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TCS
NEW YORK CITY
MARATHON

TATA CONSULTANCY SERVICES



TCS NEW YORK CITY MARATHON **2015 RUNNER HANDBOOK**

NYRR RUN FOR LIFE

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NYC

IT'S A BIG RACE. GO RUN IT.



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THE OFFICIAL



COLLECTION BY



LIMITED EDITION. ONLINE AND DURING RACE WEEK.



STORE.NYRR.ORG • MARATHON MONDAY AT THE TCS NEW YORK CITY MARATHON PAVILION
MONDAY, 11.02.15. CENTRAL PARK - ENTRANCE AT W 67TH ST. 7AM - 5PM. LIMITED AVAILABILITY.



TCS NEW YORK CITY MARATHON

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RUN FOR LIFE

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WHERE THE
WORLD COMES
TO GET BACK
IN THE GAME



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ABOUT NEW YORK ROAD RUNNERS (NYRR)

New York Road Runners was founded in 1958 when a small group of passionate runners vowed to bring running to the people. Over the past 57 years, NYRR 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 mission-focused approach centers on getting people of all ages and abilities to improve their health and well-being through the power of running and fitness—to *Run for Life*.

NYRR's commitment to New York City's five boroughs features races, community events, youth running 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*. More than 200,000 students are served locally and nationally through NYRR's free youth running programs, events, and resources, including more than 120,000 in New York City's five boroughs.

NYRR's premier event, and the largest marathon in the world, is the TCS New York City Marathon. Held annually on the first Sunday in November, the 26.2-mile race runs through the five boroughs of New York City—Staten Island, Brooklyn, Queens, the Bronx, and Manhattan—and features 50,000 runners, from the world's top professional athletes to a vast range of competitive, recreational, and charity runners. The race is part of the Abbott World Marathon Majors, a series featuring the world's top marathons—Tokyo, Boston, London, Berlin, Chicago, and New York.

Headquartered in New York City, NYRR implements a unique nonprofit model that teams contributed and earned income to make all its efforts possible. To learn more, visit nyrr.org.

ABOUT THE TCS NEW YORK CITY MARATHON

The TCS New York City Marathon is the premier event of New York Road Runners (NYRR) and the largest marathon in the world. Held annually on the first Sunday in November, the race features the world's top professional athletes and a vast range of competitive, recreational, and charity runners. The race began in 1970 with just 127 entrants running four laps around Central Park, and expanded citywide in 1976. In 2014, a record 50,530 runners from 130 countries toured New York City's five boroughs, starting on Staten Island at the foot of the Verrazano-Narrows Bridge, and running through the neighborhoods of Brooklyn, Queens, and the Bronx, before ending in Manhattan at the iconic Central Park finish line. More than one million spectators line the city streets to cheer on the runners, while millions more watch the live television broadcast in the United States and around the world. The race is part of the Abbott World Marathon Majors, a series featuring the world's top marathons—Tokyo, Boston, London, Berlin, Chicago, and New York—and crowning the top professional male and female marathoners of the series. Tata Consultancy Services (TCS), a leading global IT services, consulting, and business solutions organization, is the premier partner of NYRR and the title sponsor of the TCS New York City Marathon. To learn more, visit tcsnycmarathon.org.



TATA
CONSULTANCY
SERVICES



Download the official TCS New York City Marathon Mobile App Powered by Tata Consultancy Services now to benefit from race predictors, interactive runner tracking and other engaging race-day social features.

You have prepared, trained and are committed—just what it takes to run marathons and businesses.

In a marketplace that demands leadership and results, there exists a way of certainty: Tata Consultancy Services (TCS). With TCS as your strategic advisor and partner, the rapidly changing business landscape offers new opportunities, from highly engaged consumers to digitally transforming your organization. TCS offers you market-proven, world-class experience, expertise and guidance to enable your business to evolve. Visit tcs.com and you are certain to learn more.

