

The TCS New York City Marathon is the premier event of the New York Road Runners (NYRR) and historically has been 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 race began in 1970 with just 127 entrants running four laps around Central Park, and expanded citywide in 1976. Each year, runners tour New York City's five boroughs, starting on Staten Island at the foot of the Verrazzano-Narrows Bridge, and running through the neighborhoods of Brooklyn, Queens, and the Bronx, before ending in Manhattan at the iconic Central Park finish line.

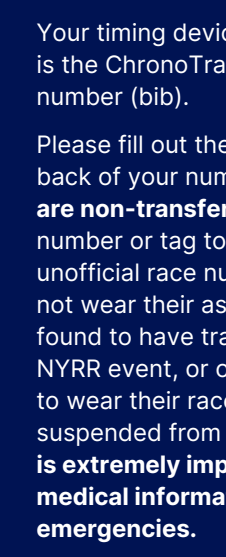
The marathon celebrated its 50th running in 2021, and returned to full capacity in 2022 with nearly 50,000 finishers. Tata Consultancy Services (TCS), a leading global IT services, consulting, and business solutions organization, is the premier partner of NYRR and the title sponsor of the TCS New York City Marathon.

CONTENTS

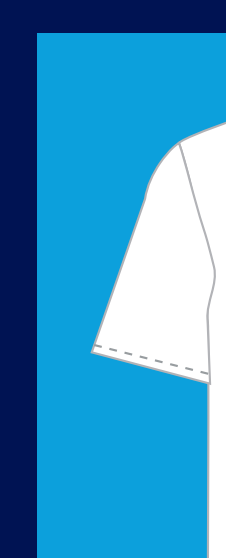
- YOUR RACE NUMBER
- OFFICIAL BAGS
- STAGING AREA AND START
- START TIMELINE
- PERMITTED/PROHIBITED ITEMS
- FINISH AND POST-FINISH
- PARTNERS

YOUR RACE NUMBER

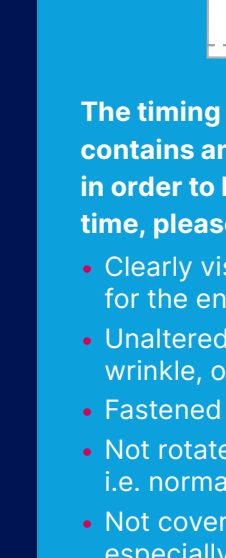
Every 2024 TCS New York City Marathon participant must wear their official assigned race number (bib) on their front outer layer of clothing. The bib must be fully visible at all times. If you wear your bib incorrectly, you risk improper timing, live-tracking issues, and possible disqualification.



