
















# TCS NEW YORK CITY MARATHON

## TRAINING SERIES 18M





OCTOBER 2, 2022 • 7:00 A.M. • 18.0 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
-  HSS Recovery Zone
-  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)