TATA CONSULTANCY SERVICES

Experience certainty. IT Services
Business Solutions
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about nyrr	3
-------------------	---

about the tcs new york city marathon	3
---	---

essentials for runners	11
-----------------------------------	----

race week	12
------------------	----

tcs new york city marathon health and wellness expo	15
--	----

from our medical director	16
--------------------------------------	----

maps	center gatefold
-------------	-----------------

logistics and start

bag/race number inspection	18
getting to the start	21
start villages	22
ups bag and start village bag	22
start corrals	22
start lines	25
event alert system	25

course

mile/kilometer signs,	
clocks, and split times	26
fluids and food	26
entertainment/cheer zones	26
toilets	26
medical aid	27
official photographs and dvds	27
sweep bus and street openings	27
dropping out	27

finish and post-finish

finish line	28
exits/bag pickup	28
family reunion	29

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 skies®



OFFICIAL AIRLINE OF THE
TCS NEW YORK CITY MARATHON

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TCS NEW YORK CITY MARATHON

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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 1, 2015

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)

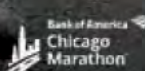
An avid long-distance runner and civic leader, Samuel Rudin rose from humble beginnings on New York's Lower East Side to become one of New York's major builders and owners of real estate. Rudin joined the Pastime Athletic Club in the Bronx in 1917 while a student at City College and competed in long-distance 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.

DIFFERENT ATHLETE. DIFFERENT FUEL.

More carbs, calories and electrolytes to help meet endurance athletes needs.

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Gatorade Endurance Formula can be found on course at the most elite races simply because it's got more of what you need. Nearly 2x the sodium and more than 3x the potassium of regular Gatorade, you'll have the fuel to help you finish strong.

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#DontCrackUnderPressure



TAG Heuer

SWISS AVANT-GARDE SINCE 1860

AQUARACER CALIBRE 16 CHRONOGRAPH

Runners participating in the TCS New York City Marathon know they will have to go beyond their limits. And for that, mental strength is the key. Like TAG Heuer, they keep pushing their limits ever further and never crack under pressure.



OFFICIAL TIMEKEEPER



TCS NEW YORK CITY MARATHON

essentials for runners

START TIMELINE

8:30 a.m.	Wheelchair Division
8:55 a.m.	Achilles Handcycle Category and Select Athletes with Disabilities
8:58 a.m.	Foot Locker Five Borough Challenge
9:20 a.m.	Professional Women
9:50 a.m.	Wave 1 Including Professional Men
10:15 a.m.	Wave 2
10:40 a.m.	Wave 3
11:00 a.m.	Wave 4

WEATHER

Average temperatures from past New York City Marathons:



Average high: 60° F/15° C

Average low: 48° F/9° C

WHERE TO WATCH

BROADCAST	E.S.T	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 p.m.	1 p.m.	2 p.m.	3 p.m.	4 p.m.	5 p.m.
New York tri-state 		PRE-RACE				RACE						HIGHLIGHTS
Rest of the country 					RACE							
Check local listings 											HIGHLIGHTS	

STREAMING	E.S.T	7 a.m.	8 a.m.	9 a.m.	10 a.m.	11 a.m.	12 p.m.	1 p.m.	2 p.m.	3 p.m.	4 p.m.	5 p.m.
abc7NY.com and		PRE-RACE				RACE					HIGHLIGHTS	
						FINISH LINE VIEW (only on abc7NY.com)						
 (blackout in New York tri-state)		PRE-RACE				RACE (also available in Spanish)						
						FINISH LINE VIEW						

INTERNATIONAL VIEWERS

Live broadcast via a variety of global broadcast partners (check local listings).

ADDITIONAL RACE-WEEKEND EVENTS ON

TCS New York City Marathon Opening Ceremony
Presented by United Airlines

Friday, October 30, from 5:30 to 6:30 p.m.

Countdown to the Starting Line*

Saturday, October 31, from 7:30 to 8:00 p.m.

