



# THE ING NEW YORK CITY MARATHON 2013 RUNNER HANDBOOK

ING  NEW YORK CITY  
MARATHON

NYRR  
NEW YORK ROAD RUNNERS

# STAND OUT WITH COLORS THAT RUN



**asics**



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ING NEW YORK CITY MARATHON

# SATURDAY, NOVEMBER 2, 2013



**5K RUN**  
Cross the famed  
Marathon  
Finish Line

NYRR

DASH TO THE  
FINISH LINE



Be a part of the world-famous ING New York City Marathon excitement, run a **5K** through the streets of Manhattan, and cross the famed Marathon finish line in Central Park—without running 26.2 miles! Visit [nyrr.org](http://nyrr.org) to register or for more information.

ING NEW YORK CITY MARATHON

NYRR  
NEW YORK ROAD RUNNERS

CENTRAL PARK  
CONSERVANCY  
central to the park



In cooperation with the City of New York  
Michael R. Bloomberg Mayor

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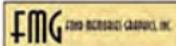
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New York Road Runners  
9 East 89th Street  
New York, NY 10128

Dear Runner,

"26.2 miles make it a race. *You* make it the marathon." That's the theme of the 2013 ING New York City Marathon, capturing the essence of it all: the coming together of New Yorkers with fans and runners from around the world to celebrate story after story of personal achievement. As we prepare for the 2013 Marathon, we're thinking of all New Yorkers while Superstorm Sandy recovery continues, and we're still devastated by the Boston bombings—but we're more inspired than ever to make November 3 the day of all of our dreams.

The Marathon will be here before you know it. You've logged hundreds of miles to get to this point. As you put the finishing touches on your training, take some time to read through this handbook. Pack it with you, and look to it for essential race-week and race-day info—from getting to the Expo to planning race-week fun for your friends and family. Keep watching for email updates, and check out [ingnycmarathon.org](http://ingnycmarathon.org) and social media over these final weeks.

It's going to be such a privilege and honor for us to welcome you to New York this year. In particular, we're deeply grateful to those of you who are returning after the cancellation of last year's race. Please know that we'll be doing everything we can, working with our city partners, to ensure that this year's event will be everything you hope for and dream about. We believe that this year's marathon will inspire and thrill you as a unique experience shared among runners, spectators, and New York City.

Our team—hard-working NYC agencies, dedicated partners, amazing volunteers, and NYRR's super-committed staff and board of directors—can't wait to host you.

Yours in running,

A handwritten signature in black ink that reads "Mary Wittenberg". The signature is fluid and cursive, with a large, stylized 'M' at the beginning.

Mary Wittenberg  
President and CEO, New York Road Runners  
Race Director, ING New York City Marathon



## Improving a child's life is as easy as tying your shoes.

As a runner, you know the importance of physical fitness, and you understand the journey toward a healthier life begins with a single step. Today in the U.S., over nine million children, age six and over, are obese. ING Run For Something Better® is tackling this epidemic by making fitness opportunities available in elementary and middle schools across the country that help kids learn that exercise is fun and rewarding. This is your chance to help a child take that important first step to a healthier future.

By donating \$10 or more, you'll receive a pair of our signature orange laces, symbolizing your support and, at the same time, funding for school and community-based running initiatives across the country. Since 2003, ING Run For Something Better has changed the lives of over 185,000 children who have logged over 5 million miles through our free school-based running and fitness programs!

When you're ready to take the next step, join the Orange Laces Nation and help raise money through one of our charitable marathons or half-marathons. Visit [www.orangelaces.com](http://www.orangelaces.com) to learn more about donating or becoming a fundraiser today!



100% of net proceeds will go towards helping kids become fit.  
Donate and get your orange laces today at [www.orangelaces.com](http://www.orangelaces.com).



RETIREMENT • INVESTMENTS • INSURANCE

**ING**

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## MEN'S



**GEL-Kayano® 20 NYC**  
T3P1N.0461 Men's Sizes: 6-14, 15, 16 \$160.00  
Flash Yellow/Island Blue/Royal



**Marathon Storm Shelter® Jacket**  
MT1881M.4572 S-2XL \$135  
Ink/Neon



**Marathon Thermopolis® LT Half Zip**  
MR1536M.72 S-2XL \$75  
Neon

## WOMEN'S



**GEL-Kayano® 20 NYC**  
T3P6N.3036 Women's Sizes: 5-13 \$160.00  
Electric Orange/Orchid/Electric Melon



**Marathon Storm Shelter® Jacket**  
WT1834M.6166 XS-XL \$135  
Plum/Shock



**Marathon Thermopolis® LT Half Zip**  
WR1817M.66 XS-XL \$75  
Shock



**Marathon Favorite™ Short Sleeve**  
WR1648M.6166 XS-XL \$42  
Plum/Shock

\*Not all products are available at all stores.

**ING New York City Marathon® Collection by ASICS®** will be available at **ASICS NYC Stores:**  
**Meatpacking District, 420 West 14th St, New York NY | Bryant Park, 51 West 42nd St, New York NY**  
To order online, see the entire selection of the **ING New York City Marathon® Collection by ASICS®**,  
or to find a retailer, visit: [www.asicsamerica.com/nycm](http://www.asicsamerica.com/nycm).

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## 3. COLLECTION BY ASICS®



Marathon PR™ Tight  
ML1877M.90 S-XL \$36  
Black



Marathon Distance™ Short  
MS1692M.9472 S-XL \$40  
Steel/Neon



Marathon Singlet  
MR1329M.4572 S-XL \$32  
Ink/Neon



Marathon Favorite™ Long Sleeve  
MR1685M.9472 S-2XL \$46  
Steel/Neon



Marathon JADE™ Thermopolis® LT Hoody  
WR1561M.0192 XS-XL \$70  
White/Heather Iron



Marathon EverySport™ II Short  
WS1639M.6466 XS-XL \$38  
Purple Pop/Shock

### ACCESSORIES



Marathon Medium Duffel  
ZR1019N.5072 One size \$42  
Midnight/Neon



Marathon Liner Glove  
ZC1476N S/M-L/XL \$12  
90 Black  
64 Purple Pop



Marathon Low Cut Sock  
ZK1343N.9272 S-XL \$10  
Heather Iron/Neon



Marathon Backpack  
ZR820N.72 One size \$40  
Neon



Marathon Arm Warmer  
RN1366N.72 One size \$12  
Neon



Marathon Thermopolis®  
2-N-1 Headwarmer  
ZC1928N One size \$16  
9072 Black/Neon  
9018 Black/Pink Glo

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PREMIER EVENT OF NEW YORK ROAD RUNNERS



You know you have done your very best to prepare for this moment. It is good to be certain.

