



It will move you.



**TCS
NEW YORK CITY
MARATHON**

TATA CONSULTANCY SERVICES

POCKET GUIDE

NEW YORK ROAD RUNNERS

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Information is subject to change. Check tcsnycmarathon.org for the latest updates.

2017



TCS NEW YORK CITY MARATHON

TATA CONSULTANCY SERVICES

The TCS New York City Marathon is the premier event of New York Road Runners (NYRR) and the largest marathon in the world. Over 1,100,000 people have finished the race since its first running in 1970 with just 127 entrants and 55 finishers running four laps around Central Park. The race expanded to all five boroughs in 1976 and is now in its 41st year as a five-borough affair. Held annually on the first Sunday of November, the race features 50,000 runners including the world's top professional athletes and a vast range of competitive, recreational, and charity runners. To learn more, visit tcsnycmarathon.org.



NEW YORK ROAD RUNNERS

New York Road Runners is a non-profit community running organization, founded in 1958, whose mission is to help and inspire people through running. We serve nearly 600,000 people—including 267,000 youth—annually. To learn more, visit nyrr.org.



YOUR RACE NUMBER

Every 2017 TCS New York City Marathon participant must wear an official race number (bib) on the front of his or her outer layer of clothing. The number must be fully visible at all times (not cut, folded, or obscured), or the runner risks disqualification.

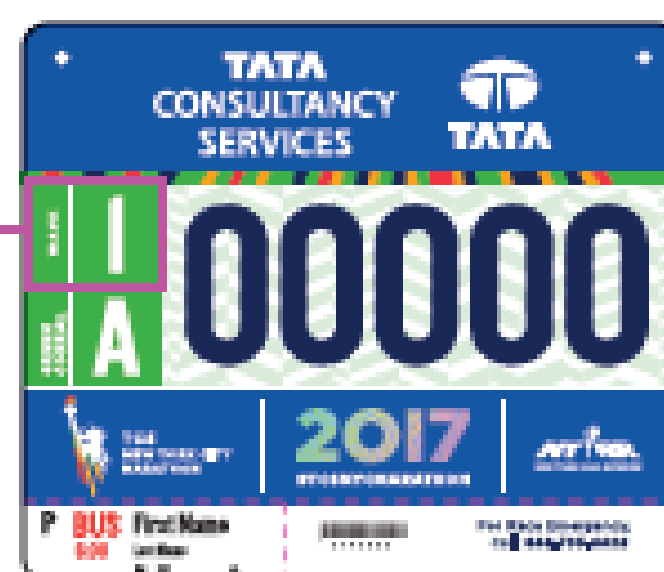
Start Color

The background color is blue, green, or orange. The color indicates your start village and your start line.



Wave

The number (1-4) indicates your wave.



Corral

The letter (A-F) indicates your start corral.



Runner Information

The information printed on the bottom left corner of your race number includes your:

- Name
- Gender
- Age
- Race number
- Official transportation assignment and departure time. If this is blank, you have not been assigned to official transportation.
- Baggage selection: Bag Check or Post-Race Poncho

If there are any serious errors in this information, please visit the Runner Support Center at the TCS New York City Marathon Expo Presented by New Balance to make a correction. Changes to start time, wave corral, and baggage assignment are not allowed. If you have a 'P' on the bottom left corner, then you selected or were assigned to the Post-Race Poncho option. If you have a 'B' printed on the bottom left corner, then you have selected, or were assigned to, the Bag Check option.

Midtown Manhattan bus

Departure time

P	BUS	John
	6:00	Smith
		M 20 12345

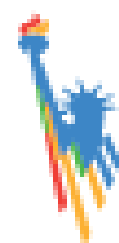
Staten Island Ferry

Departure time

B	SIF	Joan
	8:00	Smith
		F 25 1245

New Jersey bus

P	BUS	Jonathan
	NJ	Smith
		M 30 13335



Back of Race Number

IMPORTANT MEDICAL INFORMATION

Information Médicale Importante • Informazio Médica Importanta • Wichtige medizinische Informationen • Informazio Médica Importanta

For your safety and protection fill out this form NOW.

