m.**
- Marathon Health & Fitness Expo
10/30 & 10/31: 10:00 a.m.–8:00 p.m. | 11/1: 9:00 a.m.–5:00 p.m.
- Mile 17 Hydration Station (76th St. & First Ave.) **11/2**



VISIT NYRR.ORG TO REGISTER

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NYRR
RUN FOR LIFE

A woman with blonde hair tied back, wearing a light blue zip-up jacket, black leggings, and blue and white running shoes, is captured in mid-stride running on a dark asphalt road. The road is partially covered with snow and ice, with yellow double lines visible. To the left of the road is a rocky shoreline with some bare bushes. In the background, the ocean stretches to the horizon under a heavy, grey, overcast sky.

84 DAYS AFTER KNEE MENISCUS REATTACHMENT.

Get Joanne Donoghue's story
at hss.edu/backinthegame

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TO GET BACK
IN THE GAME**

THE OFFICIAL HOSPITAL OF THE TCS NEW YORK CITY MARATHON
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RACE NUMBER

Every 2014 TCS New York City Marathon participant must wear an official race number on their outer layer of clothing. The number must be fully visible at all times (not cut, folded, or obscured), or the runner risks improper scoring and possible disqualification.



Start Color

This area will be blue, green, or orange. The color indicates your start village in Fort Wadsworth and your start line.



Wave

The number (1, 2, 3, or 4) indicates your wave.

- **Wave 1**
starts at 9:40 a.m.*
- **Wave 2**
starts at 10:05 a.m.*
- **Wave 3**
starts at 10:30 a.m.*
- **Wave 4**
starts at 10:55 a.m.*



Corral

The letter (A-F) indicates your start corral. Your corral will open when your wave is called to staging.

**Times are subject to change. Check tcsnycmarathon.org for updates.*

RUNNER STICKER

The sticker affixed to the bottom left corner of your race number contains information about you as specified in your race application. If there are any serious errors in this information, please visit the Help Desk at the expo to make a correction. If the sticker is teal, you have selected the No-Baggage option. If the sticker is white, you have selected the Baggage option. If you did not make a selection, you have been assigned to an available option.

Midtown Manhattan Bus Departure time



Staten Island Ferry Departure time



New Jersey Bus



- Name
- Gender
- Age
- Nationality
- Race number
- B-Tag
- Official transportation assignment and departure time. If this is blank, you have not been assigned to official transportation.
- Baggage selection:
Baggage or No Baggage
- Wave Number

logistics and start

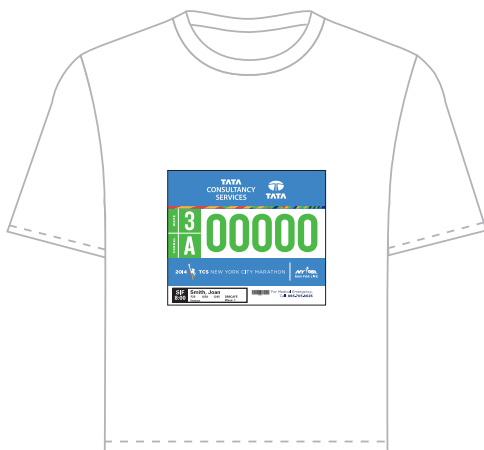
B-TAG INSTRUCTIONS

Your timing device for the TCS New York City Marathon is the ChronoTrack B-tag, which is attached to your race number (bib). Please remember to fill out the important medical information on the back of your number.

Back of Bib

[illegible]

B-Tags



In order to ensure an accurate time, please make sure your bib is:

- Clearly visible on the front of your torso
- Unaltered and unmodified (do not fold or wrinkle)
- Pinned in all four corners (do not pierce the B-tag)
- Not covered by a jacket, runner belt, water bottle, or any other item

SECURITY MEASURES

The safety of runners and spectators is NYRR's highest priority. We are fortunate to work in close collaboration with the NYPD and our federal, state, and city agency partners to ensure the safety of all of our events. There are a number of visible security measures in place, as well as several behind-the-scenes security elements. It is our goal to be sure that we are implementing the needed security features while causing minimal impact to your race-week experience.

