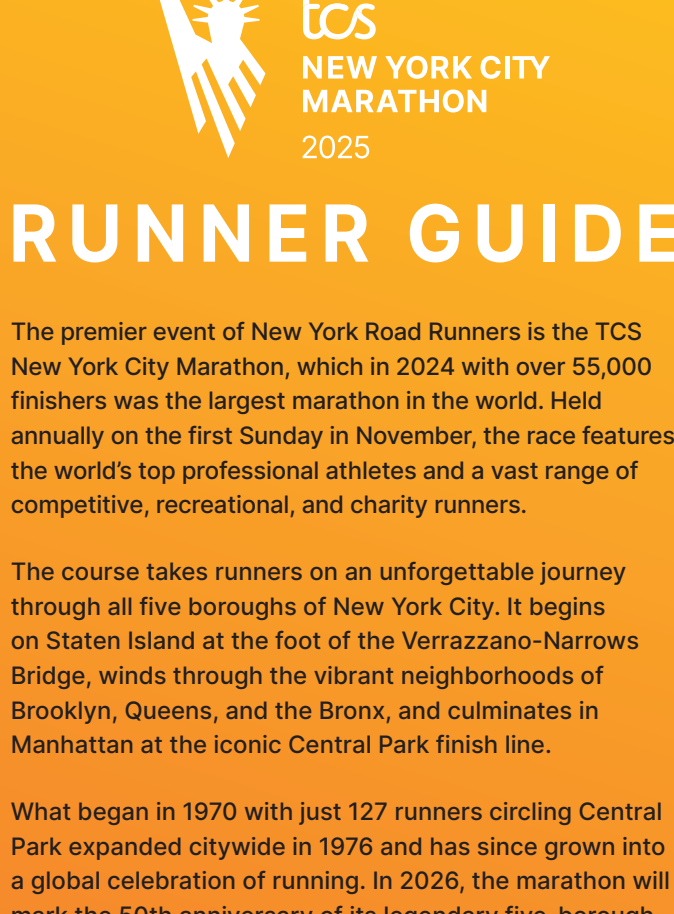




RUNNER GUIDE

The premier event of New York Road Runners is the TCS New York City Marathon, which in 2024 with over 55,000 finishers was the largest marathon in the world. Held annually on the first Sunday in November, the race features the world's top professional athletes and a vast range of competitive, recreational, and charity runners.

The course takes runners on an unforgettable journey through all five boroughs of New York City. It begins on Staten Island at the foot of the Verrazzano-Narrows Bridge, winds through the vibrant neighborhoods of Brooklyn, Queens, and the Bronx, and culminates in Manhattan at the iconic Central Park finish line.

What began in 1970 with just 127 runners and circling Central Park expanded citywide in 1976 and has since grown into a global celebration of running. In 2026, the marathon will mark the 50th anniversary of its legendary five-borough course. Tata Consultancy Services (TCS), a leading global IT services, consulting, and business solutions organization, is the premier partner of NYRR and the proud title sponsor of the TCS New York City Marathon.

CONTENTS

- YOUR RACE NUMBER
- OFFICIAL BAGS
- STAGING AREA AND START
- START TIMELINE
- PERMITTED/PROHIBITED ITEMS
- FINISH AND POST-FINISH
- PARTNERS

YOUR RACE NUMBER

Every 2025 TCS New York City Marathon participant must wear their official assigned race number (bib) on their front outer layer of clothing. The bib must be fully visible at all times. If you wear your bib incorrectly, you risk improper timing, live tracking issues, and possible disqualification.

Start Color

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

Wave

The number (1-5) 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
- Official transportation assignment and departure time. If this is left blank, you have not been assigned to official transportation. There are a few examples below.
- Team

• **Baggage selection: Bag Pre-Check. If this is left blank, you did not select Bag Pre-Check.**

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 and wave corral are not allowed.

