



INSTRUCTIONS FOR GUIDES

1. Guides for ALL ATHLETES (ambulatory and wheelchairs/handcycles) are responsible for advising their athlete to keep to the **SIDE OF THE ROAD** at all times, especially when approached from behind by official vehicles or other participants.
2. Standby Guides are assigned to the Standby Guide Station located at the corner of 48th Avenue and Vernon Blvd. (Mile 13.6), just beyond the Pulaski Bridge in Queens, which is the halfway point in the Marathon. That station may be easily reached by NYC Transit subway, by taking the Queens-bound #7 train from either Times Square or Grand Central Station in Manhattan to the Vernon Blvd/Jackson Ave. Station, the first stop in Queens.

When an AWD requiring additional or replacement guides reaches the Standby Guide Station, the Achilles team will assign one or more of the standby guides to enter the course to assist the athlete during the remainder of the Marathon.

Athletes should not ask for the assistance of more standby guides than actually needed!!

3. It is important that ALL GUIDES remember the following:
 - a. Guides **MUST** wear the special guide bib provided to them at packet pick-up or at the Standby Guide Station. The bib will allow athletes, race officials and volunteers to identify guides on the course. Start Guides must also wear the wristbands, also provided, to be allowed entry to the dedicated AWD Start Staging Area in Staten Island. Achilles Guides should wear the yellow Achilles Guide shirts as their outermost garment, as provided by Achilles. Wristbands and guide shirts will be available at the Achilles Guides check in area in the Marathon Expo and at the Achilles booth at Expo.
 - b. Guides are not official entrants in the Marathon. Upon crossing the finish line WITH their assigned athlete, the guide will receive a finisher's medal, if available (and, of course, our sincerest gratitude!). However, their individual time will not be recorded, and their name will not appear in the official results. The Guide's focus must be at all times on their athlete who needs assistance, not on the Guide's own finishing time or place. AWDs are participating in a race, and with their guides, are regarded as a team. Guides must stay with their athlete at all times! To cross the finish line, a Guide must be with their athlete. **Guides found running without their athlete at any point on the course may be removed from the course and precluded from participating in future NYC Marathons.**
 - c. Given their responsibility, a Guide may need to slow down, or even walk, in order to properly assist their assigned athlete. A Guide may need to carry an extra piece of clothing, or a bottle of water, or other nourishment for their athlete, or assist the athlete in other ways during the race. Upon reaching the AWD/Achilles Reunion Area beyond the finish line (located on 72nd Street west of Central Park West), a Guide's responsibility for their assigned athlete may be considered complete, provided there is someone there to meet the athlete or the athlete has made appropriate arrangements to get home.

INSTRUCTIONS FOR GUIDES (Continued)

- d. Guides who accompany their assigned athlete from the starting line should remember there is a Standby Guide Station at Mile 13.6 (where the course turns right from 48th Avenue onto Vernon Blvd.), in case the athlete requires an additional Guide or the original guide cannot continue. See No. 2 above.
- e. Guides assigned to athletes from the Start may check their items of baggage, along with their assigned athlete's baggage and/or everyday wheelchair, with one of the UPS baggage trucks in the AWD Start Staging Area for retrieval after the finish at the AWD Family Reunion Area. These personal items must be in the clear UPS bags given to all participants and guides at the Marathon Expo. Guides will be given a UPS label to affix to their clear bags for their names. Personal backpacks are not allowed within Fort Wadsworth nor on the course. (See special advisory note #1 on the following page for details). Any additional items of clothing needed must be worn or carried at the Start. Standby guides should plan to bring with them only such clothing and other items as they can carry with them. Achilles staff at the Standby Guide Station may be able to take a few, if any, items (mostly small) from standby guides as they enter the race. Any such items will be brought back to the AWD/Achilles Reunion Area, but most likely not until after 4 p.m., and any unclaimed items will be brought to the finish line in Central Park for pickup beginning Monday, November 6th, at 8:00a.m.
- f. After the Finish Line, you will receive your medal, foil blanket and recovery bag -- **STAY TO THE LEFT**. The exit to the AWD/Achilles Reunion Area on W. 72nd Street and Central Park West will be on the left marked by an overhead sign. There will be NYRR and Achilles volunteers at this barricade to direct you to the Reunion Area. It is very easy to miss so please be observant here.
- g. Finally -- and **MOST IMPORTANT** -- remember that the AWDs requiring assistance on the course are counting on their guides, without whom they may not be able to start, much less complete, the Marathon. **THEREFORE, PLEASE DO NOT FAIL TO APPEAR FOR YOUR ASSIGNMENT ON RACE DAY! WE, TOO, ARE ALL COUNTING ON YOU. ALSO, IT IS STRONGLY ADVISED THAT YOU TRAVEL TOGETHER WITH YOUR ENTRANT TO FORT WADSWORTH ON STATEN ISLAND. YOU SHOULD GET TO THE BUSES EARLY SO YOU CAN BE READY IN TIME FOR YOUR SCHEDULED START.**