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

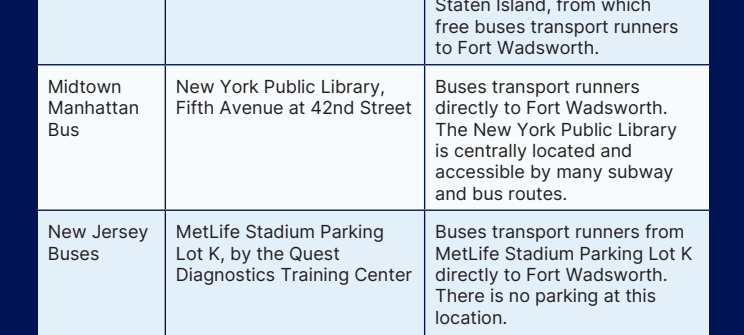
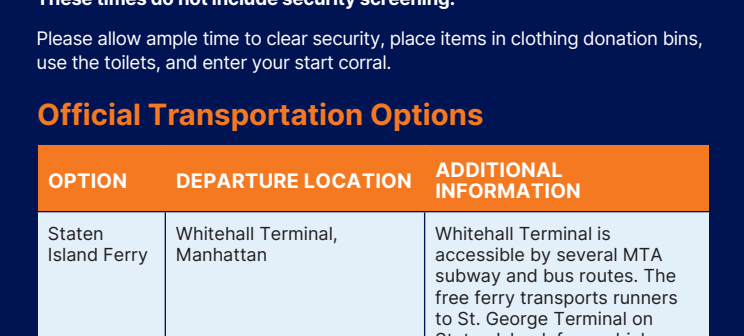
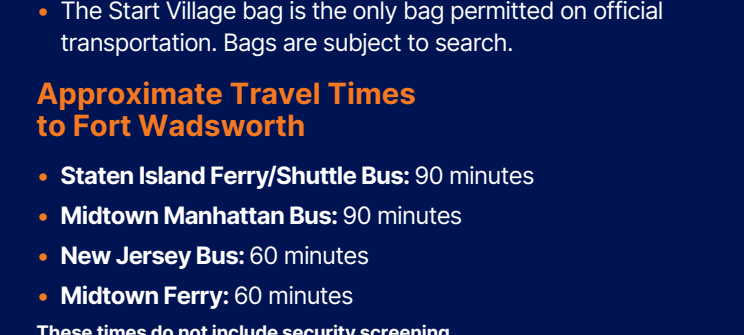
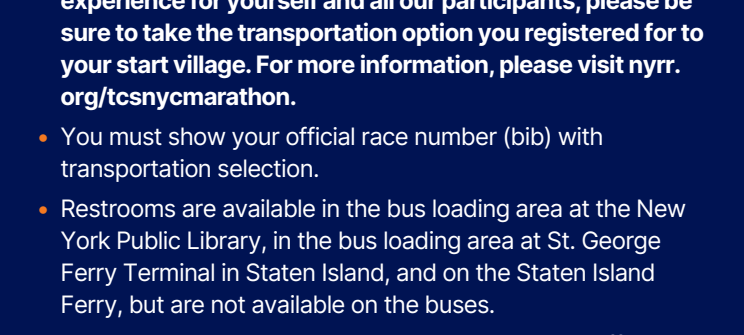
The information printed on the bottom left corner of your race number includes your:

- 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.

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



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.**

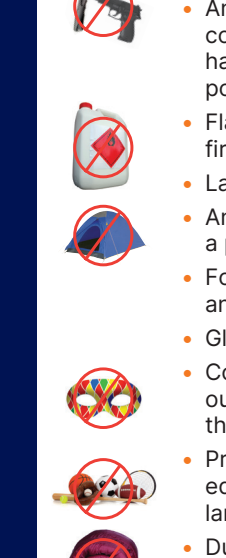


The timing tag on the back of your bib contains antennas that must not be covered in order to be read. To ensure an accurate time, please make sure your bib is:

- 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 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.**

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 in Central Park at Rumsey Playfield. Items must be dropped off on Friday, November 1 and Saturday, November 2, from 9:00 a.m. – 5:00 p.m. Pre-Check bag selection closed on September 12 and was first-come, first-served.



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 bagels.
- A Zen Zone, Quiet Space, interfaith services, a Jewish minyan, lactation station, and therapy dogs will be provided.
- E-waste recycling will be available at all Waste Diversion Tents 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 26). 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.** For more information, please visit nyrr.org/tcsnycmarathon.
- 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 are not available on the buses.
- 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:** 90 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, Manhattan	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 42nd 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	East 34th Street, East River	Ferry transports runners from Midtown/East River to the NYC Ferry Pier, St. George on Staten Island, from which buses transport runners to 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 I	300 – 314; 315 – 374
8:22 AM	Pushrim and Handcycle AWD Category II and Select Ambulatory AWD Guide/Support	270-299; 375 – 399; 400 – 439; 440 – 459; 470 – 499
8:25 AM	Mastercard start	
8:35 AM	Professional Women	100 – 199
9:05 AM	Professional Men	1 – 99