* also streaming on



FOLLOW AND TRACK

Updated for 2015, **THE TCS NEW YORK CITY MARATHON MOBILE APP POWERED BY TATA CONSULTANCY SERVICES** features on-map runner tracking, the NYRR Race Predictor Presented by Tata Consultancy Services, and an interactive expo map. Other features include a schedule of race-week activities, fun facts, 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.



race week

SATURDAY, OCTOBER 24

NYRR Youth Jamboree Presented by Tata Consultancy Services

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

SUNDAY, OCTOBER 25

Poland Spring Marathon Kickoff (5M)

8:30 a.m., Central Park

Run through Central Park on the TCS New York City Marathon course.

MONDAY, OCTOBER 26

Visitor Center at the TCS New York City Marathon Pavilion

Daily through Friday, October 30, and on Monday, November 2

7:00 a.m.–9:00 p.m., Central Park West at West 67th Street

Open to the public, the spectacular new Visitor Center at the TCS New York City Marathon Pavilion welcomes runners and their fans to Central Park for shopping, food, ticket sales, free WiFi, and more!

THURSDAY, OCTOBER 29

TCS New York City Marathon Health and Wellness Expo

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

Jacob K. Javits Convention Center, Hall 3B (11th Avenue at 36th Street)

NYRR Hall of Fame Induction Ceremony and Abebe Bikila Award Presentation

3:00 p.m., TCS New York City Marathon Pavilion, Central Park

FRIDAY, OCTOBER 30

TCS Run with Champions

9:00 a.m., Central Park

More than 1,000 NYC schoolchildren served by NYRR Youth Programs race in Central Park, starting and finishing at the TCS New York City Marathon finish line.

TCS New York City Marathon Health and Wellness Expo

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

Jacob K. Javits Convention Center, Hall 3B (11th Avenue at 36th Street)

TCS New York City 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 TCS New York City Marathon Fireworks Presented by Poland Spring.



SATURDAY, OCTOBER 31

NYRR Dash to the Finish Line 5K

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 Wellness Expo

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

Jacob K. Javits Convention Center, Hall 3B (11th Avenue at 36th Street)

TCS New York City Marathon Eve Dinner

4:00–8:00 p.m., TCS New York City Marathon Pavilion, Central Park

Join your fellow runners and supporters for an evening of delicious food and pre-race fun.

SUNDAY, NOVEMBER 1

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

NYRR Youth Invitational at the TCS New York City Marathon

8:45 a.m., Central Park

Kids from NYRR Mighty Milers, NYRR Young Runners, and local running teams will run the last 1.8 miles of the TCS New York City Marathon course.

Grandstand Seating

9:00 a.m., Central Park at West 67th Street

Information and tickets at tcsnycmarathon.org.

Blue Line Lounge Presented by Tata Consultancy Services at the TCS New York City Marathon Pavilion

9:30 a.m.–1:30 p.m., TCS New York City Marathon Pavilion, Central Park

Information and tickets at tcsnycmarathon.org.

NYRR Night of Champions: A Benefit for NYRR Youth Programs

6:00–9:00 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 2

Marathon Monday at the TCS New York City Marathon Pavilion

7:00 a.m.–5:00 p.m., TCS New York City Marathon Pavilion, Central Park West at West 67th Street

Limited-edition finisher gear and select 2015 ASICS apparel; Fond Memories finisher medal engraving; sales of the New York Times special TCS New York City Marathon results section; and Hospital for Special Surgery Runner Recovery Zone.

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

THE 2015 TCS NEW YORK CITY MARATHON COLLECTION



AVAILABLE NOW AT THE FOLLOWING FOOT LOCKER LOCATIONS:

120 W. 34th St
New York, NY 10120

11 W. 34th St
New York, NY 10001

58 W. 14th St
New York, NY 10011

SoHo
440 Broadway
New York, NY 10013

Times Square
1530 Broadway
New York, NY 10003

RUN by Foot Locker
34 E. 14th St
New York, NY 10003



REAL LIVES. REAL RUNNERS.



