



tcs
NEW YORK CITY
MARATHON

Training Series 18M

SATURDAY, SEPTEMBER 30, 2023 • 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)