Please see tcsnycmarathon.org and the insert in your race packet for information on items that are prohibited at the start and other venues.

BAGGAGE INSPECTION

All bags and items entering TCS New York City Marathon venues and events are subject to inspection by NYRR, contracted private security personnel, venue personnel, and the NYPD. To expedite access and avoid longer lines, we strongly recommend against bringing a bag. Runners will be screened before they enter TCS New York City Marathon transportation to the start and at the entrances to the Fort Wadsworth staging area.

Venues that will have some type of inspection/restrictions will include, but will not be limited to:

- **Marathon Opening Ceremony Presented by United Airlines**

Delegates marching in the Parade of Nations will not be able to march with bags. Spectators (standing and in bleachers) carrying bags will be subject to bag inspection. We suggest one bag per guest, no larger than the size of a woman's purse.

- **TCS New York City Marathon Health and Fitness Expo, Marathon Eve Dinner, Blue Line Lounge presented by Tata Consultancy Services**

Any person entering these venues will be subject to bag inspection. To expedite your access, we strongly recommend that you do not bring a bag. However, you may bring one bag per guest, no larger than the size of a woman's purse.

- **Reserved Grandstand Seating**

Spectators with bags in any Central Park grandstand will be subject to bag inspection before entering the bleacher seats. We suggest one bag per guest, no larger than the size of a woman's purse. Please note that no strollers will be allowed.

- **Runner Numbers/Bibs**

Bibs must be visible at all times while on official TCS New York City Marathon transportation, entering and within the Start Villages, in the corrals, and on the race course. Amenities and medals will be denied to runners not displaying a bib. Your cooperation, patience, and understanding are greatly appreciated.

We are lucky in New York City to have some of the world's best law enforcement partners in our corner. We can all play a role in keeping our community safe. If you see something suspicious taking place on or before race day, make sure to report that behavior or activity to local law enforcement; in the case of emergency, call 911.

logistics and start

BAGGAGE: YOUR OPTIONS

As part of our ongoing commitment to providing a better and safer post-race experience, runners were given a choice to either:

1. **Check a bag on race day that is transported to the finish area OR**
2. **Forgo baggage check and receive a Marathon Finish Poncho upon exiting Central Park.**

Selections are final, and runners who did not make a selection were assigned to an option based on availability.

NO-BAGGAGE

If you chose or were assigned this option you will receive an Official Start Village Bag and no-baggage wristband at the Expo. This bag may be used to bring pre-race items into the start village at Fort Wadsworth, but **may not be checked for transport to the finish**. The wristband, along with your race number, must be worn during the race and will identify you for the early exit from Central Park. After you receive your post-race amenities, you can follow the color-coded signs that match your wristband and bib label to exit the park. The exit is approximately one-half mile from the finish line; it will take 20–30 minutes to exit.

Runners with medication needs are able to make arrangements with our medical director to check these items at a designated medical area at the start and have them safely and securely transported to the finish. Please contact medical@nyrr.org for more information.

BAGGAGE

Baggage runners may check a bag at the start for transport to the finish. Baggage can be picked up in the post-finish area inside Central Park between 81st Street and 85th Street. You will exit at 81st Street or 85th Street depending on your bib number. It may take up to an hour to retrieve your bag and exit the park after you cross the finish line. Family members and friends will not have access to this area inside the park, or outside near the exit points, due to security restrictions. We recommend meeting in Family Reunion or another designated spot. Visit tcsnycmarathon.org for a list of NYRR Run the City locations in the area.

Runners who chose or were assigned this option will receive an Official UPS Baggage Bag and a sticker with their race number at the expo. This bag, with sticker affixed, will be checked at the start. Only Official UPS Baggage Bags may be checked; backpacks and other bags will not be accepted. The Official UPS Baggage Bag will be large enough to hold shoes, warm clothing, and small personal items.

