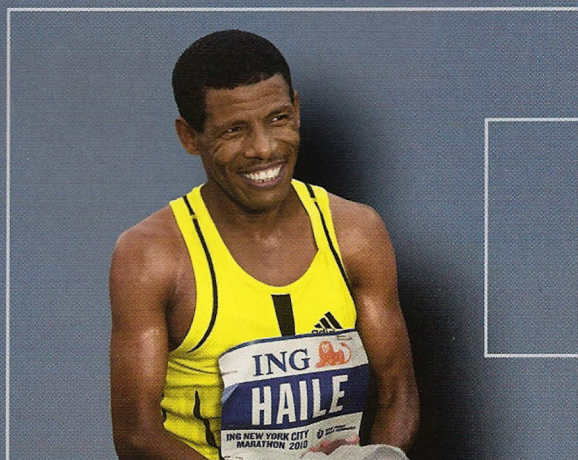
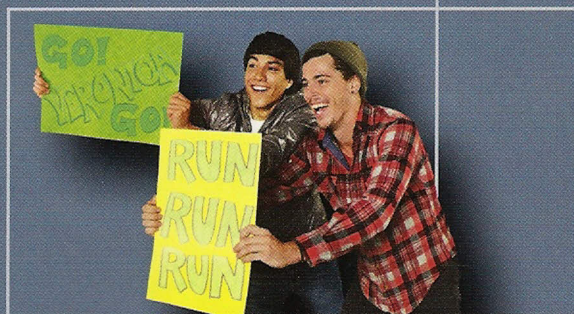
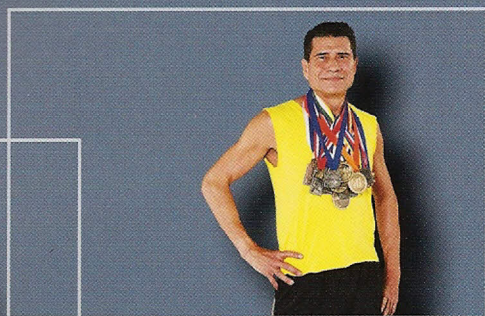
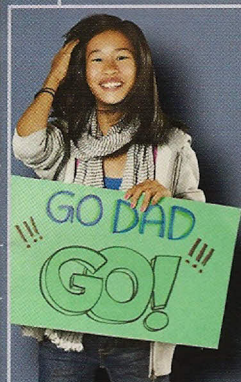


ING NEW YORK CITY MARATHON

PREMIER EVENT OF NEW YORK ROAD RUNNERS

 NEW YORK ROAD RUNNERS



I'M IN. WE'RE IN!

READ THEIR STORIES AT NYRR.ORG

CONTENTS



**NEW YORK
ROAD RUNNERS**

Cover photography by Jason Frank Rothenberg
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Official Program

ING New York City Marathon

41st Running • November 7, 2010

Valued Relationships

The Team Behind the Marathon	10
------------------------------------	----

Welcome

Mayor Michael R. Bloomberg	13
NYC & Co. CEO George Fertitta	15
Race Director Mary Wittenberg	17

Marathon Week

Race Week Fun for All	22
-----------------------------	----

2010 Race

ING New York City Marathon News	25
---------------------------------------	----

By the Numbers

Facts and Figures	30
-------------------------	----

2011 NYC Half-Marathon

Half the Distance, All the Fun	34
--------------------------------------	----

World-Class Competitors

Men	38
Women	42
Wheelchair Athletes	46
USA Women's Marathon Championship	47
Locals	48

Spectator Guide

A Party 26.2 Miles Long	58
Estimated Arrival Times	62

Neighborhoods

26.2 Miles of Sightseeing	66
---------------------------------	----

Training Tips

Racing Toward Recovery	70
------------------------------	----

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The Team Behind the Marathon

The **ING New York City Marathon** is the result of a truly spectacular team effort. New York Road Runners recognizes and thanks our dedicated board of directors, staff, and volunteers, the City of New York and its agencies, and all of our sponsors and partners for everything that they bring to this race, this year and every year.

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- NBC Sports

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- Foot Locker
- The New York Times
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- Port Authority of New York & New Jersey
- ARRL Ham Radio Operators



THE CITY OF NEW YORK
OFFICE OF THE MAYOR
NEW YORK, NY 10007

November 7, 2010

Dear Friends:

It is a great pleasure to welcome you to the ING New York City Marathon 2010!

New York is a global capital of sports and entertainment, and our arenas and fields of play are famous around the world—and today it's the iconic streets of the five boroughs that will host both the professional athletes and weekend warriors participating in the ING New York City Marathon. From its start on the Verrazano-Narrows Bridge to the finish line in Central Park, this 26.2-mile tour of New York has become a model for big-city marathon courses around the world, and our City is thrilled to host this exciting annual tradition, now in its 41st year. As competitors make their way across bridges, up and down hills, and through our typically bustling streets, I hope each takes a moment to reflect on how proud their loved ones are that they are participating in one of New York City's—and the racing world's—signature events.

On behalf of the City of New York, I am also pleased to recognize New York Road Runners and the thousands of volunteers who support our athletes and make this event possible year after year. Their hard work ensures that today's participants have the support they need to reach their personal bests, and that our residents and visitors alike continue to cheer for one of the world's great road races.

Please accept my best wishes for a terrific race and another successful ING New York City Marathon.



Courtesy of the Mayor's Photo Unit

Sincerely,

A handwritten signature of Michael R. Bloomberg in black ink.

Michael R. Bloomberg
Mayor



George Fertitta
Chief Executive Officer

NYC & Company
810 Seventh Avenue
New York, NY 10019

November 7, 2010

Dear Friends:

It is with great pride and pleasure that I welcome all the participants, spectators, and volunteers to the 41st running of the ING New York City Marathon. This year's race attracted more than 124,000 applicants for its 45,000 spots, making it one of the most popular road races in the world. It is amazing to think that over the past 40 years, more than 800,000 competitors have completed this prestigious race. This fact is especially impressive considering that the race started with just 127 competitors in 1970.