PROUD PARTNER

TCS NEW YORK CITY MARATHON

TATA CONSULTANCY SERVICES

TCS NEW YORK CITY MARATHON HEALTH AND WELLNESS EXPO

Jacob K. Javits Convention Center, Hall 3B (11th Avenue at 36th Street)

DATE	EXPO HOURS	LAST TIME FOR NUMBER PICKUP
Thursday, October 29	10:00 a.m.-8:00 p.m.	7:00 p.m.
Friday, October 30	10:00 a.m.-8:00 p.m.	7:00 p.m.
Saturday, October 31	9:00 a.m.-5:00 p.m.	5:00 p.m.

HIGHLIGHTS OF THE EXPO

Be sure to visit the TCS New York City Marathon Store presented by ASICS to shop for official TCS New York City Marathon gear. Don't miss the Runner Support Center to get all your questions answered, the Race-Day Info area, the NYRR Running Lab for advice from expert coaches, the NYRR Race Predictor Powered by Tata Consultancy Services, NYRR Pace Teams Powered by TAG Heuer, the NYRR Run for Life Wheel to support NYRR Mighty Milers programs, and much more.

EVENT REGISTRATION AND TICKET SALES

Subject to availability, registration/tickets will be on sale for:

- **TCS New York City Marathon Eve Dinner:** Tickets \$35 for runners, friends, and family
- **Grandstand Seating:** Tickets \$75
- **Blue Line Lounge Presented by Tata Consultancy Services at the TCS New York City Marathon Pavilion:** Tickets \$275
- **NYRR Night of Champions:** Tickets \$350

GETTING TO THE EXPO

For free shuttle buses to and from select hotels, the TCS New York City Marathon Pavilion, and transit hubs, including Penn Station and Grand Central Terminal, check tcsnycmarathon.org or stop by the Runner Support Center at the expo for more information.

PUBLIC TRANSPORTATION

See mta.info for information on public transportation to the TCS New York City Marathon Health and Wellness Expo.

from our medical director

STAY SAFE AND HEALTHY IN TRAINING AND ON RACE DAY

By Stuart Weiss, MD, 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 the merits of 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, or difficulty breathing. 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.



from our medical director

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 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 or Motrin) 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. If you are not feeling right during the race, stop at a medical aid station. 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.

logistics and start

BAG/RACE NUMBER 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 start villages.

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

- **TCS New York City 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 a woman's purse.

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

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 a woman's purse.

- **Reserved Grandstand Seating**

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

- **Race 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.





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



**Find your results in The New York Times,
Monday, November 2.**

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



The New York Times



WHY SHOULD I VOLUNTEER?

The average race needs



300 volunteers

for every



5,000 runners



Studies show that
**the more you volunteer,
the happier you are.**

**TOTAL VOLUNTEERS
IN 2014:**

over
23,000



**Inspire runners to
reach their goals.**

Volunteer with us this year and give back to the NYRR running community.
For more info, check out nyrr.org/join-and-give/volunteer.

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 MetLife Stadium Parking Lot K, by the Quest Diagnostics Training Center.
- 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 Start Village Bag or UPS Bag. If you bring additional bags, even within these bags, 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.

UPS BAG AND 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 Start Village Bag or UPS 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.



HOSPITAL
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**OFFICIAL HOSPITAL OF
THE TCS NEW YORK CITY MARATHON**

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TEL 212.606.1000

HSS.EDU

CONGRATULATIONS

CLASS OF 2015



YOU GOT THIS!

NYC
**TEAM
FOR
KIDS**

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Want to be in the class of 2016?
Register on November 2 to run
the TCS New York City Marathon
with Team for Kids.

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 signs 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 TCS New York City 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

A color-coded Event Alert System (EAS) for the TCS New York City Marathon 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. 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

COURSE

Please note that the TCS New York City 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 (Lemon-Lime flavor) 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/CHEER ZONES

- More than 130 bands along the course and at the finish line will motivate and entertain runners and spectators.
- Tata Consultancy Services 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.