Note: If you chose (or were assigned) the baggage option and decide not to check a bag on race day, you will still be required to exit via the baggage exits. You will not receive a Marathon Finish Poncho. The no-baggage exit is reserved for runners who chose (or were assigned) this option.

GETTING TO THE START

The Verrazano-Narrows Bridge to Staten Island closes promptly at 7:00 a.m. Walking over the bridge is strictly prohibited.

OFFICIAL TRANSPORTATION

Official Transportation to the start is free to all marathon entrants. If you have not selected transportation to the start and opt to do so at the expo, we will accommodate you on a first-come, first-served basis. If your preference is not available, you will be given an alternate choice. (Note: International Travel Partner entrants receive their transportation assignments from their ITP. Athletes with Disabilities receive their transportation assignments at expo check-in.)

OFFICIAL TRANSPORTATION OPTIONS

Staten Island Ferry

- Departure location is Whitehall Terminal, 1 Whitehall Street at South Street; accessible via subway, bus, and taxi. Use tripplanner.mta.info to plan your trip to Whitehall Terminal.
- The ferry transports runners to the St. George Ferry Terminal in Staten Island, where shuttle buses transport them to Fort Wadsworth. Only runners who are assigned to the Staten Island Ferry will have access to these buses.

Midtown Manhattan Bus

- Departure location is the New York Public Library; enter from Sixth Avenue at West 42nd Street. This location is near Times Square, Grand Central Terminal, and many subway lines, and it is within walking distance of many Midtown hotels.
- Anyone arriving after 6:30 a.m. will be directed to the Staten Island Ferry.

New Jersey Bus

- Departure location is the IZOD Center in the Meadowlands Sports Complex
- Buses depart from 5:00 to 6:00 a.m. continuously.
- Parking is not available; drop-off only.

OFFICIAL TRANSPORTATION PROCEDURES

- Plan to arrive at your departure location at least 15 minutes prior to your scheduled departure time.
- Restrooms are available at the loading areas but not on the buses. Restrooms are available on the Staten Island Ferry.
- The buses are for official entrants and AWD guides only. To board the bus, you must show your race or guide number.
- Your belongings must be visible inside your Official Start Village Bag or Official UPS Baggage Bag. If you bring additional bags, even within the official bag, they will be confiscated. All bags are subject to search.
- Wheelchair and handcycle entrants may bring both a racing wheelchair/handcycle and an everyday chair.

logistics and start

PUBLIC TRANSPORTATION

By bus from Brooklyn: Take the S53 bus from 86th Street at Fourth Avenue in Bay Ridge to the first stop on Staten Island, at the intersection of Fingerboard Road and the Staten Island Expressway. Follow the signs along School Road and enter Fort Wadsworth at Bay Street. Check mta.info for service advisories.

START VILLAGES

- Only officially registered entrants and guides are allowed in Fort Wadsworth and the start area. You must have your race or guide number visible to enter.
- The base color of your race number indicates your start village. Refer to the race number sample in the center gatefold.
- The start villages are outdoors and may be damp and cold; warm clothing is recommended.
- There are more than 1,700 toilets in the start villages and in the corrals before the bridge. NYRR reserves the right to disqualify anyone who urinates anywhere except in the supplied toilets.
- Use the appropriate containers for trash, recycling, and clothing donations. Please, no signs larger than 11" x 17", and no signs staked into the ground.
- **No smoking in the start villages.**
- Medical staff is available in each village. If you feel ill, alert the medical staff. If you are unable to run, you will be put on a bus that will transport you to the finish area after the fourth wave has cleared the start line.
- A free breakfast consisting of tea, Poland Spring® Brand 100% Natural Spring Water, Gatorade® Endurance products, bagels, PowerBar Performance energy bars, and Dunkin' Donuts coffee will be available.
- Interfaith and Jewish religious services are provided in the open area.