As runners from all 50 states and more than 100 countries make their way along the 26.2-mile course, professionals and amateurs alike will take in the beauty and diversity of our city's five boroughs while being cheered on by more than 2 million spectators. This year's field will also include 6,800 participants who have elected to run in support of charitable organizations. These runners will collectively raise about \$26.2 million for their respective causes as they strive to not only better themselves but to also give back to their communities.

I would like to congratulate all of the participants for undertaking this challenge and express my admiration for their unwavering determination. These athletes, who have put in countless hours of hard work toward preparing for this race, are a true inspiration to us all.

Please accept my best wishes for a memorable and enjoyable race.

Sincerely,

George Fertitta
Chief Executive Officer



Courtesy of NYC & Company

This is running. This is New York City.

WELCOME Race Director Mary Wittenberg



New York Road Runners
9 East 89th Street
New York, NY 10128

Tel 212 860 4455
Fax 212 860 9754
Web www.nyrr.org

Welcome to the ING New York City Marathon 2010! At long last, it's here!

You, along with your family members and friends, are part of something way bigger than yourselves. This year's "I'm In, We're In" theme celebrates the spirit of community that has always made this race special, and much more than just a race. Runners and their loved ones. Dedicated sponsors, broadcasters, volunteers, and New York Road Runners' board and staff. Our amazing city agencies, joined by state and federal colleagues. Millions of spectators along the course, and hundreds of millions tuning in locally, nationally, and internationally. You're *all* part of this spectacle—and its impact will be felt around the world.

Whether you've crossed an ocean or crossed the street to join us, you and your family can count on full-throttle enthusiasm throughout Marathon Week. The perseverance and dedication you've shown through your training will soon pay off in a big way: You're about to take part in our most spectacular marathon yet. Whether you've run here before or you're joining us for the first time, get ready to be inspired.

The field is led by some of history's fastest athletes, including the only human being ever to run a sub-2:04 marathon, Haile, and last year's American champion, Meb. And we've set our most ambitious fundraising goal: \$1 million per mile for charities throughout New York City, across the nation, and around the world. The activities throughout the week—including our new NYRR 5 race on Friday morning—offer something for everyone. Read all about it in these pages, and check ingnycmarathon.org and the new ING New York City Marathon iPhone App for the latest updates.

Sunday, November 7, will be one of the most memorable days of your life. Enjoy every minute.



In awe of you,

Mary Wittenberg
President and CEO, New York Road Runners
Race Director, ING New York City Marathon

Photograph by Ed Haas

Race Week Fun for All

Whether you're running, cheering, or tuning in, this year's ING New York City Marathon promises to be a great event, as athletes of all ages and abilities run through all five boroughs. The race itself will be historic, and there are many other family-friendly events and activities planned for the days before and immediately after the marathon.

The fun begins a week in advance and continues beyond the storied finish line. Many events are free and open to the public. Plan wisely—and be sure to visit ingnycmarathon.org for updates. ■



ING New York City Marathon 2010 Schedule of Events

Sunday, October 31

8:30 a.m.	Poland Spring Marathon Kickoff (5M) Run the Central Park portions of the course, and cross the marathon finish line	Central Park
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Thursday, November 4

9:30 a.m.	NYRR Run with Champions (400m, 1M)	Central Park
10:00 a.m.–8:00 p.m.	ING New York City Marathon Health and Fitness Expo Pick up your bib, D-tag, and shirt—plus souvenirs and gear from over 100 vendors and exhibitors.	Jacob Javits Convention Center 11th Avenue at West 35th Street

Photography by Victah/Photo Run (left), Mark Bernal (top right), and David Berkwitz (bottom right)

Friday, November 5

8:00 a.m.	NYRR 5 (5M) NYRR's newest race—a five-miler for friends and family. Visit nyrr.org for details.	Central Park
10:00 a.m.–8:00 p.m.	ING New York City Marathon Health and Fitness Expo Pick up your bib, D-tag, and shirt—plus souvenirs and gear from over 100 vendors and exhibitors.	Jacob Javits Convention Center 11th Avenue at West 35th Street

Saturday, November 6

8:30 a.m.	Abebe Bikila Award Ceremony Annual recognition of an individual's outstanding contribution to the sport of distance running.	United Nations
9:00 a.m.	Continental Airlines® International Friendship Run	United Nations to Central Park
9:00 a.m.–5:00 p.m.	ING New York City Marathon Health and Fitness Expo Pick up your bib, D-tag, and shirt—plus souvenirs and gear from over 100 vendors and exhibitors.	Jacob Javits Convention Center 11th Avenue at West 35th Street
1:00–8:00 p.m.	Marathon Eve Experience	Central Park at 67th Street and Central Park West
6:00–8:00 p.m.	Finish Line Entertainment	Central Park at 67th Street and Central Park West
7:30 p.m.	Poland Spring Presents the Marathon Fireworks	Above the ING New York City Marathon finish line

Sunday, November 7

Beginning at 5:30 a.m.	Breakfast (<i>entrants only</i>)	Fort Wadsworth, Staten Island
Beginning at 6:00 a.m.	Entertainment	Fort Wadsworth, Staten Island
8:30 a.m.–10:40 a.m.	Official Starts	
8:30 a.m.	Wheelchair Division	
8:55 a.m.	Handcycle Category, Challenged Athletes	
9:10 a.m.	Professional Women	
9:15 a.m.	Foot Locker Five Borough Challenge	
9:40 a.m.	Wave Start 1 (including Professional Men)	
10:10 a.m.	Wave Start 2	
10:40 a.m.	Wave Start 3	
9:30 a.m.–2:30 p.m.	Finish Line Banquet	Central Park at 67th Street and Central Park West
7:00 p.m.	NYRR Marathon Concert Presented by Clear Channel Radio Featuring Blues Traveler <i>A limited number of tickets will be distributed at the Expo on a first-come, first-served basis</i>	Hammerstein Ballroom, 311 West 34th Street
7:30–11:30 p.m.	Post-Race Party Presented by Clear Channel Radio	Pacha New York, 618 West 46th Street