You have prepared. You have trained. You are committed. That is what it takes in marathon running—and in business. In a fast-evolving marketplace which demands leadership that brings results, there exists a way of certainty: Tata Consultancy Services (TCS). With TCS as your strategic advisor and partner, the ever-changing new landscapes of business become new vistas of opportunity, from digitally connected consumers to big data to emerging markets to end-to-end solutions for transforming your organization. TCS offers you market-proven, world-class experience, expertise and guidance to show the way for your business to evolve. Visit [tcs.com](http://tcs.com) and you are certain to learn more.



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ING NEW YORK CITY MARATHON

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## The Rudin Family

is proud to present The Samuel Rudin Trophy to the winners of the

# ING NEW YORK CITY MARATHON

## SUNDAY, NOVEMBER 3, 2013

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, Federation of Jewish Philanthropies, 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.

## THE ALL-NEW VERSA® NOTE. YOUR DOOR TO MORE EXHILARATION.

You're never happier than when you're doing what you love. That's the inspiration behind the all-new Nissan Versa Note, designed with the cargo space, fuel efficiency and technology to let you put your passions first, whatever they are – scuba diving, cycling, even running 26.2 miles in one go. Come to think of it, that sounds like a pretty fun Saturday. If you're up for it, we know a car that is too.

**Versatile Interior | Unexpected Technology | Fuel-Efficient**





Innovation  
that excites



**ING** NEW YORK CITY  
MARATHON

PREMIER EVENT OF NEW YORK ROAD RUNNERS

Always wear your seat belt, and please don't drink and drive. ©2013 Nissan North America, Inc.

# I AM A RUNNER



**TIMEX IRONMAN.**

Show yourself what you can do.

**ING** NEW YORK CITY  
MARATHON  
PREMIER EVENT OF NEW YORK ROAD RUNNERS

Check out the collection and more  
at expo booth #222



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# ESSENTIALS for RUNNERS

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## WEATHER

Average temperatures from past ING New York City Marathons:

- Average high: 62°F/17°C
- Average low: 47°F/8°C
- Mean average: 55°F/13°C

## RACE-WEEK ACTIVITIES

- Download the **ING New York City Marathon Mobile App Presented by Tata Consultancy Services** beginning October 26 at the GooglePlay Store and the Apple Store
- Run the **Poland Spring Marathon Kickoff** (Sunday, October 27, Central Park)
- Visit the **ING New York City Marathon Health and Fitness Expo** (Thursday, October 31-Saturday, November 2, Javits Center)
- Visit the **Marathon Lounge Presented by Tata Consultancy Services** (Friday, November 1, Saturday, November 2, and Sunday, November 3, Columbus Circle)
- Watch the **Marathon Opening Ceremony Presented by United Airlines** and the **Marathon Fireworks Presented by Poland Spring** (Friday, November 1, Central Park)
- Run or walk the **NYRR Dash to the Finish Line 5K** (Saturday, November 2)
- Attend the **Marathon Eve Dinner** (Saturday, November 2, Central Park)
- Get tickets for the **Blue Line Lounge Presented by Tata Consultancy Services at the Marathon Pavilion/Reserved Grandstand Seating** (Sunday, November 3, Central Park)
- Shop and take part in recovery activities at **Marathon Monday at the Marathon Pavilion** (Monday, November 4, Central Park)

*Complete race week information is on pages 16-17.*

## OFFICIAL START TIMELINE

*All start times are subject to change.*

8:35 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  
10:05 a.m.    Wave 2  
10:30 a.m.    Wave 3  
10:55 a.m.    Wave 4

*Complete start information is on pages 33-41.*

## COURSE and FINISH

The ING New York City Marathon route is a spectacular tour of New York's five boroughs—**Staten Island, Brooklyn, Queens, the Bronx, and Manhattan**. Participants and fans alike are dazzled by the city's cultural and natural attractions. From **Fort**

# ESSENTIALS for RUNNERS

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**Wadsworth** on Staten Island, the course crosses the **Verrazano-Narrows Bridge** into Brooklyn and takes a five-mile straight shot up **Fourth Avenue** through **Bay Ridge** and **Sunset Park** to the **Brooklyn Academy of Music** at eight miles. The course continues through the neighborhoods of **Bedford-Stuyvesant**, **Williamsburg**, and **Greenpoint** to the **Pulaski Bridge** at the halfway point. Runners cross into Queens, pass **Silver-cup Studios**, and continue over the **Queensboro Bridge** into Manhattan, where huge crowds cheer them up **First Avenue** (miles 16-20). The **Willis Avenue Bridge** takes runners into the Bronx from mile 20 to 21, and they return to Manhattan via the **Madison Avenue Bridge**, cruise down **Fifth Avenue** through **Harlem** and along "Museum Mile," and enter **Central Park**. The final miles include the **Metropolitan Museum of Art**, **Central Park South**, **Columbus Circle**, and the world-famous Central Park finish. *Complete course and finish information is on pages 43-47.*

## TUNE IN and WATCH LIVE

### ING NEW YORK CITY MARATHON PREVIEW SHOW

Saturday from 7:30 to 8:00 p.m. (tri-state area on ABC7)

*Tune in to catch a glimpse of what Marathon Day has in store!*

### ON THE RUN

The program airs at 8:00 p.m. Wednesday through Friday of race week, 5:00 p.m. Saturday, and 4:00 p.m. Monday, and on demand at [ontherun.nyrr.org](http://ontherun.nyrr.org). Times are subject to change; check [ontherun.nyrr.org](http://ontherun.nyrr.org) for updates.

*Get behind-the-scenes access to the ING New York City Marathon.*

### RACE-DAY BROADCAST

**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](http://7online.com) from 7:00 a.m. to 2:00 p.m.

**Across the country:** Live coverage on ESPN2 and [WatchESPN.com](http://WatchESPN.com) from 9:00 a.m. to 12:30 p.m. Additional coverage streamed live on ESPN3 from 7:00 to 9:00 a.m. and from 12:30 to 2:00 p.m., and on demand. The broadcast will also be aired live in Spanish on ESPN Deportes+ from 9:00 a.m. to 12:30 p.m. EST.

**National highlight show:** On local ABC affiliates from 4:00 to 6:00 p.m.

**On mobile devices:** This broadcast is available live on tablets and smart phones 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](http://7online.com).

# We bring the world to the start line.

Proud to be the Official Airline of the ING New York City Marathon, 19 years running.



It takes more than commitment and determination to get to the start line. It also takes a dependable travel partner. With service to more than 370 destinations worldwide, we're proud to be a part in this incredible journey for runners and fans alike. Enjoy the trip through all five fantastic boroughs. For reservations and information, go to [united.com](http://united.com).