OFFICIAL UPS BAGGAGE BAG AND OFFICIAL START VILLAGE BAG

Fort Wadsworth is federal property; therefore all visitors are subject to bag search by NYRR-appointed security, as well as by National Park Service, NYPD, United States Coast Guard, and United States Army Reserve personnel; see the Prohibited Items flyer in your race packet. Even if you are not checking a bag for transport to the finish, you must observe these restrictions on baggage that you bring into Fort Wadsworth.

- **You must use the clear Official Start Village Bag or Official UPS Baggage Bag to bring any belongings into Fort Wadsworth. Personal bags inside this bag will be confiscated and will not be returned.**

START CORRALS

- **Runners who are assigned to different corrals but wish to start together may do so by going to the corral and wave corresponding to the higher number.**
- Race officials will make multilingual announcements when it's time for runners to line up in the appropriate corrals. Please follow the instructions of the race officials, and follow the signs and video to enter your corral.

logistics and start

- NYRR Pace Team powered by TAG Heuer leaders will be located throughout the corrals. Leaders will wear NYRR Pace Team shirts and carry balloons printed with their goal finish time.
- You may discard extra layers of clothing in Goodwill donation bins before moving to the corrals and the start line.

START LINES

- There will be four wave starts. Refer to the wave start timeline chart inside the gatefold map for start times. Runners are assigned to starts and corrals according to the projected finish time (or pace per mile) provided on the Marathon application. Wave start times cannot be changed.
- Your start line color is the same as your start village color and is indicated on your registration form and your race number.
- Your finish time will be your net time from when you cross the start line. The last runners in each wave should clear the start in approximately 10 minutes.

EVENT ALERT SYSTEM

NYRR has implemented a color-coded Event Alert System (EAS) for the TCS New York City Marathon that will communicate the status of course conditions on race day. The levels range from Low (green) to Moderate (yellow) to High (red) to Extreme (black) based on the weather and other course conditions. On race day, the current EAS status will be communicated via color-coded flags at the start and finish areas and along the course at each medical station.

All participants should familiarize themselves with the EAS prior to the race, remain alert for directions from race officials, and take precautions to prepare properly for varying weather or course conditions on race day.

ALERT LEVEL	EVENT CONDITIONS	RECOMMENDED ACTIONS
EXTREME	EVENT CANCELLED/ EXTREME AND DANGEROUS	Participation stopped/ Follow event official instruction
HIGH	POTENTIALLY DANGEROUS	Slow down/Observe course change Follow event official instruction/ Consider stopping
MODERATE	LESS THAN IDEAL	Slow down/Be prepared for worsening conditions
LOW	GOOD	Enjoy the event/Be alert

THE 2014 TCS NEW YORK CITY MARATHON COLLECTION

by **asics**

HAS ARRIVED!



Check out the collection at store.nyrr.org

*Top Photo:
Women's Lite-Show Half-Zip
Men's Thermal Half-Zip*

Women's
Thermopolis
Half-Zip

Men's
Thermopolis
Half-Zip

Women's
Lite-Show
Half-Zip

Men's / Women's Caps



TCS NEW YORK CITY MARATHON

TATA CONSULTANCY SERVICES

NYRR
RUN FOR LIFE

Please note that the Marathon course is completely closed to vehicular traffic during the race. See tcsnycmarathon.org for a schedule of street and bridge closures.

MILE/KILOMETER SIGNS, CLOCKS, AND SPLIT TIMES

- TAG Heuer is the Official Timekeeper of the TCS New York City Marathon. Mile signs and clocks will be posted at every mile. Before mile 8, clocks marked with color-coded signs correspond to your start color. After mile 8, all mile markers are blue. Course clocks will be set to correspond with Wave 1. Yellow kilometer signs and clocks will be posted every 5 kilometers.
- Timing locations are at the start, every 5K (3.1 miles) to 40K, the half-marathon (13.1 miles), every mile beginning at mile 8, and the finish.

FLUIDS AND FOOD

For your safety, take fluids and food only at official stations.