Monday, November 8: Marathon Monday Mania

	The New York Times Special ING New York City Marathon Results Section on sale Due to production constraints, you must complete the race in under 4:30 to be included.	
7:00 a.m.–2:00 p.m.	Marathon Monday Store Limited-edition finisher's shirts and caps, plus medal engraving and official souvenirs	Central Park at 67th Street and Central Park West
	Registration for the ING New York City Marathon 2011 officially opens! The 42nd running will take place on November 6, 2011	

For more on Marathon Monday Mania, please visit ingnycmarathon.org.

"I'm In! We're In!"

This Year's Race Embraces All

The **ING New York City Marathon 2010** isn't just the world's largest—it's also the most inclusive. When it began, the marathon attracted a few hundred runners. Today's field is some 45,000 strong—but the runners are just one part of the story. Friends, family members, volunteers, spectators, and fans around the world—all are part of the great spectacle that is the ING New York City Marathon. It's truly an event for everyone.

"I'm In, We're In" is at the center of the marathon ad campaign you've seen all over New York and in select cities nationwide. The campaign features real people and their emotional connections to the marathon. You can read their stories—a mother-daughter duo who'll be watching Dad complete his 23rd consecutive marathon in New York, a 30-year-old running her first marathon as "a cool coming-of-age challenge," and many more—at ingnycmarathon.org. They'll all be part of the excitement on November 7, and so will you. ■



Run the NYRR 5!

Friday, November 5

On **Friday, November 5**, your friends and family can get in on the running action, even if they're not ready for 26.2 (and you can join them as a warm-up for Sunday). Our brand-new five-mile race, the NYRR 5, takes runners through the Central Park portions of the course—ending at the 26-mile marker. Visit nyrr.org for information and registration. ■

Follow the Marathon Anywhere

With **text messaging**, online tracking, TV coverage, and now a new iPhone app, you won't have to miss a minute of marathon excitement!

Online Athlete Tracker presented by Tata Consultancy Services

This free race-day service allows you track up to three athletes online. Visit ingnycmarathon.org on November 7 to see where all your friends are along the course.

Text Message Athlete Alert

You can receive text-message alerts for up to three runners. Before the race, you can sign up online at ingnycmarathon.org. And on race day, you can receive on-demand updates. Domestic users will be charged a one-time setup fee of \$2.99; the fee is \$5.99 for international phones.

Tune In

NBC4 New York offers live coverage of the entire race—from Staten Island to Central Park—from 9:00 a.m. to 2:00 p.m. And after the race, don't miss the two-hour highlight special on NBC Sports.

Marathon App

No matter where you are, you can keep up with all the race-day action with the Marathon app for your iPhone, iPod Touch, or iPad. You'll find a wealth of useful information, from a course map and spectator guide to athlete bios, photos, Twitter feeds, and more. A premium version offers the live broadcast. Download it today and put all 26.2 miles of the ING New York City Marathon in your pocket. ■

See Stars in Broad Daylight

In addition to the running stars at the front of the pack, you may spot some familiar faces from the world of entertainment among the athletes streaming past on November 7. For once, these celebrities won't be running away from the paparazzi—so be on the lookout for:

Andy Baldwin

Having recently completed a 56-mile ultra-marathon, Ironman triathlete and former *Bachelor* Andy Baldwin will likely cruise through New York with a dashing grin on his face. Don't blink—you'll miss him.



Jared Fogle (the Subway Guy)

You can probably guess where sandwich fanatic Jared Fogle will be carbo-loading on Saturday night... but he'll have to count on his own two feet—not a MetroCard—to carry him through the five boroughs on Sunday.

Justin Gimelstob

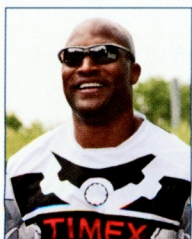
Tennis champ Justin Gimelstob had never run farther than three miles before he decided to try 26.2. He's got a lot more than pride on the line—his close friend andy Roddick bet him \$10,000 he wouldn't finish in under 4:45:00.

Al Roker and Meredith Vieira

Waking up early on race day will be easy for the *Today* show personalities—they're morning people! Al and Meredith can certainly count on cheers from colleagues Ann Curry and Matt Lauer.

Ryan Sutter

The ING New York City Marathon will be the final event in the reality TV star's packed racing season. He's competed in 10 endurance events—including an Ironman-distance triathlon—to raise funds for people living with cancer.



Amani Toomer

Former New York Giant and Super Bowl champion Toomer will trade his cleats for running shoes in support of NYRR's Youth and Community Services Programs. He'll be wearing a GPS-enabled Timex heart rate monitor and starting at the

back of the pack; for every runner he beats, Timex will donate \$1 to help promote healthy habits for kids.



Veronica Webb

Supermodel Webb already knows her enviable gams have what it takes to cover 26.2 miles—she had such fun last year that she's toeing the line again!