YOUR PRIMARY LANGUAGE
 Votre langue maternelle • Su lingua materna • Ihre Muttersprache • Lingua Materna

NAME OF PERSON TO CONTACT IN CASE OF EMERGENCY
 Personne à contacter en cas d'urgence • Nombre de la persona a contactar en caso de emergencia Nombre der Person, die im Notfall zu kontaktieren ist • Nome della persona da contattare in caso di emergenza

EMERGENCY CONTACT'S PHONE NUMBER () () - () ()
 Numéro de téléphone à appeler en cas d'urgence • Número de teléfono de su contacto de emergencia Telefono Nummer dieser Person für den Notfall • Numero di telefono in caso di emergenza

PLEASE LIST ANY PRESENT ILLNESS, KNOWN ALLERGIES, OR MEDICATIONS YOU ARE TAKING
 • Si vous avez souffert d'une maladie présente, allergies connues, ou les médicaments que vous prenez
 • Por favor escriba cualquier enfermedad actual, alergias, o medicamentos que está tomando
 • Geben Sie alle jetzigen Krankheiten, Allergien bekannt, oder Medikamente, die Sie einnehmen
 • Si prega di elencare qualsiasi malattia presente, allergie note, o farmaci che sta assumendo

YOUR GROUP OR RUNNING CLUB
 Nom de votre équipe ou de votre club sportif • Grupo turístico o club deportivo
 Tourgruppe oder Verein • Gruppe turístico o club sportivo

By wearing this bib during a New York Road Runners race, you represent and warrant that: (1) you are the individual who registered for the race for which this bib was assigned, and (2) you have not purchased this bib from another individual to whom the bib was assigned or otherwise obtained this bib in a way that would violate New York Road Runners' Rules of Competition (<http://www.nyrr.org/races-and-events/rules-of-competition>).

If you are not, you are in violation of the rules and subject to disqualification with immediate effect. Your information will be subject to the fullest use in that it may be included in our media release or your official race website.

If you disagree with this, please contact the race director at the race start or contact the race director at the race start or contact the race director at the race start.

If you do not agree with this, please contact the race director at the race start or contact the race director at the race start or contact the race director at the race start.

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B-Tags

Your timing device for the TCS New York City Marathon is the ChronoTrack B-tag, which is attached to your race number (bib).

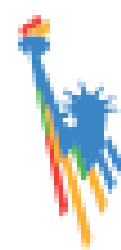
Please fill out the important medical information on the back of your number. **Please note that race numbers are non-transferable**; you cannot give or sell your number or tag to another person or participate with an unofficial race number or tag. A participant who does not wear his or her assigned race number and tag, or who is found to have transferred, bought, or sold entry into an NYRR event, or otherwise permitted any other individual to wear his or her race number, will be disqualified and suspended from subsequent NYRR events. **This policy is extremely important to ensure we have accurate medical information about every participant for medical emergencies.**

How to Position Your Number



In order to ensure an accurate time, please make sure that your race number is:

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



OFFICIAL BAGS

Official bags are the only bags permitted in Fort Wadsworth. See pages 12-13 for permitted and prohibited items.

Start Village Bag



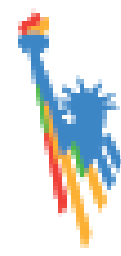
If you selected or are assigned to the Post-Race Poncho option, you must place all items that you bring to the start in the Start Village bag, and you may not check this bag for transport to the finish. You must wear the orange wristband to exit Central Park and claim your poncho.

Bag Check Bag



If you selected or are assigned to the Bag Check option, all items that you bring to the start must be placed in the UPS Bag Check bag and will be transported to the finish for you to claim.

If you decide not to bring a bag on race day, you are still required to exit Central Park through the Bag Check exits. **You will not be permitted to exit through the Post-Race Poncho exit and claim a poncho.**



STAGING AREA AND START

- More than 1,700 toilets will be in the staging area and start. NYRR reserves the right to disqualify anyone who uses any alternative to the portable toilets.
- Medical staff will be available in each village. If you feel ill and/or are unable to run, alert the medical staff.
- A free breakfast consisting of tea, Poland Spring® water, Gatorade® Endurance products, bagels, PowerBars, and Dunkin' Donuts® coffee will be available.
- Interfaith services and a Jewish minyan will be provided in the open zone.

Getting to the Start

Official transportation to the start is provided for all entrants. If you selected or are assigned to official transportation, your assignment is indicated on your race number (see page 2).

Official transportation procedures:

- You must show your race number and transportation wristband, if you received one at the Expo.
- Plan to arrive at your departure location at least 15 minutes before your scheduled departure time.
- Restrooms are available in the bus loading area at the New York Public Library but not the bus loading area at St. George Ferry Terminal in Staten Island, and not on any of the buses. Restrooms are available on the Staten Island Ferry.
- The Start Village bag and UPS Bag Check bag are the only bags permitted on official transportation. Bags are subject to search.

Approximate Travel Times to Fort Wadsworth

Staten Island Ferry/Shuttle Bus: 90 minutes

Midtown Manhattan Bus: 90 minutes

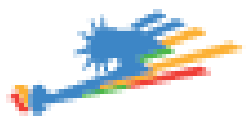
New Jersey Bus: 60 minutes

These times do not include security screening.