******* GUIDES ARE NOT PERMITTED TO BE ON ROLLERBLADES OR BICYCLES OR TO USE OTHER MEANS OF TRANSPORTATION *******

4. Marathon Eve Dinner – We hope guides will accompany their assigned athletes to the pre-race dinner at the Marathon Pavilion (next to Tavern on the Green), 67th St. and Central Park West, on Saturday (11/4), the evening before the Marathon. If the athlete to whom a guide is assigned has purchased a ticket for the dinner, the guide may purchase a ticket either in advance online or in person at the Expo. More information is available here:

<http://www.nyrrc.org/cgi-bin/html05.cgi/mar-programs/tickets/go.htm>

5. Special Notice – During the Marathon, water and medical aid will be available to entrants, including AWD athletes and guides, at every mile beginning at Mile 3. Should your athlete or you require immediate assistance, call or ask anyone you see with a phone to call **866.705.6626**. This emergency number can be found on the front of your athlete's bib. For detailed information about locations for fluids and foods, and other information on the course, please visit this page:

<http://www.tcsnymarathon.org/race-day/course>

SPECIAL ADVISORY NOTES – VERY IMPORTANT!!!

1. NYRR has instituted a strict security program. Please review the information on the following web page carefully:

<http://www.tcsnymarathon.org/plan-your-race/security-measures>

NOTE: Personal backpacks or camelback type hydration backpacks will NOT be allowed in the AWD Start Staging Area, the corrals at Fort Wadsworth, the Start area or on the course. Small fanny packs and hydration belts are allowed. You may use the clear baggage bag that was provided to you as part of your packet to hold your personal belongings (and check in as baggage in the AWD Start Staging Area).

2. In the event of an emergent need to relocate, we may need to call upon you to assist with relocating some of our AWD athletes.
3. To all Handcycle and Wheelchair athletes and their guides who reach the 14.5 Mile mark after 10:00 am. At approximately Mile 14.5, when reaching Crescent Street, **you must be on the LEFT SIDE of the street** to make the **left** turn off Crescent Street to follow the special wheelchair/handcycle course over the North (Westbound) outer roadway of the 59th Street Bridge into Manhattan.
4. To all AWDs and guides in the 8:52am Start on the Orange Course, especially Handcycles and Wheelchairs. **You must stay on the Orange Course. DO NOT cross over to the adjacent Blue Course in Brooklyn before the two courses merge at approximately Mile 8.**

Any AWD entrants found to have crossed over from the Orange Course to the Blue Course before the merger point will be disqualified; their time will not be officially recorded and they will be barred from one or more future NYC Marathons.

D-Tag mats placed at every mile mark on the Blue Course from Mile 3 to Mile 7 will enable NYRR to definitively identify any entrant in the AWD Start #1 who crosses over from the Orange Course to the Blue Course before the merger point.

So, please stay on the Orange course!!

5. Professional elite male and female runners in the Marathon place bottles containing their personal drinks at special tables set up near the following kilometer marks on the course: just after the 5, 10, 15 and 30K marks; 200 feet before the 20 and 25K marks; and ¼ mile after the 35K mark. These stations have Blue & White signs saying **“Professional Athlete Fluids.” IT IS IMPORTANT that neither you nor your athlete take the bottles or in any other way disturb the items on these tables. By doing so, you interfere with the Professional Race and may subject yourself to disqualification under the rule prohibiting interference with the conduct of the Marathon.**