- Poland Spring® Brand 100% Natural Spring Water will be available at the start and at official fluid stations every mile beginning at mile 3.
- Gatorade® Endurance Formula will be available at official fluid stations every mile beginning at mile 3 except at mile 17.
- Fluids will be dispensed in recyclable cups at tables on both sides of the course. To avoid the bottleneck at the first table, move to a later table. Please keep moving after you pick up your cup.
- The Poland Spring® Hydration Zone—including water stations, sponges, and music—will be located at mile 17 on First Avenue.
- The PowerGel Energy Zone at mile 18 will have PowerGels of assorted flavors to help you hurdle “the wall” and energize you to the finish.
- Fruit will be available at the fluid stations at miles 20–23.

ENTERTAINMENT/CHEERING ZONES

- More than 130 bands along the course and at the finish line will motivate and entertain runners and spectators.
- TCS, Airbnb, and United Airlines will host cheering zones along the course for spectators. Cheering zones will feature spectator amenities such as sign-making supplies, fun giveaways, and DJs.

TOILETS

Portable toilets (including wheelchair-accessible ones) will be located at every mile beginning at mile 3.

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MARATHON PARTICIPANTS



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2 FREE GIFTS!



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OFFICIAL RUNNING MAGAZINE OF THE
TCS NEW YORK CITY MARATHON

MEDICAL AID

- Medical aid stations will be located along the course approximately every mile starting at mile 3 (adjacent to each fluid station) and at the finish. Medical volunteers will be wearing red medical T-shirts.
- Medical volunteers and supplies will be available at all aid stations. If you are injured or feel discomfort, stop at the nearest aid station. Most runners who seek medical attention are able to complete the race safely.

OFFICIAL PHOTOGRAPHS AND DVDS

MarathonFoto will be taking your picture and capturing video footage before, during, and after the marathon. Please keep your race number in clear view.

SWEEP BUSES and STREET OPENINGS

- Sweep buses will follow the race route at a 6 1/2-hour marathon pace, roughly 15 minutes per mile, after the 10:55 a.m. start. These buses will transport any entrant who wishes to drop out to the post-finish area.
- After the sweep buses pass by, the city streets will reopen to traffic. Cross-street protection, medical assistance, aid stations, and other services will no longer be available. Runners on the course should move onto the sidewalks. The official end time of the race is 7:25 p.m.

DROPPING OUT

- If you need to drop out, look for a volunteer ham radio operator wearing an orange hat or report to a medical aid station, where ham radio operators are also stationed. Ham radio operators will take your name and forward the information to the information kiosks at the finisher area and the Runner Information Hotline number: (800) 496-6193. Let your family and friends know beforehand that they should check the information kiosks or call the hotline if they are unsure of your whereabouts. Make sure that your family knows your race number.
- If you have not completed the entire course, do not cross the finish line, or you will be disqualified and barred from future TCS New York City Marathons. Instead, enter Central Park at West 72nd Street after 6:00 p.m. to claim your baggage. Baggage will also be available for pickup Monday near finish line from 8:00 a.m. to 2:00 p.m.

POWER YOUR PERFORMANCE



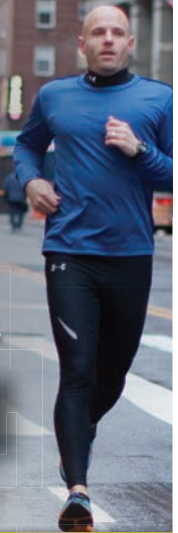
TCS NEW YORK CITY MARATHON

TATA CONSULTANCY SERVICES

New! PowerBar ProteinPlus® 20g protein bar
Crunchy texture and ideal amount of protein to help build lean muscle and aid in recovery after training.

New! PowerBar® Performance Energy Wafer Bars

Crispy wafer texture, delicious filling, easy break-and-eat fueling power



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Memorial Sloan Kettering
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THANK YOU, FRED'S TEAM RUNNERS

for making every mile matter in the
fight against cancer.

Fred's Team honors the legacy of running
legend and co-founder of the New York City
Marathon, Fred Lebow—a man who dreamed
of a world without cancer.