9:10 AM WAVE START 1

Sub-Elite, AWD Sub Elite and Guide/Support	500 – 649; 650 – 654; 655 – 659
Blue Start	1000 – 1924; 3375 – 4058; 5500 – 6274; 7225 – 8449; 9900 – 10284; 12075 – 12799
Orange Start	1925 – 2649; 4100 – 4284; 5275 – 5999; 6450 – 6749; 10625 – 11349; 12800 – 13524
Local Competitive	660 – 1199
Pink Start	2650 – 3374; 4825 – 5549; 7000 – 7724; 8125 – 8849; 11350 – 12074; 13525 – 14724

9:45 AM WAVE START 2

Blue Start	14725 – 15449; 16900 – 17624; 19075 – 19799; 21250 – 21974; 23425 – 24149; 25600 – 26324
Orange Start	15450 – 16174; 17625 – 18349; 19800 – 20524; 21975 – 22699; 24150 – 24874; 26325 – 27049
Pink Start	16175 – 16899; 18350 – 19074; 20525 – 21249; 22700 – 23424; 24875 – 25599; 27050 – 27774

10:20 AM WAVE START 3

Blue Start	27775 – 28499; 29950 – 30674; 32125 – 32849; 34300 – 35024; 36475 – 37199
Orange Start	28500 – 29224; 30675 – 31399; 32850 – 33574; 35025 – 35749; 37200 – 37924
Pink Start	29225 – 29949; 31400 – 32124; 33575 – 34299; 35750 – 36474; 37925 – 38649; 40100 – 40824

10:55 AM WAVE START 4

Blue Start	40825 – 41549; 43000 – 43724; 45175 – 45899; 47350 – 48074; 49525 – 50249; 51700 – 52424
Orange Start	41550 – 42274; 43725 – 44449; 45900 – 46624; 48075 – 48799; 50250 – 50974; 52425 – 53149
Pink Start	42275 – 42999; 44450 – 45174; 46625 – 47349; 48800 – 49524; 50975 – 51699; 53150 – 53874

11:30 AM WAVE STARTS

Blue Start	53875 – 54599; 56050 – 56774; 58225 – 58949; 60400 – 61124; 62575 – 63299; 64750 – 65474
Orange Start	54600 – 55324; 56775 – 57499; 58225 – 58949; 60400 – 61124; 62575 – 63299; 64750 – 65474
Pink Start	55325 – 56049; 57500 – 58224; 59675 – 60399; 61850 – 62574; 64025 – 64749; 66200 – 67000

CORRAL TIMELINE

WAVE	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	9:25 AM	10:00 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 your race 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 31. 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 Emergency Hotline at 866.705.6626.

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 bottles in the front. All water bottles must be 1 liter or smaller.
- Official Bags**
 - Start Village bags
- Miscellaneous**
 - Unrolled small blankets
 - Jackets
 - Small blankets or heat sheets
 - Mylar clear plastic tarps or seating pads smaller than 10 sq. ft.

NO PROHIBITED ITEMS ON RACE DAY

- Hydration**
 - Camelbaks® and any type of hydration backpacks
 - 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
 - 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 (formfitting outfits are allowed)
 - Props, including flag poles, 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.
- When you exit Central Park, you will cross one final timing mat, which will track your location for family and friends through the TCS New York City Marathon App Powered 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 2024 TCS New York City Marathon App Powered by Tata Consultancy Services

- Download the 2024 TCS New York City Marathon App Powered by Tata Consultancy Services 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

- Every runner will receive a post-race poncho in Central Park, as well as a finisher medal and Recovery Bag presented by Hospital for Special Surgery. Recovery Bag will contain recovery items including water, Gatorade® Thirst Quencher, a New York State McIntosh apple, Snyder's of Hanover pretzels, and a Maunten Soft 160.
- 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 74th Street, or 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 70th Street and West 71st 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 4 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 4 from 7:00 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 2024 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 5 and Wednesday, November 6 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