Ethan Zohn

After battling cancer and the opposing tribe, the *Survivor* champion has shown he's got more than enough heart to carry him over the finish line. ■

Official Cheer Zones, Mile-by-Mile

The ING New York City Marathon 2010 features fabulous entertainment all along the course, and your day wouldn't be complete without a stop at one of these official cheer zones. For a detailed, interactive map, visit ingnycmarathon.org. Here's a guide to what's happening where:

Brooklyn

- Continental Airlines Entertainment Zones at **miles 5 and 11**
- Time Warner Cable Spectator Zones at **miles 6 and 9**
- ING Cheer Zone at **mile 8**

Queens

- ING Cheer Zone at **mile 13**
- NYRR Spectator Station at **mile 14**

Manhattan

- Memorial Sloan-Kettering Cheer Zone at **mile 16**
- Hospital for Special Surgery Cheer Zone at **mile 16**
- Time Warner Cable Spectator Zones at **miles 17 and 22**
- Continental Airlines Entertainment Zones at **miles 18, 21, 25, and 26**
- Emerald Nuts Cheer Zone at **mile 22**
- Nissan Leaf display at **mile 22**
- PowerBar Cheer Zone at **mile 26**

Bronx

- Robin Hood Entertainment Zone at **mile 20**
- NYRR Spectator Station at **mile 20**
- Continental Airlines Entertainment Zone at **mile 20**

NYRR Aims to Raise \$1 Million per Mile for Charity

Last year, the **ING New York City Marathon** raised a record \$24 million, and this year's race is aiming even higher—\$26.2 million, or \$1 million per mile. With 7,400 runners representing 191 charities, the race will have an impact far beyond the finish line. People from all over the world will be running in support of causes as diverse as cancer research, education, and conservation.

One million dollars per mile is an ambitious but achievable goal, thanks to a new partnership with [crowdrise.com](#). Founded in May by Oscar-nominated actor Edward Norton, the site seeks to harness the power of social networking as a force for change. Norton, an ING New York City Marathon 2009 finisher, hopes to make every runner in this year's race a fundraiser.

With 45,000 devoted participants, the ING New York City Marathon is a huge crowd of passionate people, all

of whom will be part of a record-setting day. Visit [crowdrise.com](#) to get started. ■



Actor Edward Norton celebrates his 2009 ING New York City Marathon finish.

World Marathon Majors

Horse racing has the **Triple Crown**, tennis and golf have Grand Slams, and distance running has the World Marathon Majors (WMM). The WMM crowns a new men's and women's champion of marathon running every year, with each winner receiving \$500,000.

Marathoners earn points in the WMM standings by finishing in the top five in Boston, London, Berlin, Chicago, and New York, plus any IAAF World Championships and Olympic marathons held during a two-year period. A first-place finish is worth 25 points, second 15 points, third 10 points, fourth five, and fifth place worth one point. The 2009–10 WMM champs will be determined after the ING New York City Marathon.

The WMM series was launched in 2006, and led to a thrilling women's race in New York in 2007. World record-holder Paula Radcliffe of Great Britain outkicked Gete Wami of Ethiopia to win the second of her three New York titles, while Wami's second-place showing enabled her to clinch the 2006–07 WMM title.

Several men competing in the ING New York City Marathon, including defending champion Meb Keflezighi, 2009 World Championships gold medalist Abel Kirui of Kenya, and world record-holder Haile Gebrselassie of Ethiopia, have

a mathematical chance to win the 2009–10 WMM title. In the women's race, Kenya's Salina Kosgei could take the prize. Both WMM champions will be recognized in New York on Monday, November 8. ■

Marathon Monday Mania

After toasting your achievement on Sunday, get some well-deserved shuteye, then wake up Monday morning and continue the celebration with Marathon Monday Mania. The Marathon Monday Store kicks off at 7:00 a.m. in the finish area in Central Park. Let Fond Memories engrave your finisher medal with your name and time. Buy limited-edition finisher gear and show your running buddies back home just how tough you are. And treat your sore muscles to a free Hospital for Special Surgery recovery event. For a truly special memento, head to 57th and Fifth or Wall Street to choose from Tiffany & Co.'s selection of customizable ING New York City Marathon merchandise.

Keep riding your "runner's high" and apply to run next year's race! The lottery will open the day after the ING New York City Marathon. Demand will be high—this year, a record 124,000 people applied for some 45,000 spots on the starting line. ■

By the Numbers

HISTORY

1970 year of the first New York City Marathon, with **127** starters, **55** finishers, and a **\$1** entry fee

1976 year of the first five-borough marathon

9 New York City Marathon victories by Grete Waitz (1978–80, 1982–86, 1988)

5 victories by Edith Hunkeler (wheelchair, 2004–2005, 2007–2009)

4 victories by Bill Rodgers (1976–79) and Kurt Fearnley (wheelchair, 2006–2009)

2009 year of the most recent victory by an American man (Meb Keflezighi)

1977 year of the most recent victory by an American woman (Miki Gorman)

2000 year of the first official wheelchair-division race

869,575 starters to date

831,587 finishers to date

869,575

starters to date

831,587

finishers to date

SUPPORTERS AND FANS

6,000+ event volunteers

2 million+ spectators along the course

300 million+ global broadcast reach

RECORDS

2:07:43 male runner
(Tesfaye Jifar, 2001)

2:22:31 female runner
(Margaret Okayo, 2003)

1:29:22 male wheelchair
(Kurt Fearnley, 2006)

1:52:38 female wheelchair
(Edith Hunkeler, 2007)

43,660 finishers in 2009, the most ever in any marathon

28,485 male finishers in 2009
(event record)

15,175 female finishers in 2009
(event record)

124,000+ applicants to the ING New York City Marathon 2010

45,000+ participants in 2010
(projected)

BEHIND THE SCENES

120+ New York Road Runners staff working year-round on the marathon

74 UPS trucks transporting participants' bags from start to finish

602 media credentials issued

4.4 million+ readers of the marathon results section of the *New York Times* on Monday, November 8