**UNITED**   
A STAR ALLIANCE MEMBER 

# RACE WEEK

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*Information is subject to change; check [ingnycmarathon.org](http://ingnycmarathon.org) for updates.*

## **SUNDAY, OCTOBER 27**

### **POLAND SPRING MARATHON KICKOFF (5M)**

8:30 a.m., Central Park. *Info and registration at [nyrr.org](http://nyrr.org)*

## **THURSDAY, OCTOBER 31**

### **ING NEW YORK CITY MARATHON HEALTH AND FITNESS EXPO**

10:00 a.m.-8:00 p.m. (bib pickup until 7:00 p.m.)

Jacob Javits Convention Center, Hall 3B (11th Avenue at 38th Street)

## **FRIDAY, NOVEMBER 1**

### **RUN WITH CHAMPIONS**

9:00 a.m., Central Park. *More than 1,000 NYC schoolchildren served by NYRR Youth Programs race in Central Park.*

### **ING NEW YORK CITY MARATHON HEALTH AND FITNESS EXPO**

10:00 a.m.-8:00 p.m. (bib pickup until 7:00 p.m.)

Jacob Javits Convention Center, Hall 3B (11th Avenue at 38th Street)

### **MARATHON LOUNGE PRESENTED BY TATA CONSULTANCY SERVICES**

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

*Learn more about the ING New York City Marathon at this free event, open to the public, which includes a variety of interactive activities, special programming, and more.*

### **MARATHON OPENING CEREMONY PRESENTED BY UNITED AIRLINES**

5:30-7:00 p.m., Central Park. *Celebrate the diversity of the marathon at a spectacular parade, followed by the Marathon Fireworks Presented by Poland Spring.*

## **SATURDAY, NOVEMBER 2**

### **ING NEW YORK CITY MARATHON HEALTH AND FITNESS EXPO**

9:00 a.m.-5:00 p.m. (bib pickup until 5:00 p.m.)

Jacob Javits Convention Center, Hall 3B (11th Avenue at 38th Street)

### **NYRR DASH TO THE FINISH LINE (5K)**

8:30 a.m., near the United Nations to Central Park. *A 5K run for everyone, through the streets of Manhattan with a finish at the Marathon finish line and a finisher bag. Registration at [nyrr.org](http://nyrr.org)*

### **NYRR MERCHANDISE KIOSK**

Central Park at West 67th Street. *Sales of merchandise for runners and fans*

### **MARATHON LOUNGE PRESENTED BY TATA CONSULTANCY SERVICES**

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

*Learn more about the ING New York City Marathon at this free event, open to the public, which includes a variety of interactive activities, special programming, and more.*

# RACE WEEK

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## MARATHON EVE DINNER

4:00-8:00 p.m., Central Park at West 67th Street and Central Park West  
*With entertainment provided by Clear Channel Radio; tickets at nyrr.org*

## SUNDAY, NOVEMBER 3

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

### ENTERTAINMENT ON THE MAIN STAGE

Starting at 6:00 a.m., Fort Wadsworth, Staten Island

### MARATHON LOUNGE PRESENTED BY TATA CONSULTANCY SERVICES

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

*Watch the ING New York City Marathon broadcast and see the runners pass through Columbus Circle at this free event, open to the public, which includes a variety of interactive activities.*

### RESERVED GRANDSTAND SEATING

9:00 a.m., Central Park at West 67th Street. *Information and tickets at nyrr.org*

### 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 nyrr.org*

### NYRR MERCHANDISE KIOSK

Central Park at West 67th Street. *Sales of merchandise for runners and fans*

### ENTERTAINMENT AT THE FINISH LINE

9:00 a.m.-6:00 p.m., Central Park at West 67th Street

### NIGHT OF CHAMPIONS: A BENEFIT FOR NYRR YOUTH PROGRAMS

6:00-9:30 p.m., the Todd English Hall at the Plaza Hotel. *Celebrate the ING New York City Marathon at this festive and spirited party with the race champions and other special guests. This ticketed event is a fundraiser for NYRR youth programs. Tickets at nyrr.org.*

## MONDAY, NOVEMBER 4

### MARATHON MONDAY AT THE MARATHON PAVILION

7:00 a.m.-2:00 p.m., Central Park at West 67th Street. *Limited-edition finisher shirts, sweatshirts, caps, and select 2013 ASICS apparel; Fond Memories finisher medal engraving; sales of the New York Times special marathon results section; UPS Store kiosk to ship merchandise home; a chance to win Oakley eyewear; and Hospital for Special Surgery Recovery Zone. The NYRR Store (9 East 89th Street) will also have limited-edition finisher gear and select ASICS apparel from 8:00 a.m. to 2:00 p.m.*

# TRAVEL/HOTELS

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When making your travel plans, remember that you must arrive in time to pick up your race number in person at the expo (October 31–November 2) at the Jacob Javits Convention Center.

**United Airlines** is proud to be the Official Airline of the ING New York City Marathon. With more than 370 destinations around the world, United offers more nonstop flights to the New York area than any other airline. Visit [united.com](http://united.com) today to book your travel.

**Anthony Travel** is the Official Travel Provider of the ING New York City Marathon. With more than 20 years of experience in the sports travel industry and more than six years of travel experience with NYRR events, Anthony Travel provides the best travel arrangements for competitors and spectators. Go to [AnthonyTravel.com/nyrr](http://AnthonyTravel.com/nyrr) or call 800.736.6377.

## EXCLUSIVE DISCOUNTED RATES at OFFICIAL MARATHON HOTELS

Anthony Travel offers exclusively discounted rates at some of the finest hotels in New York City. Hotels have been specially reviewed and selected by marathon and sports travel experts familiar with New York and the ING New York City Marathon.

*To secure the best prices and selection for the 2014 marathon, make your reservations now at [AnthonyTravel.com/nyrr](http://AnthonyTravel.com/nyrr).*

*Hotels require a two-night minimum stay; rates do not include tax; additional fees may apply depending upon occupancy and special requests.*

## DISCOUNTED BROADWAY SHOWS, TOURISM PASSES, and YACHT CRUISE TICKETS

**Broadway Shows:** Anthony Travel has secured discounted tickets to the hottest shows on Broadway, available exclusively to marathon participants and spectators. Save up to 20 percent off the box office price!

**New York City Go Select Pass:** Who says sightseeing in NYC has to break the bank? Choose the marathon-specific package or customize your own. Print the pass, skip the lines and save up to 20 percent in the process!

**Post-race Yacht Cruise Celebration:** Unwind and celebrate with fellow marathoners and spectators on this three-hour luxury yacht cruise around Manhattan. The cruise will feature food, a designated party area, and breathtaking views of the city. Discounted tickets are available.

## ING NEW YORK CITY MARATHON HEALTH and FITNESS EXPO

JACOB JAVITS CONVENTION CENTER, HALL 3B (11TH AVE AT 38TH ST)

DATE	EXPO HOURS	LAST TIME FOR NUMBER PICKUP
Thursday, October 31	10:00 a.m. – 8:00 p.m.	7:00 p.m.
Friday, November 1	10:00 a.m. – 8:00 p.m.	7:00 p.m.
Saturday, November 2	9:00 a.m. – 5:00 p.m.	5:00 p.m.