Example 1: **BUS 6:00 Team MrB** FOR RACE EMERGENCY CALL 866.705.6626

Example 2: **SIFerry 8:00 Team MrB** FOR RACE EMERGENCY CALL 866.705.6626

Example 3: **NJ BUS Team MrB** FOR RACE EMERGENCY CALL 866.705.6626

Example 4: **TKF/TO Ferry 8:00 Team MrB** FOR RACE EMERGENCY CALL 866.705.6626

Back of Race Number

IMPORTANT MEDICAL INFORMATION

FOR RACE EMERGENCY CALL 866.705.6626

NAME OF PERSON TO CONTACT IN CASE OF EMERGENCY: _____

YOUR PRIMARY LANGUAGE: _____

EMERGENCY CONTACT'S PHONE NUMBER: _____

ALLERGIES: _____

YOUR GROUP OR RUNNING CLUB: _____

Back of Race Number

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 their 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 their 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.**



The timing tag on the back of your bib contains antennas that must not be covered in order to be read. To ensure an accurate time, please make sure your bib is:

- Clearly visible on the FRONT of your torso for the entire race
- Unaltered and unmodified (do not cut, fold, wrinkle, or iron).
- Fastened in all four corners.
- Not rotated. Numbers must be readable, i.e. normal landscape orientation.
- Not covered by jackets or other layers, especially with zippers or metal.
- Not covered by hydration vests or fueling belts, especially those containing water or electronics. Make sure the vest or belt does not cover any part of the bib.

OFFICIAL BAGS

Official bags are the only bags permitted in Fort Wadsworth and the Finish area. See page below for permitted and prohibited items.

Start Village Bag

Every runner will have the option to bring items to the start in the Start Village bag. All items must be placed inside the bag. Any items you are not running with must be disposed of before exiting the corrals. There will be no bag transport to the finish.

Pre-Check Bag

For those who selected to pre-check items at the finish, you must place all items in the Pre-Check bag. Pre-Check will be located on Central Park West between West 69th Street to West 70th Street. Items must be dropped off on Friday, October 31 and Saturday, November 1, from 9:00 a.m.–5:00 p.m. Pre-Check bag selection closed on September 9 and was first-come, first-served.

BAGGAGE BAG

NO TRANSPORT TO THE FINISH

NE SERA PAS transporté à l'arrivée

NON PORTAT AL TRAGUERO

NIND NCART zum mit gebracht

AFFIX LABEL HERE

RADIO CHECK BY PRE-RACE ONLY

Remove radio check tag bag on Central Park West at 69th Street or earlier

Friday, October 31 or Saturday, November 1

Between 9:00 a.m. and 5:00 p.m.

THESE BOLS BELLE BE RADIO CHECK AT THE START

THERE WILL BE NO BAG CHECK AT THE START.

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.
- Start amenities will be available in each village, including Dunkin' coffee, tea, hot chocolate, water, Gatorade Endurance Formula, and bags.
- A Zen Zone, Sensory Space, Interfaith services, non-denominational services, a Jewish minyan, lactation station, and therapy dogs will be provided.
- E-waste recycling will be available at all waste diversion stations located at the Start. Please refrain from disposing of any e-waste (including portable chargers) in trash bins.

Getting to the Start

Official transportation to the start is offered for all entrants. If you selected official transportation, your assignment is indicated on your race number (see page 28). Transportation options have limited capacity and are first-come, first-served.

Official transportation procedures

Important reminder: To ensure the best possible race-day experience for yourself and all our participants, please be sure to take the transportation option you registered for to your start village.

- You must show your official race number (bib) with transportation selection.
- Restrooms are available in the bus loading area at the New York Public Library, in the bus loading area at St. George Ferry Terminal in Staten Island, and on the Staten Island Ferry, but not available on the buses.
- There will be a limited number of restrooms at Homeport Pier and the buses will have restrooms as well.
- The Start Village bag is the only bag permitted on official transportation. Bags are subject to search.

Approximate Travel Times to Fort Wadsworth:

- Staten Island Ferry/Shuttle Bus: 30 minutes
- Midtown Manhattan Bus: 90 minutes
- New Jersey Bus: 60 minutes
- Midtown Ferry: 60 minutes

These times do not include security screening.

Please allow ample time to clear security, place items in clothing donation bins, use the toilets, and enter your start corral.

Official Transportation Options

OPTION	DEPARTURE LOCATION	ADDITIONAL INFORMATION
Staten Island Ferry	Whitehall Terminal, Whitehall	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 40th 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.
Midtown Ferry	Pier 79, 12th Avenue and West 39th Street	Ferry transports runners from Pier 79 which is located at 12th Ave and 39th Street behind the Javits Center and takes runners to Homeport Pier. Bus transportation is provided from Homeport Pier to the Fort Wadsworth. This option is available only to select groups of runners.