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 BUS AND STREET OPENINGS

- Sweep buses will follow the marathon route at a 6 1/2-hour marathon pace, roughly 15 minutes per mile, after the 11:00 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 7:30 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. You may enter Central Park at West 72nd Street from 6:00 to 7:00 p.m. to claim your checked bag. Bags will also be available for pickup Monday near the finish line from 8:00 a.m. to 2:00 p.m.

finish and post-finish

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, 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 Runner Recovery Bag presented by Hospital for Special Surgery, containing Poland Spring® Brand 100% Natural Spring Water, Gatorade® Recovery beverage, 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.
- Family and friends will not be able to access the post-finish area in Central Park. Outside the park, Central Park West will not be accessible to the public from 66th Street north to 85th Street, and the side streets will not be accessible from Central Park West to Columbus Avenue. **Be sure your meet-up location is not within these areas.** We recommend meeting in Family Reunion or at another designated spot.

EXITS/BAG PICKUP

POST-RACE PONCHO RUNNERS

- Please be prepared to show your wristband to staff and volunteers to exit Central Park at 77th Street and pick up your Post-Race Poncho south of 77th Street.
- You'll exit at 77th Street up to 30 minutes after crossing the finish line. Please note that family members and friends will not have access to this area, inside or outside of Central Park.

BAG-CHECK RUNNERS

- You'll retrieve your Official UPS Bag Check Bag at your designated UPS truck in Central Park. Trucks will be identified by bib range. 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.
- Please note that the Post-Race Poncho is available only for runners who chose this option; runners who chose the Bag Check option are not eligible to receive the Post-Race Poncho and must exit via the bag check exits.
- Baggage pickup for athletes with disabilities, including wheelchair and handcycle entrants, will be in the AWD reunion area on West 72nd Street.
- From 6:00 to 7:00 p.m., all unclaimed bags will be located at West Drive and 72nd Street (cross drive) in Central Park. After 7:00 p.m., all unclaimed bags will be available on Monday, November 2, from 9:00 a.m. to 4:00 p.m. at the finish line.

FAMILY REUNION

- We strongly recommend that you plan your post-race reunion with friends and family, or transportation home, in advance of race day. Please note that cellular saturation may prevent you from using your cell phone on race day.



finish and post-finish

- Encourage your family and friends to track your progress along the marathon course by downloading the **TCS New York City Marathon Mobile App Powered by Tata Consultancy Services**. They will be able to see when you've crossed the finish line. Family and friends can also call the **Runner Information Hotline at 800.496.6193** to see if runners have finished the race.
- Let your family and friends know that most runners who selected the Post-Race Poncho option will arrive at Family Reunion approximately 30-45 minutes after they cross the finish line; most runners who selected the Bag Check option will arrive approximately 60-90 minutes after they cross the finish line.
- Due to security restrictions and a frozen (runners-only) zone, family and friends will not be able to access the post-finish area in Central Park. **Be sure your meet-up location is not within the frozen zone** (see finish map).
- Family Reunion will be on Central Park West between 60th Street and 65th 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 (see finish map).
- Everyone entering Family Reunion will be subject to bag inspection and screening.



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THE OFFICIAL 2015 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:
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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 8-10 weeks for production time. All information provided by 2015 TCS New York City Marathon. Official Licensee.

Remember: FMG will be engraving Finisher Medals - Names and Net Time on Monday, November 2, 2015 at the Marathon Pavilion. ONLY \$25.00

Fill out the information and send to address below:

Name _____ Bib # _____

Address _____

City _____ State _____ Zip _____ Country _____

Phone _____ Email _____

Payment: ☐ MC ☐ Visa ☐ American Express ☐ Discover

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Remember to watch for our photographers in the bright blue vests
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AND GOOD FOR THE LONG RUN.

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TCS NEW YORK CITY MARATHON

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