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TCS NEW YORK CITY MARATHON

Run with us! **FREDSTEAM.ORG**

finish and post-finish

Crossing the TCS New York City Marathon finish line in Central Park is one of the thrills of a lifetime! Read these pages carefully to help ensure a seamless experience.

FINISH LINE

- MarathonFoto will take your picture and video as you cross the finish line. Keep your race number visible, look up, and smile!
- Soon after you cross the finish line, a volunteer will place a medal around your neck. You'll receive a HeatSheet™ presented by United Airlines and Foot Locker.
- You will receive a TCS New York City Marathon Recovery Bag presented by Hospital for Special Surgery, containing Poland Spring® Brand 100% Natural Spring Water, Gatorade® Recover Protein Shake, Gatorade® Thirst Quencher, a PowerBar, a New York State McIntosh apple, and Snyder's of Hanover pretzels.
- Medical aid will be available throughout the finish and post-finish areas.
- Due to security restrictions and frozen zones, family and friends will not be able to access certain sections of the post-finish area in Central Park. Outside the park, Central Park West will not be accessible to the public from 65th Street north to 85th Street, and the side streets will not be accessible from Central Park West to Columbus Avenue. We recommend meeting in Family Reunion (see page 39) or at another designated spot. Visit tcsnycmarathon.org for NYRR Run the City businesses offering deals and discounts in the area.

EXITS/BAGGAGE PICKUP

NO-BAGGAGE RUNNERS

- Please be prepared to show your wristband to staff and volunteers as you exit Central Park at 77th Street and pick up your Marathon Finish Poncho.
- You'll exit at 77th Street up to 30 minutes after crossing the finish line. Family and friends will not be able to meet you at this exit.

BAGGAGE RUNNERS

- You'll retrieve your Official UPS Baggage Bag at your designated UPS truck in Central Park. After you retrieve your bag, you'll exit Central Park at 81st Street or 85th Street; you'll reach these exits up to 60 minutes after you cross the finish line. Family and friends will not be able to meet you at these exits.
- The Marathon Finish Poncho is available only for runners who chose the No-Baggage option; runners who chose the Baggage option will not receive the Poncho and will not be able to exit at 77th Street, even if they do not check a bag.
- Baggage pickup for athletes with disabilities, including wheelchair and handcycle entrants, will be in the AWD reunion area on West 72nd Street.
- All baggage unclaimed by 6:00 p.m. will be moved to the 72nd Street Transverse in Central Park and will be available until 7:00 p.m. on Sunday, November 2, and from 8:00 a.m. to 2:00 p.m. at the finish line on Monday, November 3. Any unclaimed baggage left at the finish after 2:00 p.m. on November 3 will be available at NYRR, 9 East 89th Street. After December 1, all unclaimed baggage will be donated to charity.



GIVE IT YOUR ALL WHILE GIVING BACK

When you become a member of Team for Kids, you'll not only be helping kids live healthier lives through free fitness programs, you'll also get guaranteed entry into the 2015 United Airlines NYC Half, 2015 TCS New York City Marathon, and all the training you need to finish strong, no matter your ability. Join today, and run with a team that shares your goals—and your heart.


TEAM FOR KIDS

RUNWITHTFK.ORG

SAVE **\$100** ON FUNDRAISING FOR THE 2015 NYC HALF USING CODE: **HANDBOOK14**

finish and post-finish

CHARTER BUS PICK-UP

The bus pick-up area is on Central Park West from 86th Street to 96th Street. Charter buses may pick up only in this area at the finish and must have an official Marathon Vehicle placard approved by NYRR.

FAMILY REUNION

- We strongly recommend that you plan your post-race reunion with friends and family in advance of race day. Please note that cellular saturation may prevent you from using your cell phone.
- Family Reunion will be on Central Park West between 60th Street and 66th Street, with entrances on Broadway. Family Reunion will be open from 12:00 noon to 5:30 p.m. The area will be organized by letter; plan to meet your friends and family at the letter corresponding to the first letter of your last name.
- Everyone entering Family Reunion will be subject to bag inspection and screening; we recommend not bringing large bags, strollers, and other bulky items.
- AWD/Achilles Family Reunion will be on 72nd Street and Central Park West. Special colored wristbands will be required for entry; these will be distributed at the expo.