The expo features the Marathon Store Presented by ASICS, plus more than 100 vendors and exhibitors with souvenirs, product samples, race applications, health and medical advice, and activities. It is free and open to the public.

### 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. Registered runners must pick up their race materials in person with acceptable photo identification (see below) at the expo. We do not mail materials, distribute them at New York Road Runners, or give them out on race day. Only a government-issued photo identification card will be accepted (we are not requiring passports for international runners this year).
- You will pick up your race number/B-Tag, instructions, Official Start Village Bag or Official UPS bag, and your 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 defaulted to the remaining available options; check [mynyrr.org](http://mynyrr.org). **On race day, the bag will serve as your official bag; you will not be able to enter Fort Wadsworth with any other bag.**
- 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.**

# EXPO

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## ALSO at the EXPO

### EVENT REGISTRATION AND TICKET SALES

Subject to availability, registration/tickets will be available at the expo for the following events:

- **NYRR Dash to the Finish Line (5K):** Registration US\$60
- **Marathon Eve Dinner:** Tickets US\$40 for marathoners, friends, and family
- **Reserved Grandstand Seating:** Tickets US\$75
- **Blue Line Lounge Presented by Tata Consultancy Services at the Marathon Pavilion:** Tickets US\$275

### MARATHON STORE PRESENTED BY ASICS

ING New York City Marathon and ASICS co-branded clothing, souvenirs, and gifts

### MARATHON SOUVENIRS

Special licensed merchandise (runner photos/DVDs, commemorative shadow boxes), Honor Your Marathoner Collection created by Tiffany & Co., co-branded Timex watches, Oakley sunglasses, and more

### REGISTRATION FOR ING RUNNER'S NATION PACE TEAMS PRESENTED BY TIMEX

Led by experienced marathoners, teams are open to runners looking to achieve goal finishing times ranging from 3:00 to 5:30. Participation is free.

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Put the new logistics to work for you.  
[thenewlogistics.com](http://thenewlogistics.com)

UPS has been a proud partner  
of the ING New York City Marathon  
for 17 years and running.



WE  LOGISTICS™

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## 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 31 9:30 AM-8:30 PM	FRI. NOV 1 9:30 AM-8:30 PM	SAT. NOV 2 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

Two public bus routes stop by the Javits Center. The fare is \$2.50, payable by MetroCard or exact change (coins only). All city buses are wheelchair accessible. For more information, see [mta.info](http://mta.info).

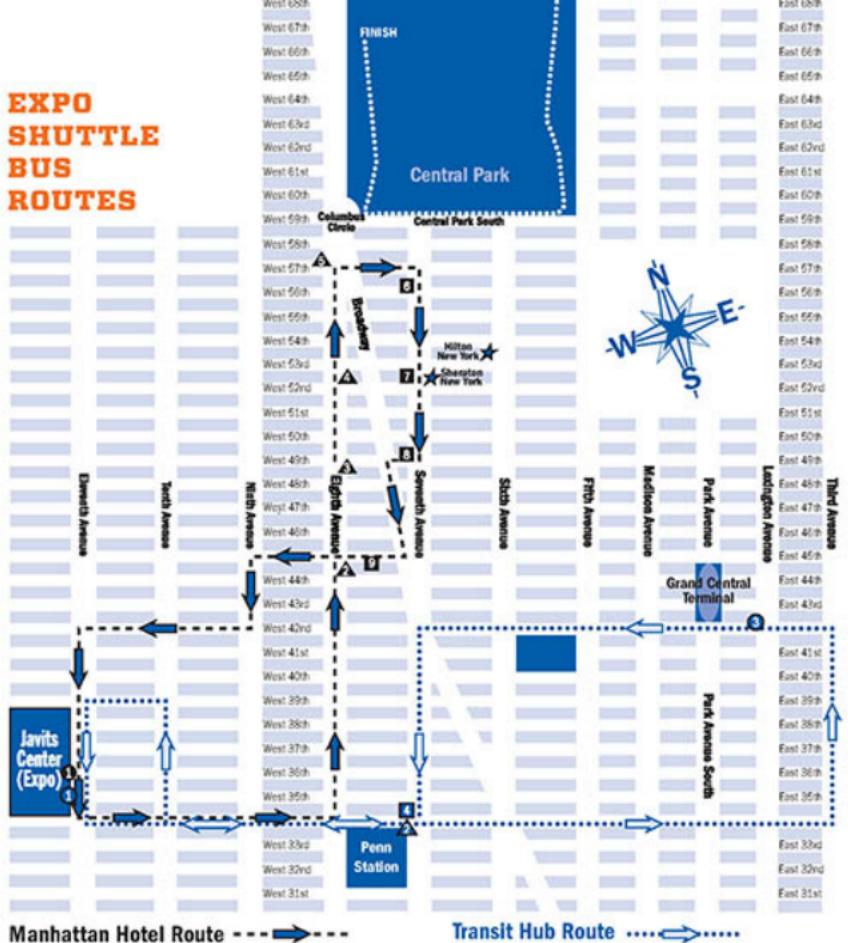
**M34:** Runs along 34th Street, including a stop at Penn Station.

**M42:** Runs along 42nd Street, including a stop at Grand Central Terminal and the Port Authority Bus Terminal.

## PARKING

For driving directions and parking information, see [javitscenter.com](http://javitscenter.com).

# EXPO SHUTTLE BUS ROUTES



**Manhattan Hotel Route** ----->

## DROP-OFFS

### Javits Center

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

## PICKUPS

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

### Javits Center

Penn Station: southwest corner of Seventh Ave. at W. 34th Street

Grand Central Terminal: northwest corner of E. 42nd Street at Lexington Ave., in front of the Grand Hyatt

Penn Station: northwest corner of Seventh Ave. at W. 31st Street

### Javits Center

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



## A GREAT **FINISH** TO THE ING NEW YORK CITY MARATHON

See your results in **The New York Times**,  
Monday, Nov. 4.

Look for all the ING New York City Marathon pre-event coverage in The Times, in print and online.



**The New York Times**  
NYTIMES.COM

# FROM OUR MEDICAL DIRECTOR

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## **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.**

**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.

**CONSIDER TAKING A BABY ASPIRIN BEFORE YOU RUN OR RACE.** Some doctors recommend a daily baby aspirin (81 mg) to runners to reduce the risk of sudden death while running due to clumps of platelets forming in the blood. Discuss this risk with your doctor so that you can make an informed and responsible 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 work-out or race to maintain the body's water-to-sodium balance. Take one fast-food salt

# FROM OUR MEDICAL DIRECTOR

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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.

