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 more than 430,000 people—including 215,000 youth—annually.

#RUNFORLIFE  #NYRR  #TCSNYCMARATHON
The TCS New York City Marathon is the premier event of New York Road Runners (NYRR) and the largest marathon in the world. Over 1,000,000 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 40th 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.
YOUR RACE NUMBER

Every 2016 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 Label
The label affixed to the bottom left corner of your race number contains information about you as specified in your race application:

- Name
- Gender
- Age
- Nationality
- 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 Health and Wellness Expo to make a correction. Changes to start time, wave corral, and baggage assignment are not allowed.

If the sticker is lime green, you have selected, or were assigned to, the Post-Race Poncho option. If the sticker is white, you have selected, or were assigned to, the Bag Check option.

Midtown Manhattan bus
Departure time 6:00

Staten Island Ferry
Departure time 8:00

New Jersey bus

Smith, John
M20 USA 12345
Post-Race Poncho

Smith, Joan
F25 USA 1245
Bag Check

Smith, Jonathan
M10 USA 13335
Post-Race Poncho
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.**

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 10–11 for permitted and prohibited items.

Start Village Bag

If you selected, or were 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 lime-green wristband to exit Central Park and claim your poncho.

Bag Check Bag

If you selected, or were 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.**
FINISH AND POST-FINISH

- Runners Only: No public access
- Post-Finish Runner Amenities
- Bag Check Walkoff
- Post-Race Poncho Walkoff
- Toilets
- Charter Buses: Central Park West between W. 86th St. and W. 96th St.
- Post-Race Poncho Runners: Lime green wristband required
- Bag Check Runners: Bibs 31000–72999
- Bag Check Runners: Bibs 500–30999
- Exit Only: No re-entry
- Race Course
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 page 10–11. 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.

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® Brand 100% Natural 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 free to all entrants. If you selected official transportation, your assignment is indicated on your race number label (see page 3).

Official transportation procedures:
- Official transportation is for runners and guides only; you must show your race number.
- Plan to arrive at your departure location at least 15 minutes before your scheduled departure time.
- Restrooms are available in the bus loading areas but not on 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.
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

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.

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

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.

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 86th 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 86th Street exit is approximately one mile past the finish line.
- If you selected or were 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 7, from 9:00 a.m. to 3:00 p.m. at the finish line.
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