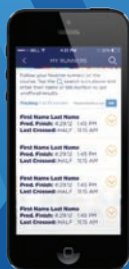
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No matter where you are on race day, you can follow your favorite runners with the mobile app.

- Live Tracking
- Spectator Guide
- Runner Essentials

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Snyder's of Hanover celebrates the spirit of the TCS New York City Marathon. Whether you'll be crossing the finish line or part of a runner's support team, rest assured that Snyder's of Hanover pretzels are a great way to aid recovery and satisfy a craving!

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ABOUT NYRR

Founded in 1958, New York Road Runners has grown from a local running club to the world's premier community running organization, whose mission is to help and inspire people through running. NYRR's commitment to New York City's five boroughs features races, community events, youth initiatives, school programs, and training resources that provide hundreds of thousands of people each year, from children to seniors, with the motivation, know-how, and opportunity to run for life. NYRR's premier event, the TCS New York City Marathon, features an estimated 50,000 participants, from the world's elite athletes to a wide range of recreational and charity runners, and is part of the World Marathon Majors, an alliance of the world's six biggest marathons that determines each year's top male and top female marathoner. To learn more, visit www.nyrr.org.

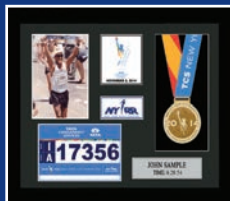
ABOUT THE TCS NEW YORK CITY MARATHON

The TCS New York City Marathon is the most popular and inclusive marathon in the world, attracting the world's top professional athletes and a vast range of recreational runners. The race began in 1970 with just 127 entrants racing four laps of Central Park. Today, an estimated 50,000 runners from around the world tour New York City's five boroughs, starting on Staten Island at the foot of the Verrazano-Narrows Bridge and finishing in Central Park. Participants include Olympians, Paralympians, wheelchair racers, top age-group competitors, and many thousands who run for charity and to achieve their own personal goals. Millions of fans cheer the runners from the streets and watch the global television broadcast. The race is part of the World Marathon Majors, an alliance of the world's six biggest marathons that determines each year's top male and top female marathoner. The TCS New York City Marathon is the premier event of New York Road Runners, the world's foremost community running organization, whose mission is to help and inspire people through running. Tata Consultancy Services, a leading global IT services, consulting, and business solutions organization, is the Premier Partner of NYRR and is in its inaugural year as title sponsor of the TCS New York City Marathon.

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THE OFFICIAL 2014 TCS NEW YORK CITY MARATHON

BIB FRAME



Additional Finisher's Medal, Event Logo plate, Engraved plate with Name and Net Time, Laminated Replica of your Bib #, Mat Opening for a 5"x7" photo"

DELUXE SHADOW BOX



Additional Finisher's Medal, Event Logo plate, engraved plate with Name and Net Time, Mat Opening for a 5"x7" photo"

SHADOW BOX



Additional Finisher's Medal, Event Logo plate, engraved plate with Name and Net Time

**COUPON CODE:
EXPO**

Please send me:

- ☐ Bib Frame: \$174 (includes taxes & shipping)
Outside of U.S. - \$190.00
- ☐ Deluxe Shadow Box: \$164.00 (includes taxes & shipping)
Outside of U.S. - \$180.00
- ☐ Shadow Box: \$101.00 (includes taxes & shipping)
Outside of U.S. - \$112.00

Allow 6-9 weeks for production time. All information provided by 2014 TCS New York City Marathon. Official Licensee.

Fill out the information and send to address below:

Name _____ Bib # _____

Address _____

City _____ State _____ Zip _____ Country _____

Phone _____ Email _____

Payment: ☐ MC ☐ Visa ☐ American Express ☐ Discover

Credit Card No. _____ Exp. Date _____

Enclose check or money order (U.S. Funds only) payable to:
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Additional
Discounts



**DON'T FORGET! STOP BY OUR EXPO BOOTH TO TAKE
ADVANTAGE OF PRE-RACE SPECIALS!**

Remember to watch for our photographers in the
bright blue vests from the start all the way to the finish line!