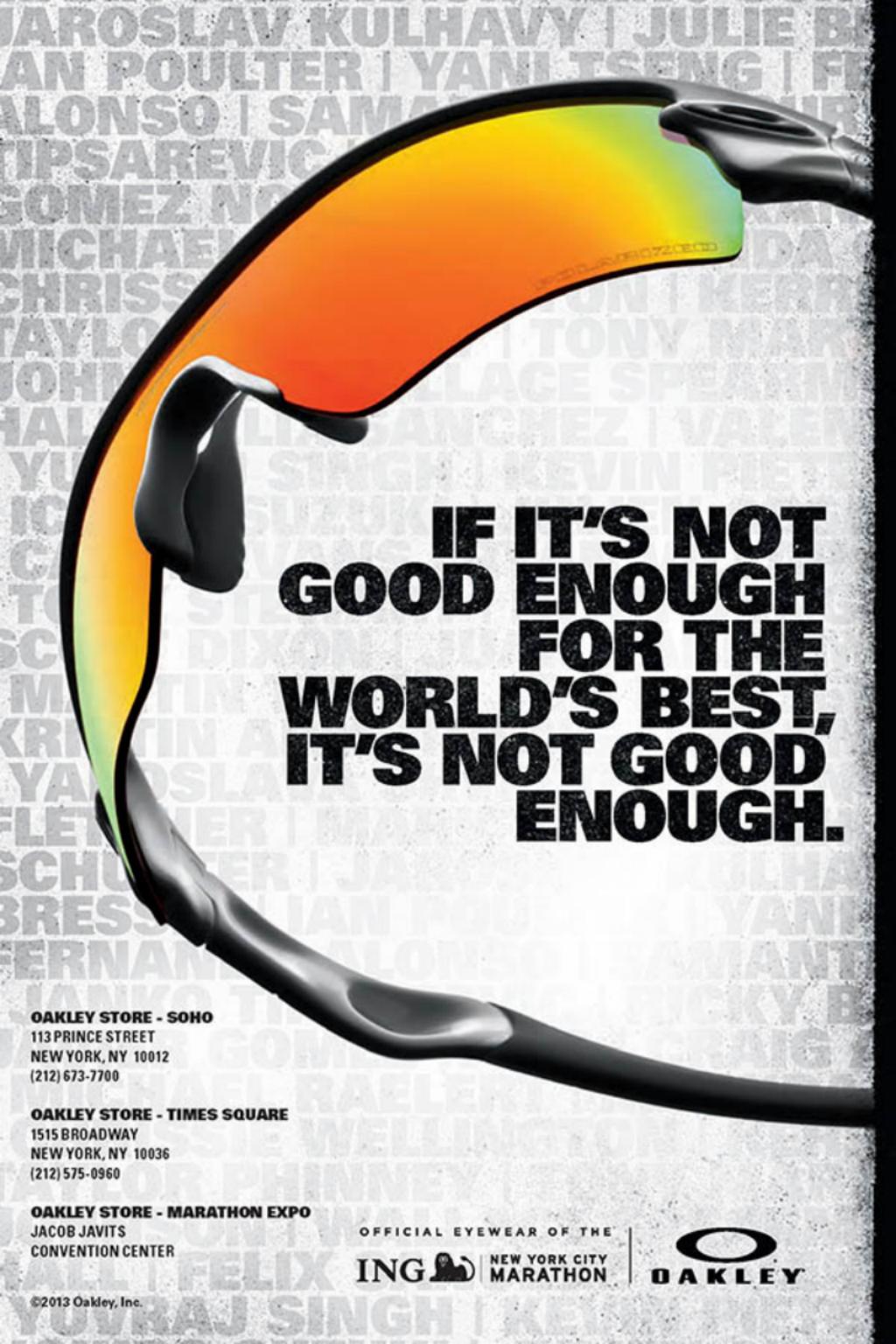
**DRINK FOR THIRST.** If you feel thirsty while running or racing, have 4 to 8 ounces of fluid (preferably a sports drink that has some sodium in it) at an aid station or whenever you feel that you need it. If you aren't thirsty, don't feel compelled to drink. If you can't use thirst as a guide, drink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



**IF IT'S NOT  
GOOD ENOUGH  
FOR THE  
WORLD'S BEST,  
IT'S NOT GOOD  
ENOUGH.**

**OAKLEY STORE - SOHO**

113 PRINCE STREET  
NEW YORK, NY 10012  
(212) 673-7700

**OAKLEY STORE - TIMES SQUARE**

1515 BROADWAY  
NEW YORK, NY 10036  
(212) 575-0960

**OAKLEY STORE - MARATHON EXPO**

JACOB JAVITS  
CONVENTION CENTER

OFFICIAL EYEWEAR OF THE

**ING** NEW YORK CITY  
MARATHON

**OAKLEY**

# SPECTATORS and FANS

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## BEFORE MARATHON WEEK

- Visit [ingnymarathon.org](http://ingnymarathon.org) for details on how your friends and family can join in activities during Marathon Week.
- Check out **On the Run** at [ontherun.nyrr.org](http://ontherun.nyrr.org) for behind-the-scenes access to the ING New York City Marathon. **On the Run** is a must-see for runners of all ages and abilities. The program airs at 8:00 p.m. Wednesday through Friday of race week, 5:00 p.m. Saturday, and 10:00 a.m. Monday, and on demand at [ontherun.nyrr.org](http://ontherun.nyrr.org).

## MARATHON WEEK and RACE DAY

- Check out the **Race Week schedule** on pages 16–17—it's full of fun things for your family and friends to do in NYC.
- Check out our online **Spectator Guide** at [ingnymarathon.org](http://ingnymarathon.org).

## RACE COVERAGE

Friends, family, and fans can experience the excitement of race day no matter where they are:

**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.com from 9:00 a.m. to 12:30 p.m. Additional coverage streamed live on ESPN3 from 7:00 to 9:00 a.m. and from 12:30 to 2:00 p.m., and on demand. The broadcast will also be aired live in Spanish on ESPN Deportes+ from 9:00 a.m. to 12:30 p.m. EST.

**National highlight show:** On local ABC affiliates from 4:00 to 6:00 p.m.

**On mobile devices:** This broadcast is available live on tablets and smart phones 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.

*See complete race-week and race-day coverage on page 14.*



# ADVANCE YOUR RUN, ADVANCE YOUR LIMITS

## THE RE-IMAGINED GT-2000™2

We didn't just update the GT-2170, we re-engineered it from the ground up with innovations like FluidRide® for a more responsive ride. The result: the all-new GT-2000™2.

**asics** | #BETTERYOURBEST

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# LOGISTICS and START

## RACE NUMBER

All 2013 ING New York City Marathon participants must wear an official race number (which contains the B-tag race timing device) on their torso, pinned to their outer layer of clothing. Numbers must be fully visible at all times (not cut, folded, or obscured). Runners who run the race without their bib properly attached and displayed risk not having their finish time and split times recorded and not being listed in the results.