START TIMELINE

TIME	START	RACE NUMBERS
8:00 AM	Men's Professional Wheelchair Division	200 – 249
8:02 AM	Women's Professional Wheelchair Division	250 – 269
8:22 AM	Pushrim and Handcycle AWD Category II and Select Ambulatory AWD Guide/Support	270-299, 375 – 399, 400 – 439, 440 – 499;
8:25 AM	Mastercard Start	300 – 374
8:35 AM	Professional Women	100 – 199
9:05 AM	Professional Men	1 – 99

9:10 AM WAVE START 1

NYRR/FNY Running Club	500 – 659
Sub Elite, AWD Sub Elite and Guide/Support	
Blue Start	1210 – 1584, 1585 – 5839; 6710 – 7579, 8450 – 9310; 10130 – 11659, 12290 – 22676; 23851 – 24184, 25619 – 48204
Orange Start	11900 – 12109, 14510 – 15379
Local Competitive	660 – 1209
Pink Start	4000 – 4889, 5840 – 6709; 7580 – 8449, 10160 – 11029; 12770 – 13639, 15380 – 16219

9:45 AM WAVE START 2

Blue Start	16220 – 16886, 17981 – 18567; 19212 – 20329, 21507 – 22088; 23264 – 24184, 25619 – 48204
Orange Start	15807 – 17393, 18568 – 19154; 20329 – 20915, 22090 – 22676; 23851 – 24184, 25619 – 48204
Pink Start	17394 – 17980, 19155 – 19741; 20916 – 21507, 22677 – 23263; 24185 – 25024, 26200 – 26786

10:20 AM WAVE START 3

Blue Start	26787 – 27480, 28868 – 29562; 30951 – 32337, 33032 – 33725; 35114 – 35807, 37250 – 37943
Orange Start	27481 – 28174, 28869 – 30256; 31459 – 32337, 33726 – 34419; 35808 – 36555, 37944 – 38637
Pink Start	28175 – 28868, 30257 – 30950; 32338 – 33031, 34420 – 35113; 36556 – 37248, 38638 – 39338

10:55 AM WAVE START 4

Blue Start	36337 – 40883, 41080 – 42364; 43879 – 44035, 44100 – 46906; 48421 – 49177, 50691 – 51447
Orange Start	40884 – 40885, 42365 – 43121; 44978 – 49850, 51448 – 52004
Pink Start	40851 – 41807, 43122 – 43978; 45393 – 46149, 47684 – 48420; 49851 – 50690, 52205 – 52969

11:30 AM WAVE START 5

Blue Start	52970 – 53970, 55973 – 56973; 58975 – 59979, 61979 – 62979; 64982 – 65982, 67985 – 68985
Orange Start	53971 – 54971, 56974 – 57974; 59977 – 60977, 62980 – 63980; 65983 – 66983, 68986 – 69986
Pink Start	54972 – 55972, 57975 – 58975; 60978 – 61978, 63981 – 64881; 66984 – 67984, 69987 – 71000

CORRAL TIMELINE	WAVE 1	WAVE 2	WAVE 3	WAVE 4	WAVE 5
Corrals Open	8:10 AM	9:05 AM	9:45 AM	10:25 AM	11:00 AM
Corrals Close	8:45 AM	9:45 AM	10:20 AM	10:40 AM	11:15 AM
Wave Start	9:10 AM	9:45 AM	10:20 AM	10:55 AM	11:30 AM

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. For screening, please remove armbands, belts, phones, watches, and other metal items and place them in your 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 Communications Center at 866.705.6626.

- **Medical Information Hotline to ask about runners who have received medical assistance during the race: 855.697.7786**

Runner Safety

- Medical tents are available at the start, every mile after the Verrazzano-Narrows Bridge (mile 3), and in the post-finish area.

- If you see a runner collapse, take two steps to help save a life:

1. **Call the Race Communications Center (RCC) at 866.705.6626. On race day, this is faster than dialing 911.**
2. **Begin hands-only CPR immediately.**

- Familiarize yourself with the color-coded Event Alert System (EAS), which communicates the status of the event. Stay alert and take proper precautions for varying weather or course conditions.

VISIT OUR RUNNER SAFETY PAGE AT [NYRR.ORG/MARATHONRUNNERSAFETY](https://nyrr.org/marathonrunnersafety) TO LEARN MORE.

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)
 - Hydration vests with front bottles only (1 liter or less each)*Vests that also have a rear bladder or reservoir are only permitted if the bladder/reservoir is empty and remains unused during the event.*

- Official Bags**
 - Start Village bags

- Miscellaneous**
 - Unrolled small blankets
 - Jackets
 - Mylar blankets or heat sheets
 - Small clear plastic tarps or seating pads smaller than 10 sq. ft.