TIFFANY WISHES ALL RUNNERS A BRILLIANT FINISH

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TCS NEW YORK CITY MARATHON.**



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TCS NEW YORK CITY MARATHON



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GOOD FOR YOU!

AND GOOD FOR THE LONG RUN.

NEW YORK STATE APPLES! The New York Apple Association congratulates you for taking part in the TCS New York City Marathon. We're proud to be a sponsor and will have a McIntosh waiting for you at the finish line. We wish you all the best in **your** long run!



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WATCH THE TCS NEW YORK CITY MARATHON
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SUNDAY, NOVEMBER 2, 9AM EST



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**GET YOUR
NEW YORK ON.**



TATA
CONSULTANCY
SERVICES

TCS NEW YORK CITY MARATHON
2014 OFFICIAL MARATHON MAPS

NYRR  **RUN FOR LIFE**

start villages



LEGEND

- BLUE
- ORANGE
- GREEN
- INFORMATION
- RELIGIOUS SERVICES
- BY INVITATION ONLY
- AREAS OFF LIMITS
- BUILDINGS (NO ACCESS)

- FERRY SHUTTLE DROP-OFF
- INFORMATION
- VOLUNTEER CHECK-IN
- BAGGAGE TRUCKS
- TOILETS
- MEDICAL
- FLUIDS
- COFFEE & FOOD
- CHARITY VILLAGE

CHARITY VILLAGE

- 1 American Cancer Society
- 2 The Hole in the Wall Gang Camp
- 3 ALSAC / St. Jude Children's Research Hospital
- 4 Boston Children's Hospital
- 5 Robin Hood Foundation
- 6 Every Mother Counts
- 7 U.S. Fund for UNICEF
- 8 Christopher & Dana Reeve Foundation
- 9 Hope for the Warriors
- 10 JDRF
- 11 Multiple Myeloma Research Foundation (MMRF)
- 12 Thomas G. Labrecque Foundation

start timeline

TIME	START	RACE NUMBERS
8:30 a.m.*	Wheelchair Division	
8:45 a.m.*	Foot Locker Five Borough Challenge	
8:55 a.m.*	Handcycle Category and Select Ambulatory Athletes With Disabilities	
9:10 a.m.*	Professional Women	
9:40 a.m.*	WAVE START 1	
	Blue Start	
	Professional Men	
	Men and Women	1000 through 1999; 4000 through 4999; 7000 through 10999
	Orange Start	
	Sub-elite	200 through 299
	Men and Women	2000 through 2999; 5000 through 5999; 11000 through 14999
	Green Start	
	Local Competitive	540 through 999
	Men and Women	3000 through 3999; 6000 through 6999; 15000 through 18999
10:05 a.m.*	WAVE START 2	
	Blue Start	19000 through 24999
	Orange Start	25000 through 30999
	Green Start	31000 through 36999
10:30 a.m.*	WAVE START 3	
	Blue Start	37000 through 42999
	Orange Start	43000 through 48999
	Green Start	49000 through 54999
10:55 a.m.*	WAVE START 4	
	Blue Start	55000 through 60999
	Orange Start	61000 through 66999
	Green Start	67000 through 72999

*All start times are subject to change. Check tcsnycmarathon.org for updates.

CORRAL TIMELINE	WAVE 1	WAVE 2	WAVE 3	WAVE 4
Drop off bags by	8:10 a.m.	8:50 a.m.	9:20 a.m.	10:00 a.m.
Corrals open	8:20 a.m.	9:00 a.m.	9:40 a.m.	10:15 a.m.
Corrals close	8:55 a.m.	9:35 a.m.	10:10 a.m.	10:40 a.m.
Start	9:40 a.m.	10:05 a.m.	10:30 a.m.	10:55 a.m.

finish/post-finish







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