### START COLOR

This area will be orange, green, or blue. This indicates which Start Line you will be crossing and the village in Fort Wadsworth where your runner amenities, baggage trucks, and corrals are.

### WAVE

Your Wave number (1, 2, 3, or 4) will be indicated.

- 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.\*

\* Times are subject to change. Check [ingnycmarathon.org](http://ingnycmarathon.org) for updates.

### RACE NUMBER

The first two digits to the left of the dash on your race number indicate which corral you are assigned to.

**Corrals are not open until a wave is called to staging.**

### RUNNER STICKER

The sticker affixed to the bottom left of your race number contains information about you as specified in your race application. If there are any serious errors in this information, visit the expo Help Desk to make a correction.

If the sticker is pink, you have selected the No-Baggage option. If the sticker is white, you have selected the Baggage option.

- Name
- Race number
- Gender
- Transportation assignment. If blank, you are not assigned to official transportation.
- Age
- Nationality

<b>BUS</b> <b>6:00</b>	<b>Smith, John</b> M 40 United States No Baggage	12345
---------------------------	--------------------------------------------------------	-------

<b>BUS</b> <b>6:00</b>	<b>Smith, Mary</b> F 40 United States Baggage	13579
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# LOGISTICS and START

## B-TAG INSTRUCTIONS

Your timing device for the ING 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



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

*Note: Wheelchair and handcycle participants will wear a D-tag as well as a B-tag.*

## SPLIT TIMES

Race results will include your:

- **Net finish time** (from the moment you cross the starting line), used to establish order of finish
- **Split times:** 5K, 10K, 15K, 20K, half-marathon, 25K, 30K, 35K, and 40K, plus every mile beginning with mile 8.

## SECURITY MEASURES

### PROHIBITED ITEMS

In order to ensure the safety of all Marathon participants, spectators, and partners, NYRR has added two categories of items to its list of prohibited objects at all marathon events. As always, all bags and items entering Marathon venues and events are subject to inspection by NYRR, contracted private security personnel, venue personnel and the NYPD.

# LOGISTICS and START

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**For spectators and runners, the following items are prohibited from entering any Marathon venue, including but not limited to the Expo, Marathon Opening Ceremony, Start Village, Family Reunion, Finish Line Bleachers, and all Marathon Pavilion events:**

- Weapons of any kind, including firearms, knives, mace, etc.
- Any dangerous items or "dual use" items that could be dangerous
- Flammable liquids, fuels, fireworks, and explosives
- Large packages, coolers, and tents/lean-tos
- Animals/pets
- Duvets, sleeping bags, and large blankets/comforters

**Additionally, for runners, the following items are prohibited from the Start Villages, start corrals, and race course:**

- Glass containers
- Containers of liquid larger than 1 liter
- Strollers
- Suitcases and rolling bags
- Backpacks\* and any bag other than the Official Start Village Bag and Official UPS Bag
- Camelbaks® and any type of hydration backpacks\* (Note: Water and Gatorade Endurance Formula are available at the start and at fluid stations every mile starting at mile 3. Runners may run with fuel belts and handheld water bottles.)
- Weight vests and any sort of vest with pockets
- Costumes covering the face or any non-formfitting, bulky outfits extending beyond the perimeter of the body
- Props (including sporting equipment, military and fire/gear, and signs larger than 11" x 17")

*\*These items have been prohibited from all NYRR events since April 2013; these prohibitions are based on enhanced safety protocols established in collaboration with the NYPD, NYC Department of Parks & Recreation, Triborough Bridge & Tunnel Authority Police, U.S. Park Police, U.S. Coast Guard, and other city, state and federal agency partners.*

## RUNNER NUMBERS/BIBS

Bibs must be visible at all times while on official Marathon transportation, entering and within the Start Village, in the corrals, on the race course, and in the finish/post-finish area. Amenities and medals will be denied to runners not displaying a bib.

Your cooperation, patience, and understanding are greatly appreciated as we enhance and expand our security efforts to make your ING New York City Marathon experience safe and enjoyable.

# LOGISTICS and START

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## BAGGAGE POLICY: YOUR OPTIONS

As a part of our ongoing commitment to providing a better and safer post-race experience, this year's ING New York City Marathon required runners to select either a no-baggage or baggage option. The selection deadline was July 31.

### NO-BAGGAGE OPTION

Choosing this option offers an early exit from Central Park after the finish and quick access to Family Reunion and public transportation. No-baggage runners also receive a waterproof, wind-resistant Marathon Finish Line Poncho, which is distributed at the exit from Central Park.

Runners who choose this option will receive an Official Start Village Bag and Early Exit wristband at the expo. This bag may be used to bring pre-race items into Fort Wadsworth, but may not be checked for transport to the finish. (All items left at the start will be gathered and donated to Goodwill Industries or recycled.) The wristband must be worn during the race and will identify runners for the early exit from Central Park.

Runners with medication needs will be 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](mailto:medical@nyrr.org) for more information.

### BAGGAGE OPTION

Choosing this option allows runners to check a bag at the start for transport to a baggage-retrieval area located up to an hour's walk north of the finish. Runners who choose this option will receive an Official UPS Bag and a sticker at the expo. This bag, with sticker affixed, will be checked at the start. Only Official UPS Bags may be checked; backpacks and other bags will not be accepted. Bags will be transported to the post-finish area. The bag will be large enough to hold shoes, warm clothing, and small personal items.

All runners have the opportunity to sign up for the UPS Ship It Home program to have items/clothing shipped from the Marathon start to any address in the United States or select countries around the world for a flat rate. Details are available at [ingnycmarathon.org](http://ingnycmarathon.org).

# LOGISTICS and START

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## 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 did not make your selection, the selection "Do Not Need Transportation" will be shown in MyNYRR. If you have not selected transportation to the start and opt to do so at the expo, we will do our best to accommodate you on a first-come, first-served basis. If your preference is not available, you will be given an alternate choice. **All runners will be accommodated.**

**Your Official Transportation assignment will appear in the bottom left-hand corner of your race number.** Refer to the race number sample on page 33.

(Note: International Travel Partner entrants receive their transportation assignments from their ITP. Athletes with Disabilities will 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. Whitehall Terminal is accessible via subway, bus, and taxi. Info: [siferry.com](http://siferry.com).
- 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. Wheelchair and handcycle participants should not take the ferry; the buses on Staten Island may not be accessible to them.

#### 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.
- Athletes with Disabilities will receive their bus location and departure time in a separate communication.

#### New Jersey Bus

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

# LOGISTICS and START

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## 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.
- **For security reasons, your belongings must be visible inside your Official Start Village Bag or Official UPS 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 chair/cycle and an everyday chair.