Please allow ample time to clear security, check your bag or place items in Goodwill bins, use the toilets, and enter your start corral.

Official Transportation Options

Option	Departure Location	Additional Information
Staten Island Ferry	Whitehall Terminal, Manhattan	Whitehall Terminal is accessible by several MTA subway and bus routes. The free ferry transports runners to St. George Terminal on Staten Island, from which free buses transport runners to Fort Wadsworth.
Midtown Manhattan Bus	New York Public Library, Fifth Avenue at 42nd Street	Buses transport runners directly to Fort Wadsworth. The New York Public Library is centrally located and accessible by many subway and bus routes.
New Jersey Buses	MetLife Stadium Parking Lot K, by the Quest Diagnostics Training Center	Buses transport runners from MetLife Stadium Parking Lot K directly to Fort Wadsworth. There is no parking at this location.



TCS NEW YORK CITY MARATHON

TATA CONSULTANCY SERVICES

START VILLAGES

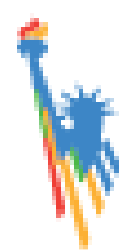




- Security Checkpoint
- Information
- Toilets
- Spectator Viewing
Public access at
Columbus Circle
- Entrance Point
- Exit Only

RUNNER KEY

- Post-Finish
Runner Amenities
- Bag Check Walkoff
- Post-Race
Poncho Walkoff
- Charter Buses
Central Park West
between W. 85th St.
and W. 96th St
- Post-Race
Poncho Runners
Yellow orange
wristband required
- Bag Check Runners
Bibs 31000-72999
- Bag Check Runners
Bibs 500-30999



START TIMELINE

Time	Start	Race Numbers
8:30 a.m.	Men's Professional Wheelchair Division	
8:32 a.m.	Women's Professional Wheelchair Division	
8:52 a.m.	Fast Handcycle Category	
8:52 a.m.	Slow Handcycle & Select Ambulatory Athletes with Disabilities	
8:55 a.m.	Foot Locker Five Borough Challenge	
9:20 a.m.	Professional Women	
9:50 a.m.	WAVE START 1	
	Blue Start	
	Professional Men	
	Men and Women	1000 through 1999; 4000 through 4999; 7000 through 10999
	Orange Start	
	Sub-elite	440 through 549
	Men and Women	2000 through 2999; 5000 through 5999; 11000 through 14999
	Green Start	
	Local Competitive	550 through 999
	Men and Women	3000 through 3999; 6000 through 6999; 15000 through 18999
10:15 a.m.	WAVE START 2	
	Blue Start	19000 through 24999
	Orange Start	25000 through 30999
	Green Start	31000 through 36999
10:40 a.m.	WAVE START 3	
	Blue Start	37000 through 42999
	Orange Start	43000 through 48999
	Green Start	49000 through 54999
11:00 a.m.	WAVE START 4	
	Blue Start	55000 through 60999
	Orange Start	61000 through 66999
	Green Start	67000 through 72999

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

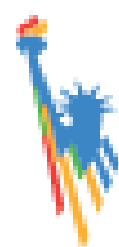
Corral Timeline	WAVE 1	WAVE 2	WAVE 3	WAVE 4
Drop off bags by	8:10 a.m.	8:50 a.m.	9:20 a.m.	10:00 a.m.
Corrals open	8:20 a.m.	9:15 a.m.	10:00 a.m.	10:30 a.m.
Corrals close	9:00 a.m.	9:45 a.m.	10:20 a.m.	10:45 a.m.
	9:50 a.m.	10:15 a.m.	10:40 a.m.	11:00 a.m.



Security

To expedite your entry into the start area at Fort Wadsworth, please follow these guidelines:

- Only registered entrants and guides are allowed in Fort Wadsworth and the start area. You must have your race or guide number visible to enter. If you have layers on, unzip or lift them to display your bib.
- All runners are subject to bag inspection and metal-detector screening prior to entry; see the list of prohibited items on pages 12-13. For screening, please remove armbands, belts, phones, watches, and other metal items and place them in your UPS Bag Check bag or Start Village bag. Please hold blankets, yoga mats, and jackets/sweatshirts that you are not wearing.
- If you see something out of the ordinary or suspicious, please say something to any official in the start area or call the Race Emergency Hotline at 866.705.6626.