NO PROHIBITED ITEMS ON RACE DAY

- Hydration**
 - Hydration backpacks or vests with bladders or water reservoirs in the back.
 - Fluid containers larger than one liter, including hydration systems, vests, or belts.
 - Alcoholic beverages and illegal substances of any kind
 - Weight vests and any vests with multiple pockets, especially those that can be used as a water reservoir

- Bags**
 - Opaque trash bags and any non-transparent plastic bags
 - Backpacks, suitcases, rolling bags, or any other similar bags other than the official NYRR clear Start Village bag

- 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
 - Chemical compounds, or biological agents that could be considered toxic
 - 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, umbrellas, poles, sticks, etc.
 - Flammable liquids, aerosols, fuels, fireworks, toxic chemicals, and explosives
 - Large packages, coolers, tents, and lean-tos
 - Animals/pets (except service animals to aid a person with a disability)
 - 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 (form-fitting outfits are allowed)
 - Props, including flag poles, sporting equipment, military and fire gear, and signs larger than 11"x17"
 - Duvs, 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**. 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 NYRR App Developed 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.**

The Official New York Road Runners App

Download to track your favorite runners and stay up to speed on race-week and race-day events.

DOWNLOAD NOW

PLEASE NOTE: CELLULAR SATURATION MAY PREVENT YOU FROM USING YOUR CELL PHONE IN AND NEAR THE POST-FINISH AREA.

Post-Race Poncho and Recovery Bag

- Recovery bag will contain recovery items including Gatorade® products, a New York State McIntosh apple, Snyder's of Hanover pretzels, and a Maurten Solid.

- Every runner will exit Central Park at West 77th Street.

- You will reach this exit approximately 20-30 minutes after you cross the finish line. After you exit, you will be able to take photos on Central Park West between West 77th Street and West 73rd Street.

- 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 76th Street, West 75th Street, West 69th Street. You may also exit west from Family Reunion on Central Park West at West 66th Street, West 65th Street, West 64th Street, or West 63rd Street.

Pre-Check Bag Claim

- Runners who pre-check a bag can retrieve that bag after they finish the race in the post-finish area located on Central Park West between West 69th Street and West 70th Street until 7:00 p.m.

- After 7:00 p.m., all unclaimed bags will be moved to the NYRR RUNCENTER featuring the New Balance Run Hub where they will be available for pickup on Marathon Monday, November 3 from 10:00 a.m. to 8:00 p.m.

Marathon Monday

- Marathon Monday at the TCS New York City Marathon Pavilion Presented by Mastercard—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, get your medal engraved, and relive the memories. Medal engraving costs \$28.

- Marathon Monday will take place Monday, November 3 from 9:00 a.m. to 6:00 p.m. The line for medal engraving will close at 5:00 p.m.

- Celebrate your finish with the official New Balance 2025 TCS New York City Marathon Finisher Collection, featuring limited-edition finisher apparel, accessories, and gifts.

- Stop by the HSS Recovery Zone, located just north of the Marathon Pavilion. Runners will be led through guided stretching and foam rolling by Hospital for Special Surgery's expert physical therapists and performance coaches while also receiving tips on how to best recover from the marathon.

- Medal engraving will be available at the NYRR RUNCENTER featuring the New Balance Run Hub on Tuesday, November 4 and Wednesday, November 5 from 8:00 a.m. to 5:00 p.m. The line for medal engraving will close at 4:00 p.m. on both days.

Accessibility

NYRR strives to host inclusive, sustainable, and accessible events that enable all individual to engage. To request a reasonable accommodation or for inquiries about accessibility for attending this event, please email accessibility@nyrr.org.

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

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CITY AGENCIES/PARTNERS

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- Mayor's Office of Citywide Event Coordination and Management
- Port Authority of New York & New Jersey
- United States Army Reserve
- AIMS Association of International Marathoners
- New York City Police Department
- Abbott World Marathon Majors
- United States Coast Guard
- Central Park Schools
- New York City Fire Department
- NYRR
- Mayor's Office of Media and Entertainment
- NYRR
- United States Park Police
- New York City Tourism + Conventions
- NYRR Department of Sanitation
- National Park Service
- Metropolitan Sanitation Authority
- ARRL Ham Radio Operators
- USA Track & Field
- NYRR DEP
- MTA Bridges and Tunnels
- American Red Cross
- World Athletics
- NYCDEM
- Tavern on the Green