## 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](http://mta.info) for service advisories.

## EVENT ALERT SYSTEM

NYRR has implemented a color-coded Event Alert System (EAS) for the 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

# LOGISTICS and START

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## 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 on page 33; see the Start Villages map on the center gatefold. The staging area for AWDs and guides, including wheelchair and handcycle entrants, is on New York Avenue adjacent to the green start village.
- The start villages are outdoors and may be damp and cold; warm clothing is recommended. You may be in your start village for several hours.
- 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, PowerBars, and Dunkin' Donuts coffee will be available.
- Interfaith and Jewish religious services are provided in the open area (see gatefold map).
- Runners who have signed up for the UPS Ship It Home program should follow the instructions at [ingnycmarathon.org](http://ingnycmarathon.org).

## OFFICIAL UPS 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 page 35 for restrictions. 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 Bag to bring any belongings into Fort Wadsworth. Personal bags inside this bag will be confiscated and will not be returned.**
- Please read page 36 carefully to understand this year's baggage options and procedures, and visit [ingnycmarathon.org](http://ingnycmarathon.org) for additional information and updates.

# THE ING NEW YORK CITY MARATHON

## 2013 OFFICIAL ASICS COLLECTION



### MEN'S SHORT SLEEVE

Marathon Everyday™ short sleeve top is cozy and casual and also provides moisture-wicking comfort.

### WOMEN'S LONG SLEEVE

Our Favorite™ Long Sleeve top hates holding onto sweat and smells, is breathable, and offers 50+UPF sun protection.



The 2013 Official ASICS Collection has arrived.  
See the entire collection at [store.nyrr.org](http://store.nyrr.org)

# LOGISTICS and START

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- Bring your Official UPS Bag to the UPS trucks in your start village. UPS trucks are identified by bib range. AWDs and their guides should place their bags and everyday non-racing chairs in the trucks in the AWD staging area.
- NYRR, the ING New York City Marathon, the City of New York, UPS, and all sponsors are not liable for loss of or damage to bags.

## 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.
- If you're running with an ING Runner's Nation Pace Team Powered by Timex, look for pace team leaders throughout the corrals. Leaders will wear "ING Runner's Nation Pace Team Powered by Timex" shirts, carry signs color-coded to their start, and carry balloons printed with their goal finish time.
- We advise that you wear extra layers to keep warm after checking your bag. You may discard these items in Goodwill clothing donation bins before moving to the corrals.

## START LINES

- There will be four wave starts. Refer to the wave start timeline chart inside the gate-fold 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 card 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.

# SPECIAL OFFER for ING New York City Marathon Participants

**YOU'RE A RUNNER.**  
For health. For  
fitness. For the  
sheer joy of it.



get  
**RUNNER'S**  
1 YEAR ONLY \$20 (12 ISSUES)

To take advantage of this special offer, go to  
**WWW.RUNNERSWORLD.COM/SUBOFFER**

*Please note that the Marathon course is completely closed to vehicular traffic during the race. See [ingnycmarathon.org](http://ingnycmarathon.org) for schedule and details.*

## **MILE/KILOMETER MARKERS and CLOCKS**

- 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 orange. Course clocks will be set to correspond with Wave 1.
- Yellow kilometer signs and clocks will be posted every 5 kilometers.
- Timing mats will be located 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.
- There will be video checkpoints and volunteers checking race numbers along the course. Be sure that your race number is pinned to the front of your shirt and clearly visible. Failure to display your bib properly and to appear at video checkpoints may result in disqualification.

## **FLUIDS and FOOD**

- 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. There will be tables on both sides of the course. To avoid the bottleneck at the first table, get a cup from 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.
- At the PowerGel Energy Zone at mile 18, PowerGels of assorted flavors will help you hurdle “the wall” and energize you to the finish.
- Fruit will be available at the fluid stations at miles 20–23.
- For your safety, take fluids and food only at official stations.

## **ENTERTAINMENT/CHEERING ZONES**

More than 130 bands along the course will motivate and entertain runners and spectators alike. A special stage at Columbus Circle sponsored by United Airlines will provide inspiration for the final two-tenths of a mile, and there will be live entertainment at the finish line.

ING and other sponsors will host cheering zones along the course where spectators can root for the marathoners. Cheering zones will feature spectator amenities such as sign-making supplies, fun giveaways, and DJs. Check [ingnycmarathon.org](http://ingnycmarathon.org) for details.

**WE'RE PROUD TO  
HAVE HELPED SO  
MANY OF YOU GET  
BACK IN THE RACE.  
GOOD LUCK FROM  
HOSPITAL FOR  
SPECIAL SURGERY.**

In the most recent *U.S. News & World Report* "Best Hospitals" issue, Hospital for Special Surgery was ranked #1 in the nation for Orthopedics, again. And, for the 23<sup>rd</sup> consecutive year, we were among the top ranked hospitals for Orthopedics and Rheumatology. When it comes to sports medicine, we're at the top of our game. No wonder we're the Official Hospital of NYRR for the 2013 ING New York City Marathon.

To make an appointment or find out more about our team, go to **HSS.edu** or call **1.800.796.0484**.

HOSPITAL FOR SPECIAL SURGERY IS AN AFFILIATE OF NEW YORK-PRESBYTERIAN HEALTHCARE SYSTEM AND WEILL CORNELL MEDICAL COLLEGE. WE ARE LOCATED AT 535 E. 70TH STREET, NYC, WITH PHYSICIAN OFFICES IN QUEENS, LONG ISLAND, AND CONNECTICUT. HSS ACCEPTS MOST MAJOR INSURANCE PLANS.

**HOSPITAL  
FOR  
SPECIAL  
SURGERY**



**Specialists  
in Mobility**

## TOILETS

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

## MEDICAL AID

- There will be medical aid stations on the course approximately every mile starting at mile 3 and at the finish. For help during and after the race, look for medical stations adjacent to each fluid station and medical volunteers 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.
- The NYRR medical team will be equipped with Philips Automated External Defibrillators (AEDs) in ambulances along the course and at post-finish medical tents to provide trained medical professionals with the tools they need in a life-threatening emergency.

## SWEET BUS and STREET OPENINGS

- Sweep buses will follow the marathon route at a 6½-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 course, do not cross the finish line, or you will be disqualified and barred from future New York City Marathons. Instead, enter Central Park at West 72nd Street after 7:00 p.m. to claim your baggage. Baggage will also be available for pickup Monday morning near the start beginning at 8:00 a.m.



## PROUDLY SUPPORT THE 2013 ING NEW YORK CITY MARATHON



### Good luck from The UPS Store Manhattan locations!

- Step 1: Purchase your ING New York City Marathon memorabilia and clothes.
- Step 2: Ship everything home at The UPS Store\* kiosk, Monday, November 4 at the Marathon Monday tent in Central Park.

We can also ship your souvenirs and luggage—ask us how!