2,948,792 race-day page views (2009) on www.ingnycmarathon.org

1,800

pounds of salad

15,000

marathoners and guests

MARATHON EVE EXPERIENCE

15,000 marathoners and guests

38 buffets

1,800 pounds of salad

15,000 New York McIntosh apples

18,000 cans of Coors Light beer

21,600 bottles of Poland Spring® Brand 100% Natural Spring Water

MARATHON NUMBERS

START

24 group leaders for the ING DIRECT Pace Team Presented by TIMEX

1,694 portable toilets

42,000 PowerBars

46,000 8-oz. bottles of Poland Spring® Brand 100% Natural Spring Water

1,800 gallons of Lemon-Lime Gatorade G Series Pro Endurance Formula™

563 pounds of Dunkin' Donuts coffee (approx. 40,000 cups)

16,000 pounds of discarded clothing collected for charities

MEDICAL AID

38 medical aid stations

30 Automated External Defibrillators and 9 MRx defibrillators

11,410 pounds of ice

13,475 adhesive bandages

57,059 salt packets

12,475 tongue depressors

390 tubs of Vaseline

311 thermometers

46,560 acetaminophen tablets

435 cots

FINANCIAL

\$250 million estimated total economic impact of ING New York City Marathon 2010

\$4 million+ fund-raising goal for New York Road Runners Team for Kids

\$26.2 million fund-raising goal for all 191 2010 race charities combined

\$38 million total raised by Fred's Team since 1995 to benefit pioneering research at Memorial Sloan-Kettering Cancer Center

COURSE

21 Cheering and Entertainment Zones

130+ bands and other entertainment acts

54 ChronoTrack timing systems: at the start, every 5K, the 13.1-mile mark, every mile mark from 8 to 26, and the finish

106 official clocks

500,000 participant photos captured by more than 80 brightroom photographers at 18 locations for ingnycmarathonphoto.com

14 digital video cameras recording customized DVDs by ingnycmarathonphoto.com

75 gallons of paint used to create the 26.2-mile Blue Line, presented by Time Warner Cable

62,370 gallons of Poland Spring® Brand 100% Natural Spring Water

32,040 gallons of Lemon-Lime Gatorade G Series Pro Endurance Formula™

2,300,000 paper cups

60,000 PowerBar Gel packets at mile 18

368 portable toilets, at more than 35 locations (including every mile)

106
official
clocks

FINISH

52,000 finisher medals

60,000 Heat Sheets™ presented by Continental Airlines and Foot Locker

52,000 finisher food bags containing a New York apple, a PowerBar Recovery Bar, a package of Emerald Nuts Breakfast Nut Blend, a bottle of G Series Gatorade Recover O3, a Gatorade Pro Series Endurance Formula™ powder stick, a bottle of Poland Spring® Brand 100% Natural Spring Water, and a bagel

PRIZES AND AWARDS

187 crystal or silver awards from Tiffany & Co., including the coveted Samuel Rudin trophies

\$130,000 each to the male and female runner champions, or **\$200,000** if a previous champion wins again

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\$40,000 to the winner of the USA Women's Marathon Championship

\$800,000+ total guaranteed prize purse (largest in race history), plus time bonuses