PERMITTED/PROHIBITED ITEMS

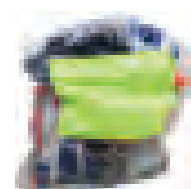


YES: PERMITTED ITEMS ON RACE DAY



Hydration

- Waist belts with water bottles
- Hand-held water bottles
- Disposable clear bottles (one liter or smaller)



Official Bags

- Start Village Bags
- UPS Bag Check Bags



Miscellaneous

- Unrolled small blankets
- Jackets
- Small yoga mats, pads, and cushions
- Mylar blankets or heat sheets
- Small clear plastic tarps or seating pads smaller than 10 sq. ft.



NO: PROHIBITED ITEMS ON RACE DAY



Hydration

- Camelbaks® and any type of hydration backpack
- Alcoholic beverages and illegal substances of any kind
- Vests with several large pockets or pockets that can accommodate a water reservoir
- Weight vests and any vests with multiple pockets, especially those that can be used as a water reservoir
- Containers of liquid larger than one liter

**NO: PROHIBITED ITEMS ON RACE DAY****Bags**

- Opaque trash bags and any non-transparent plastic bags



- Suitcases and rolling bags
- Backpacks and any bag other than the two official bags provided for the event

Miscellaneous

- Unmanned aerial devices, drones, survey balloons, photography mini-copters, and any flying devices with an on/off switch
- Selfie sticks and any camera mount or rig that isn't attached directly to the head or torso
- Strollers
- A weapon of any kind, including firearms, knives, Mace, etc.



- Any dangerous item or "dual-use" item that could be considered dangerous, including hammers, saws, sharp objects, etc.



- Flammable liquids, fuels, fireworks, toxic chemicals, and explosives



- Large packages, coolers, tents, and lean-tos



- Animals/pets

- Folding chairs, camp chairs, and tables of any kind

- Glass containers

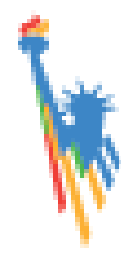
- Costumes that cover the face and any bulky outfits that extend beyond the perimeter of the body (formfitting outfits are allowed)



- Props, including flagpoles, sporting equipment, military and fire gear, and signs larger than 11"x17"



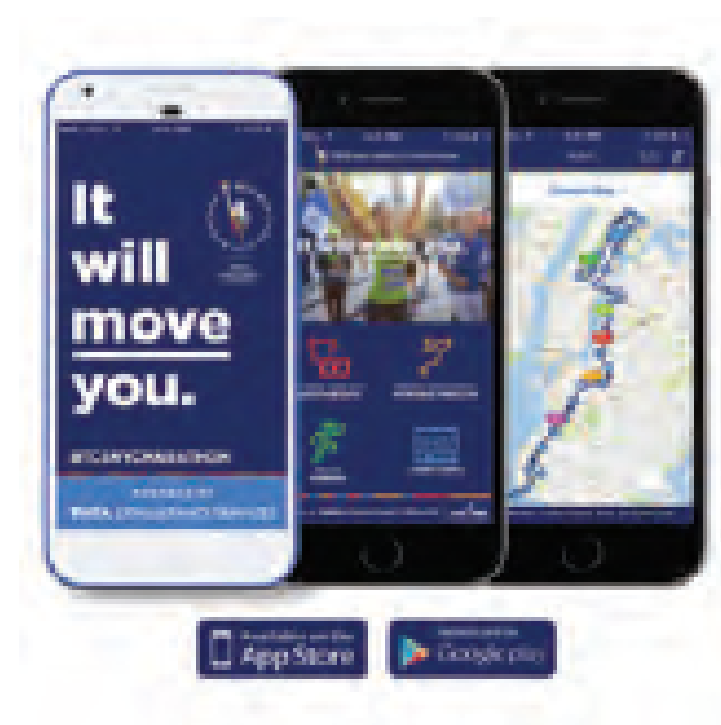
- Duvets, sleeping bags, and large blankets or comforters



FINISH AND POST-FINISH

- Make a post-finish plan in advance of race day. If you're meeting friends and family, have a specific meeting location **outside of the runners-only area** (see map). If you're on your own, have a plan for returning to your home or local accommodation.
- When you exit Central Park, you will cross one final timing mat, which will track your location for family and friends through the TCS New York City Marathon Mobile App Powered by Tata Consultancy Services. **In order to ensure your loved ones receive this information, please have your race number with you, out of your bag, and clearly visible so it can be read by the system.**
- Your race number will determine your exit point. Please consult the finish map.

Please note: Cellular saturation may prevent you from using your cell phone in and near the post-finish area.



The 2017 TCS New York City Marathon App Powered by Tata Consultancy Services

- Download the 2017 TCS New York City Marathon App Powered by Tata Consultancy Services to track your favorite runners and stay up to speed on race-week and race-day events.



