



tcs
NEW YORK CITY
MARATHON

Training Series 12M

SATURDAY, AUGUST 19, 2023 • 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)