NYC Half-Marathon: Start Your Spring Season Here

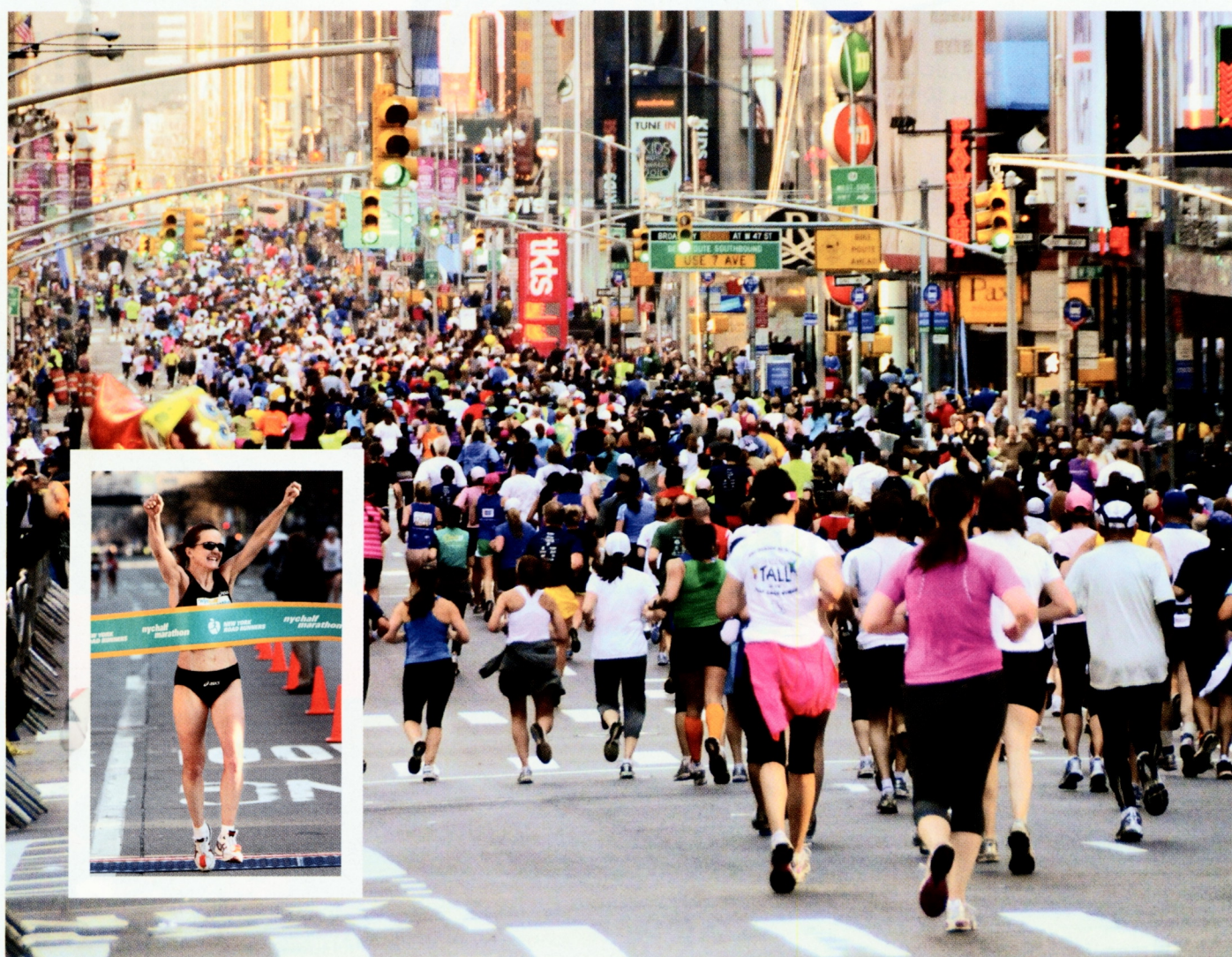
Sunday, March 20, 2011

As you've already seen, New York loves runners. After you cover all five boroughs, come back in the spring and join us for the NYC Half-Marathon! The exciting course lets runners take over Manhattan's most famous landmark, Times Square, and offers dazzling finish-line views of New York Harbor.

And just like the ING New York City Marathon, the NYC Half offers runners a chance to join a pack led by some of the world's fastest athletes. More than 11,000 runners finished the 2010 race, and women's champion Mara Yamauchi covered the distance in a record 1:09:25.

Bring the whole family for a weekend of big-city fun. For more information and to register, visit nyrr.org. ■

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Don't miss out! Registration for this exciting race closes November 15—
visit nyrr.org today to register.
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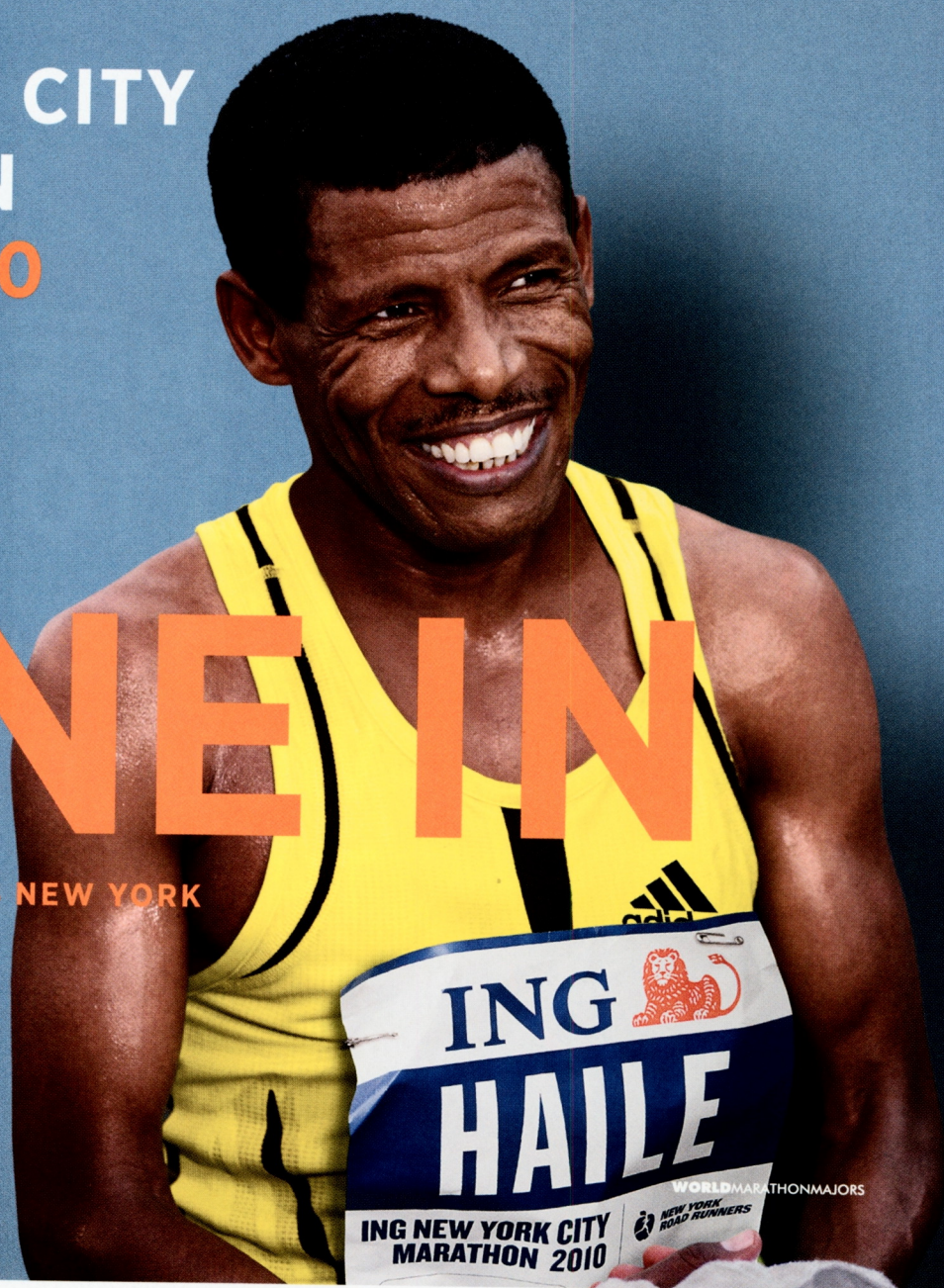
Photography by Ed Haas and Lisa Coniglio/Photo Run (inset)