Post-Race Poncho

- You will exit Central Park at the Post-Race Poncho exit at West 77th Street, approximately one-half mile past the finish line. **You must show your wristband to use this exit—no exceptions.**
- You will reach this exit approximately 30 minutes after you cross the finish line. After you exit, you will receive an insulated, waterproof, wind-resistant poncho.
- Please move outside the runners-only zone (see map) to reunite with your friends and family. You may exit west from the runners-only zone at West 73rd Street.



Bag Check

- You will retrieve your checked bag from the UPS trucks in Central Park on your way to the Bag Check exits, located at West 81st Street and West 85th Street.
- Your race number will determine your exit point from Central Park (see map). The 81st Street exit is approximately three-quarters of a mile past the finish line; the 85th Street exit is approximately one mile past the finish line.
- **If you selected or are assigned to Bag Check, but decide not to check a bag, you will still be required to exit via the Bag Check exits. The Post-Race Poncho exit is reserved for runners who chose that option.**
- Please move outside the runners-only zone (see map) to reunite with your friends and family.
- From 6:00 to 7:00 p.m., unclaimed bags will be at West Drive and the 72nd Street Cross Drive in Central Park; they will be removed after 7:00 p.m. and will be available on Monday, November 6, from 9:00 a.m. to 3:00 p.m. at the finish line.





Marathon Monday

- Marathon Monday at the TCS New York City Marathon Pavilion—just steps from the finish line—is a special day for marathoners, friends, family, and fans! Come to Marathon Monday to celebrate your accomplishment, jumpstart your recovery, shop, mingle, and relive the memories.
- Marathon Monday will take place Monday, November 6, from 7:00 a.m. to 5:00 p.m.
- Stop by the HSS Recovery Zone, located adjacent to medal engraving inside the Marathon Pavilion. Runners will be led through guided stretching and foam rolling with one of Hospital for Special Surgery's expert physical therapists and performance coaches while also receiving tips on how to best recover from the Marathon.

PREMIER PARTNER OF NYRR AND TITLE SPONSOR OF THE TCS NEW YORK CITY MARATHON

TATA CONSULTANCY SERVICES

FOUNDATION PARTNERS



THE RUDIN FAMILY

STRATEGIC PARTNERS



CONTRIBUTING PARTNERS



OFFICIAL BROADCAST PARTNERS



MEDIA PARTNERS



LICENSE PARTNERS



COMMUNITY PARTNER



FUNDRAISING PARTNER



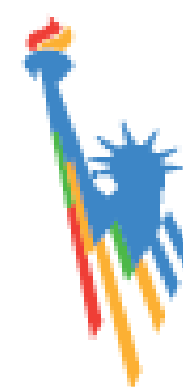
CITY AGENCIES/PARTNERS

The City of New York
New York City
Police Department
New York City
Fire Department
New York City
Department
of Sanitation
New York City
Department
of Transportation
City of New York
Parks & Recreation
New York City
Department
of Education

New York City
Department of Health
and Mental Hygiene
New York City
Department of
Environmental
Protection
New York City Office of
Emergency Management
Mayor's Office
of Citywide Event
Coordination
and Management
Mayor's Office of Media
and Entertainment

Metropolitan
Transportation Authority
MTA Bridges
and Tunnels
Port Authority of New
York & New Jersey
Central Park
Conservancy
City Parks Foundation
NYC & Company
National Park Service
United States
Army Reserve
United States
Coast Guard

United States Park Police
USA Track & Field
IAAF/International
Association of
Athletics Federations
AIMS/Association
of International
Marathons
Abbott World
Marathon Majors
ARRL Ham Radio
Operators
American Red Cross



TCS
NEW YORK CITY
MARATHON
TATA CONSULTANCY SERVICES

FINISH AND POST-FINISH

SPECTATOR KEY

- Runners Only
No public access
- Course Route
All runners
- Family Reunion
- Blue Line Lounge (B.L.)
Presented by Tata Consultancy Services
Ticket required
Access at 68th St. →
- West Side
Grandstand Seating
Ticket required
Access at 63rd St. →
- East Side
Grandstand Seating
Ticket required
Access at 63rd St. →



- Blue Village
- Orange Village
- Green Village
- By Invitation Only

- No Access
- Buildings (No Access)
- Drop-off
- Information

- Volunteer Check-in
- Baggage Trucks
- Toilets
- Medical

- Water
- Gatorade
- Coffee/Food
- Therapy Dogs



TCS
NEW YORK CITY
MARATHON
TATA CONSULTANCY SERVICES



COURSE MAP



It
will
move
you.

Visit mta.info to check for any changes in service on race day.

