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

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

Wave

- The number (1–5) indicates
- your wave. 2024
- Corral your start corral.
- The letter (A–F) indicates 2024 Runner Information



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

Midtown Ferry & Departure Time IMPORTANT MEDICAL INFORMATION portante · Información Médica Importante · Wichtige medizinische Informationen · Informaz FOR RACE EMERGENCY, CALL **866.705.6626** For your safety and protection fill out this form NOW. ILLNESS, KNOWN ALLERGIES, OR MEDICATIONS

ABBOTT WORLD MARATHON MAJO B-Tags -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

suspended from subsequent NYRR events. This policy is extremely important to ensure we have accurate medical information about every participant for medical

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

 A Zen Zone, Quiet Space, interfaith tent, non-denominational tent, Jewish Minyan, lactation station, and therapy dogs will

E-waste recycling will be available at all Waste Diversion

Endurance Formula, and bagels.

be provided.



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

Jackets

NO

Bags

Hydration

backpacks

water reservoir

Miscellaneous

or torso

Strollers

knives, Mace, etc.

poles, sticks, etc.

Unrolled small blankets

smaller than 10 sq. ft.

· Mylar blankets or heat sheets

PROHIBITED ITEMS ON RACE DAY

 Alcoholic beverages and illegal substances of any kind

used as a water reservoir

· Vests with several large pockets or pockets that can accommodate a

 Weight vests and any vests with multiple pockets, especially those that can be

· Containers of liquid larger than one liter

 Opaque trash bags and any nontransparent plastic bags

 Backpacks, suitcases, rolling bags, or official NYRR clear Start Village bag

 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

Chemical compounds, or biological agents

· A weapon of any kind, including firearms,

 Any dangerous item or "dual-use" item that could be considered dangerous, including hammers, saws, sharp objects, umbrellas,

fireworks, toxic chemicals, and explosives Large packages, coolers, tents, and lean-tos Animals/pets (except service animals to aid

Duvets, sleeping bags, and large blankets

that could be considered toxic

Flammable liquids, aerosols, fuels,

a person with a disability)

· Camelbaks® and any type of hydration

Small clear plastic tarps or seating pads

tos consu 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

th you, out of your bag,

can be read by the system.

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

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

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

race-week and race-day events

DOWNLOAD NOW

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 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. NYRR strives to host inclusive, sustainable, and accessible events that enable all individual to engage. To request a reasonable accommodation or for inquires about accessibility for attending this event, please email accessibility@nyrr.org. If you have a medical emergency at the marathon

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

HSS **ULTRA** NORQAIN PELOTON

HubSpot Apples NEW YORK

FAMILY [SNYDERS]

FOND MEMORIES GRAPHICS. IN MARATHON FOTO Runna **FUNDRAISING PARTNERS** Port Authority of New York & New Jersey Central Park Conservancy City Parks Foundation New York City Tourism + Conventions National Park Service Tavern on the Green United States Army Reserve United States Coast Guard

United States Park Police

USA Track & Field

AIMS/Association of

American Red Cross

International Marathons

Abbott World Marathon Majors

ARRL Ham Radio Operators

World Athletics

YOUR RACE NUMBER Every 2024 TCS New York City Marathon participant must indicates your start village and your start line.

race number includes your: Name Gender Age Team

Back of Race Number

REMOVE - DO NOT FOLD DEVICE - DO NOT |

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

emergencies.

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.

PRE-CHECK BAG

NY TREE NEW YORK ROAD RUNI

Start Village Bag

Official Transportation Options **OPTION** Staten Island Ferry Midtown Manhattan Bus New Jersey

9:45 AM 10:20 AM 10:55 AM

 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

costs \$28.

FOUNDATION PARTNERS Citizens[®] UNITED AIRLINES STRATEGIC PARTNERS Abbott

CONTRIBUTING PARTNERS **DUNKIN!** MAYBELLINE OFFICIAL BROADCAST PARTNERS LICENSE PARTNERS erica sara COMMUNITY PARTNERS

NYC DOT

NYC Parks

NYC Health

Entertainment

Authority

NYC DEP

NYC Public Schools

Mayor's Office of Citywide Event

Coordination and Management

Mayor's Office of Media and

Metropolitan Transportation

MTA Bridges and Tunnels

The information printed on the bottom left corner of your 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 select Bag Pre-Check. Adrinaamaria M 20 BUS 6:00 Team Mr8 Midtown Manhattan Bus & Departure Time SI Ferry 8:00 Team Mr8 Staten Island Ferry & Departure Time

B

DEVICE - DO NOT REMOVE - DO NOT FOLD

 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.

AFFIX LABEL HERE

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. You must show your official race number (bib) with Restrooms are available in the bus loading area at the New

screening.

ADDITIONAL

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

Buses transport runners

is centrally located and accessible by many subway

and bus routes.

location.

directly to Fort Wadsworth. The New York Public Library

Buses transport runners from MetLife Stadium Parking Lot K

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.

directly to Fort Wadsworth.

There is no parking at this

Please allow ample time to clear security, place items in clothing donation bins,

Pink Start **WAVE START 3** Blue Start Pink Start

660 - 1199

2650 - 3374; 4825 - 5549; 7000 - 7724; 9175 - 9899; 11350 -12074: 13525 - 14724

54599; 56050 - 56774; 58949; 60400 - 61124;

55325 - 56049; 57500 - 58224; 59675 - 60399; 61850 - 62574; 64025 - 64749; 66200 - 67000

53875 -58225 -

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

· 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

or comforters

pretzels, and a Maurten Solid 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

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.

 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

 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,

 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

November 4 from 10:00 a.m. to 8:00 p.m.

assistance during the race.

NYGN'

TIFFANY & CO.

ria M 20 NJBUS Team Mr8 **New Jersey Bus** TFK/ITO Team Mr8

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, Fastened in all four corners. Not rotated. Numbers must be readable, i.e. normal landscape orientation.

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. org/tcsnycmarathon. transportation selection. 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

 New Jersey Bus: 60 minutes Midtown Ferry: 60 minutes

use the toilets, and enter your start corral.

 Staten Island Ferry/Shuttle Bus: 90 minutes Midtown Manhattan Bus: 90 minutes

DEPARTURE LOCATION Whitehall Terminal, Manhattan New York Public Library. Fifth Avenue at 42nd Street MetLife Stadium Parking Lot K. by the Quest Buses **Diagnostics Training Center** East 34th Street, East River Midtown

Local Competitive Pink Start **WAVE START 2** Blue Start **WAVE START 4** Blue Start

Pink Start 11:30 AM WAVE START 5

Blue Start

Pink Start

 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.

lift them to display your bib.

FINISH AND **POST-FINISH**

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 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 75th Street, West 74th Street,

Pre-Check Bag Claim

until 7:00 p.m.

Marathon Monday

marathon. on both days. Accessibility

FRED'S TEAM CITY AGENCIES/PARTNERS The City of New York New York City Police Department New York City Fire Department NYC Department of Sanitation

(including in the start or finish areas) call 866-705-6626 for the fastest medical response. Friends and family can call the Medical Information Hotline (929-999-7029) to ask about runners who have received medical TATA CONSULTANCY **SERVICES** THE RUDIN Knockaround SHAKE SHACK"