THE ING NEW YORK CITY MARATHON






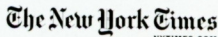



NOV. 7, 2010

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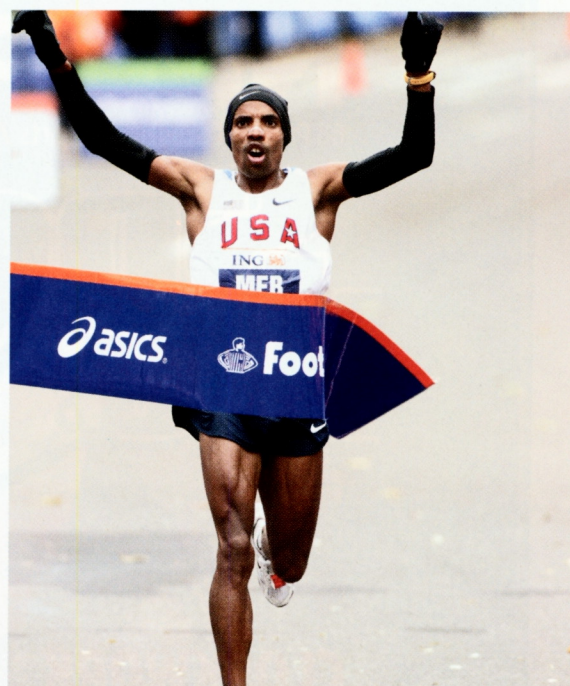
TUNE IN 9am-2pm



HIGHLIGHT SHOW 2pm-4pm

Chasing History

World's best runners gather to race for the ages



The ING New York City Marathon route is a challenging one. Indeed, the men's and women's course records in New York are at least two minutes slower than those of the other four races that make up the World Marathon Majors: London, Berlin, Chicago, and even Boston with its famed "Heartbreak Hill." But with climbs over five bridges and a grueling final 10 kilometers, the emphasis in New York has always been on victory rather than records, and a smart racer frequently trumps athletes with much faster personal bests.

Such was the case in 2009, when **Meb Keflezighi** became the first American winner since Alberto Salazar 27 years earlier, defeating several athletes who have covered the distance minutes faster than he has. The 2004 Olympic silver medalist will return to defend his title, but his hands will be full with a field that contains not only plenty of speed, but also tactical acumen.

Stiff Competition from the World's Fastest Marathoner

Leading the charge is "the Emperor," world marathon record-holder (2:03:59) **Haile Gebrselassie** of Ethiopia, the only human being ever to run a sub-2:04 marathon. The two-time

Olympic 10,000-meter champion will make his long-awaited ING New York City Marathon debut and will attempt to become only the second reigning men's world record-holder to win in New York. (Paul Tergat in 2005 was the other.) Gebrselassie can expect serious challenges from a quartet of speedy Kenyans: 2009 World Championships Marathon gold and silver medalists **Abel Kirui** and **Emmanuel Mutai**, 2010 NYC Half-Marathon winner **Peter Kamais**, and 2009 Frankfurt Marathon winner **Gilbert Kirwa**.

Although American **Dathan Ritzenhein** ran his first marathon four years ago and competed at that distance in the 2008 Olympics, he's earned a World Half-Marathon Championships bronze medal and broken the American 5000-meter record since he began training with three-time NYC winner Alberto Salazar in 2009, and the massively talented Ritzenhein views the ING New York City Marathon 2010 as something of a "second debut," given the form he has found under Salazar's guidance. Making their first debuts will be Kamais, Ethiopia's 2009 World Cross Country champion **Gebre Gebremariam**, Canadian 10,000-meter record-holder **Simon Bairu**, and four-time USA Championship runner-up **Tim Nelson**.

Brazil's **Marilson Gomes dos Santos** is another athlete whose personal best would put him nearly a mile behind Gebrselassie's record, but his racing know-how has twice earned him victory in New York, including a win over fellow 2010 entrant **Abderrahim Goumri** in the 2008 race. 2004 champion **Hendrick Ramaala** of South Africa, famed for his mid-race breakaways, is always a threat. So are Kenyans **Robert Kipkoech Cheruiyot** (last year's runner-up) and 2:04 marathoner **James Kwambai**. 2010 Ottawa Marathon winner

Arata Fujiwara of Japan will draw upon information gleaned from a trip to NYC to check out the course in June. Swiss record-holder **Viktor Röthlin**, who has a World Championships Marathon medal to his credit and won the European Championships Marathon this summer, is also a serious contender and would be the first European men's winner in 14 years.

As the men at the front of the pack wage a tactical battle through the five boroughs, spectators can count on a thrilling display of strength and wits.



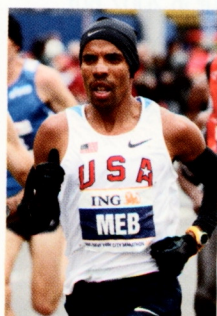
The Man to Beat
Haile Gebrselassie
Ethiopia

Personal Best: 2:03:59

Growing up in Ethiopia, Haile Gebrselassie began running out of necessity: It was 10 kilometers each way from his home to school, and his feet were the only form of transportation available.

Today, he is considered one of the greatest distance runners in history—he won Olympic gold medals in the 10,000 meters in 1996 and 2000 and set a whopping 27 world records. He's also claimed numerous world championships and starred in *Endurance*, a Disney movie about his life. Even more impressive, Gebrselassie set a 2:03:59 world record at the Berlin Marathon in 2008. But there is one thing the 37-year-old hasn't done: run the ING New York City Marathon.

That will all change this November 7, when Gebrselassie (aka "the Emperor," or simply "Geb") lines up against a stellar field for his first-ever ING New York City Marathon, gunning for a first-place finish and the 2:07:43 course record, set by his friend Tesfaye Jifar in 2001. Whether or not he gets the victory or the record, one thing is certain: Geb's presence is sure to make this year's race one for the books.



The Defending Champion
Meb Keflezighi
United States

Personal Best: 2:09:15

Things were looking good for Meb Keflezighi in 2004. The Eritrean-born California resident and 1998 NCAA cross country champion had just earned a silver medal in the marathon

at the Athens Olympics and finished second in the ING New York City Marathon. He had another podium finish in New York in 2005.