**25%\* off packing services on Monday, November 4**

While you're here, please visit one of our Manhattan locations at:

**Upper West Side**  
(Between 105th & 106th)  
2753 Broadway  
212.222.1202

**Times Square - Toys "R" Us Lower Level**  
(Enter through Toys "R" Us main entrance  
on 44th & Broadway)  
1514 Broadway  
212.202.1202

**Midtown**  
(Between 52nd & 53rd)  
888c 8th Avenue  
212.581.2669

**Chelsea**  
(Between 17th & 18th)  
130 7th Avenue  
212.989.3593

**Gramercy Park**  
(Between 22nd & 23rd)  
388 2nd Avenue  
212.375.8292

**Upper West Side**  
(Northwest corner of 86th & Columbus)  
105 West 86th Street  
212.202.0534

**Upper West Side/Columbia University**  
603 West 115th Street  
212.865.9601

\*Valid only at Marathon kiosk and listed centers on 11/04/13.  
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**The UPS Store**



# FINISH and POST-FINISH

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## FINISH LINE

- MarathonFoto will automatically 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 will receive a HeatSheet™ presented by United Airlines and Foot Locker.
- Each finisher will receive an ING New York City Marathon Recovery Bag presented by Hospital for Special Surgery. The bag will contain Poland Spring® Brand 100% Natural Spring Water, Gatorade Endurance beverage, a PowerBar, a New York State McIntosh apple, and Snyder's of Hanover pretzels.
- Medical personnel will be stationed throughout the finish and post-finish areas.
- The finish and post-finish areas are not accessible to the general public.

## EXIT/BAGGAGE PICKUP

- If you selected the No-Baggage option, be prepared to show your pink wristband to take the Early Exit from Central Park.
- If you selected the Baggage option, you will retrieve your Official UPS Bag at your designated UPS truck. Trucks will be identified by bib range. 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 and will be available until 7:00 p.m. on Sunday, November 3, and from 8:00 a.m. to 2:00 p.m. at the finish on Monday, November 4. Any unclaimed baggage left at the finish after 2:00 p.m. on Monday will be donated to charity.

## FAMILY REUNION

Due to enhanced security measures, NYRR is currently working with NYPD and other city agencies to reconfigure the Family Reunion zones, which will be accessible via entrance points organized by the first letter of the runner's last name. More information will be forthcoming via a dedicated email to all runners, and details will be highlighted on the ING New York City Marathon website.

## FINISHER CERTIFICATE

Finisher certificates will be available in digital and print versions through MarathonFoto. Details on downloading and ordering your certificate will be available the week after the race.



BETTER IS...  
Beating my best time  
on the Upper LOOP

-Scott P. Tribeca, NY

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MARATHON  
PREMIER EVENT OF NEW YORK ROAD RUNNERS

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A BRILLIANT FINISH

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NEW YORK SINCE 1837

# RULES of COMPETITION

*Please review the Terms & Conditions for NYRR events at [ingnycmarathon.org/entrantinfo/how-to-run-in-2013.htm#terms](http://ingnycmarathon.org/entrantinfo/how-to-run-in-2013.htm#terms)*

*Please review the 2013 ING New York City Marathon cancellation policies at [ingnycmarathon.org/entrantinfo/cancellation.htm](http://ingnycmarathon.org/entrantinfo/cancellation.htm)*

## **RULES of COMPETITION**

The ING New York City Marathon is organized and conducted under USA Track & Field (usatf.org) rules. Entrants must also comply with New York Road Runners rules and all applicable rules and regulations of the City of New York and its agencies and departments, including the Department of Parks & Recreation (nycgovparks.org).

No skates, strollers (including running strollers), or animals are permitted in the Marathon. The use of headphones is strongly discouraged, and if directed by a race official to cease such use, an entrant must comply promptly.

NYRR reserves the right to reject any entry and to impose penalties for violations of any of the aforesaid Rules of Competition.

**26.2 MILES  
MAKE IT A RACE,  
VOLUNTEERS  
MAKE IT  
THE MARATHON.**



Marathon volunteers—more than 12,000 strong—represent the best that NYC has to offer: they're helpful, enthusiastic, friendly, and proud of our amazing city. The marathon truly cannot succeed without our volunteers, so we thank all of them!

**Contact NYRR to learn more about becoming a volunteer or team leader.**  
p: (646) 758-9727 | e: [volunteers@nyrr.org](mailto:volunteers@nyrr.org)

**ING**  **NEW YORK CITY  
MARATHON**

**NY**  **RR**  
NEW YORK ROAD RUNNERS



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Munch a McIntosh

The official apple of the  
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ALL THE PARTICIPANTS IN THIS YEAR'S  
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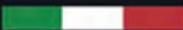
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# NEW YORK ROAD RUNNERS



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 55 years, NYRR has grown from a local running club to the world's premier community running organization. NYRR's mission is to empower everyone, of all ages and abilities—beginners and competitive athletes, the young and the elderly, adult professionals and underserved schoolchildren—to improve their health and well-being through the power of running and fitness.

NYRR's races, community events, instruction and training resources, and youth programs give hundreds of thousands of people each year the motivation, know-how, and opportunity to start running and keep running for life. NYRR's premier event, the famed ING New York City Marathon, attracts the world's top pro runners and committed amateurs alike while also raising millions of dollars annually for charity and driving economic impact for the City. But NYRR is equally committed to the runners of tomorrow, passionately providing youth fitness programs that educate and inspire more than 100,000 kids in underserved communities in New York City, all 50 states, and around the world.

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, please visit [nyrr.org](http://nyrr.org).

## ABOUT THE ING NEW YORK CITY MARATHON

NYRR's premier event, the ING New York City Marathon is the most loved and most inclusive marathon in the world, attracting elite athletes and recreational runners alike for the challenge and thrill of a lifetime. The race has grown tremendously since it began in 1970 with just 127 runners racing four laps of Central Park. Now, more than 47,000 participants from all over the globe flock to New York City every November for an adrenaline-filled road tour of all five boroughs, starting on Staten Island at the foot of the Verrazano-Narrows Bridge and ending in Central Park. Some run for prize money or bragging rights, others for charity or their personal best. All are cheered on by more than two million live spectators and a TV audience of 330 million.

THE PERFECT GIFT FOR YOUR MARATHONER FROM FOND MEMORIES GRAPHICS, INC.  
THE OFFICIAL 2013 ING 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 6-8 weeks for production time. All information provided by 2013 ING New York City Marathon, Official Licensee.

Remember: FMG will be engraving Finisher Medals • Names and Net Time on Monday, November 4, 2013 at the Marathon Pavilion. ONLY \$20.00

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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MAKE IT A RACE.  
YOU MAKE IT  
THE MARATHON.**



**THE ING NEW YORK CITY  
MARATHON**



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WATCH LOCALLY



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**ING** NEW YORK CITY MARATHON

**NYC** NEW YORK CITY MARATHON



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of the City of New York and the  
fine sponsors and partners of the  
ING New York City Marathon.