



TCS NEW YORK CITY MARATHON

TRAINING SERIES 12M

AUGUST 20, 2022 • 7:00 A.M. • 12.0 MILES
#TCSNYC Marathon Training



KEY

- Start
- Finish
- Mile markers
- Kilometer markers
- Course route
- Gatorade® Endurance Formula
- Science In Sport Gel Zone
- Water stations
- Toilets
- Medical aid
- Bicycle Parking
- NYRR RUNCENTER featuring the NB Run Hub

RACE-DAY CENTRAL

- Number pickup
- Bag check
- Toilets
- Volunteer check-in

ELEVATION CHART (NOT TO SCALE)

