



CENTRAL PARK – SUNDAY, NOVEMBER 3, 2019



**RISING NEW YORK ROAD RUNNERS
YOUTH INVITATIONAL**

AT THE

TCS NEW YORK CITY MARATHON

RACE-DAY INSTRUCTIONS



- Participants will receive an official event long-sleeve tech shirt at number pickup (see map). **They are strongly encouraged to wear the shirt during the event.**
- **The bib must be pinned to the front of the outermost layer of clothing and be fully visible.** It includes a ChronoTrack B-tag, which will record the participant's time.
- Check-in will close at 8:15 a.m.
- The course is 1.3 miles.
- Participants who wish to check a bag should place their belongings in the plastic bag provided, tag it with the provided tag, and drop at bag check at number pickup. **Please make sure the bag is securely tied, and leave valuables at home.** NYRR is not responsible for lost items. Please note that bag check will close at 10:00 a.m.
- NYRR staff will distribute grandstand seating tickets to coaches at number pickup. **Coaches should distribute the tickets to parents who wish to watch the finish of the race.**
- NYRR staff will escort parents to the grandstand seating at 8:25 a.m., 8:35 a.m., and 8:45 a.m. **To access the grandstands, spectators must be accompanied by an escort.**
- Participants will line up in corrals according to bib letter (AA-F). **The event will start at 8:30 a.m. with the wheelchair heat.**
- Finishers will receive a finisher medal, a HeatSheet, and a finisher food bag containing a New York State McIntosh apple, Poland Spring® Brand 100% Natural Spring Water, and Snyder's of Hanover pretzels. Top finishers will also receive podium awards.
- After the race, parents and coaches should reunite with participants in Family Reunion. There will be no escort from the grandstand seating. **Please note that anyone who exits the grandstands after 9:20 a.m. will be directed out of Central Park** and will have to reenter the park to access Family Reunion.
- Please note that coaches must be credentialed in order to reunite with teams in Family Reunion. Teams should proceed directly from Family Reunion to bus pickup (see map).

REMINDERS FOR PARTICIPANTS

- Warm up and stretch properly before the race.
- The start may be crowded, so be mindful of those around you.
- The race is not a sprint; pace yourself so you can finish strong.

To report any race-day issues or request assistance, please call the Race Communication Center at 866.705.6626.



Download the TCS New York City Marathon App Powered By Tata Consultancy Services.

RACE-DAY TIMELINE

6:30 a.m.	Check-in, shirt pickup, and bag check open
8:15 a.m.	Check-in closes
8:25 a.m.	Parent escort to grandstands
8:30 a.m.	Corrals close
8:35 a.m.	Parent escort to grandstands
8:45 a.m.	Parent escort to grandstands
8:45 a.m.	Wheelchair start
8:50 a.m.	1.3 mile race starts
10:00 a.m.	Bag pickup closes



COURSE MAP



- Runners Only**
No public access
- Number Pickup**
- Bag Check**
- Water Station**
- Toilets**
- Medical Aid**
- Bus Pickup**
- Security Checkpoint**
- Entry Point**
- Exit Only**
No re-entry
- Volunteer Check-in**
- Spectator Viewing**
Public access at
Columbus Circle -->
- East Grandstands**
Ticket Required
Access from
number pickup --->
- NYRR RUNCENTER**
featuring the NB Run Hub
320 W. 57th St.



New York Road Runners, whose mission is to help and inspire people through running, serves 670,000 runners annually through races, community runs, walks, training, virtual products, and other programming. Our free youth programs and events serve 250,000 kids nationally. NYRR's premier event is the TCS New York City Marathon.