

SUNDAY, SEPTEMBER 17, 2023 | 8:00AM

TRAFFIC

NO PARKING | TOWING SUNDAY, SEPTEMBER 17, 2023

	PRE- START	12:00am – 1:00pm	Grand Concourse Expressway (southbound service road) between 161st Street - 165th Street
	COURSE	12:00am – 11:30am	West Mosholu Parkway South between Sedgewick Ave. and Paul Ave.

ROAD CLOSURES SUNDAY, SEPTEMBER 17, 2023

PRE- START/ POST- START	3:00am – 1:00pm	Grand Concourse Expressway (southbound) between 161st Street - 165th Street
COURSE	Rolling Road Closures	Fluid Stations, Timing, and Medical

RACE-DAY CENTRAL Medical Aid **Adult and Rising New York Road** Number Pickup **Runners Start** Water Station Bag Check Finish Gatorade® Water Station **Endurance** Mile Markers **Formula** Gatorade® **Endurance Formula** Kilometer Markers Entertainment Toilets Metro-North **Course Route** Railroad

Please check NYPD-posted signs for any changes to street parking availability.

Restrooms

Please visit the MTA Trip Planner for the most up-to-date information regarding bus re-routes during race hours