Serious injuries sidelined Keflezighi in 2007 and 2008. Last year, he set a PR at the London Marathon, won the USA Cross Country Championships, and capped it all with a stunning victory in the ING New York City Marathon. He bested one of the strongest-ever New York fields en route to a personal best of 2:09:15, and became the race's first American winner since Alberto Salazar back in 1982.

On November 7, the 35-year-old Keflezighi looks to continue his renaissance... and become the first New York City Marathon champ to post back-to-back wins since Kenya's John Kagwe in 1997 and 1998.



The Comeback Kid
Marilson Gomes dos Santos
Brazil

Personal Best: 2:08:37

Marilson Gomes dos Santos shocked spectators and the entire ING New York City Marathon field in 2006 when the little-known runner pulled away from the lead pack—including then world record-holder Paul Tergat and three former champions—and cruised to victory.

He was welcomed home to Brazil a national hero, and gave his country even more reason to celebrate in 2008, when he blew by Morocco's Abderrahim Goumri in the final mile to win his second ING New York City Marathon title.

Though dos Santos dropped out of last year's race at mile 23, there's little doubt that the 33-year-old will be in the hunt in 2010. With Haile Gebrselassie in the race, he'll once again have the chance to steal victory from the reigning marathon world-record holder.

WORLD-CLASS COMPETITORS: MEN



The American Challenger

Dathan Ritzenhein

United States

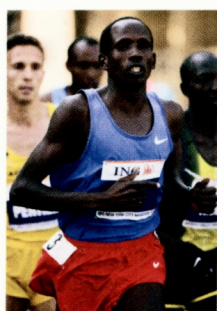
Personal Best: 2:10:00

Dathan Ritzenhein has showed promise in spades since high school. As a sophomore, he broke 9:00 for two miles and ran a blazing 13:44.70 for 5000 meters. Since then, he's delivered

on that promise, and then some.

At the 2008 U.S. Olympic Team Trials in Central Park (only his second marathon), he nabbed second place and a spot on the starting line in Beijing, where he was the top American and ninth overall. Last year, he set an American record of 12:56.27 for 5000 meters (since broken by Bernard Lagat), finished third in the World Half-Marathon Championships in a PR 1:00:00, and ran a personal-best 2:10:00 at the London Marathon.

Ritzenhein has developed considerably since clocking 2:14:01 in his 26.2-mile debut at the ING New York City Marathon 2006. With four more years experience and three-time New York champion Alberto Salazar in his corner as coach, the 27-year-old—who lives in Portland, OR, with his wife and two kids—is a strong contender for the podium in this year's race.



The Master of the Deadly Kick

Martin Lel

Kenya

Personal Best: 2:05:15

In 2003, Martin Lel bested defending champion Rodgers Rop to win the ING New York City Marathon. It was his first major victory on the world marathon circuit... but certainly not his last. In

fact, the 32-year-old has a special knack for thrilling spectators in close races: He edged Abderrahim Goumri by three seconds to win London in 2007 and claimed a second New York title in 2007 by a nail-biting 12-second margin, also over Goumri. Though Lel was favored to win the Beijing Olympic Marathon in 2008, he fell ill with malaria before the race, but still managed a respectable fifth-place finish.

After pulling out of last year's ING New York City Marathon, Lel has his sights set on a third title in 2010. With this year's field stacked to the hilt with talent, he'll have his work cut out for him. But if Lel—with his lethal finishing kick—is in striking distance in the final miles, the hat-trick could well be his.



The Race-Maker

Hendrick Ramaala

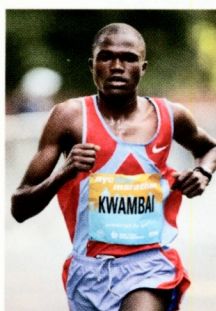
South Africa

Personal Best: 2:06:55

After being cut from his university's soccer squad, Hendrick Ramaala decided to try running on for size. As it turns out, soccer's loss was running's gain. He won the ING New York City

Marathon in 2004, and came this close to repeating in 2005, sprinting stride-for-stride for the tape with then-marathon world record-holder Paul Tergat. In a moment that will never be forgotten, Ramaala made a desperate dive for the finish line but came up just shy. Tergat beat him by three-tenths of a second, the closest margin in the race's history.

That unflinching competitive drive is just one facet of Ramaala's personality, however—at home in Johannesburg, he's known for giving back to the community. He mentors a group of talented young runners who train with him on the dirt pathways of the city's zoo. Following his sixth place finish in New York last year, Ramaala returns for his ninth ING New York City Marathon in 2010, living proof that nice guys don't always finish last.



The Marathoner Whose Time Will Come

James Kwambai

Kenya

Personal Best: 2:04:27

At the Fortis Rotterdam Marathon in 2008, James Kwambai ran the third fastest marathon in history—and lost. Kwambai crossed the line less than a second behind fellow Kenyan Duncan

Kibet for second place.

Though he's only 27 years old, Kwambai already has years of road-racing experience—as well as marathon titles in China and Italy—to his name. He finished second in both the 2007 Boston Marathon and the 2008 Berlin Marathon, and was fifth in his ING New York City Marathon debut in 2007, but dropped out of last year's race due to dehydration. Coached by the renowned Dr. Gabriele Rosa—who's also guided the career of Paul Tergat—Kwambai will look for his first New York title on November 7.



The Confidence Man

Abel Kirui

Kenya

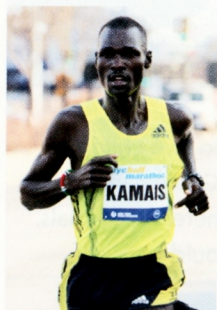
Personal Best: 2:05:04

If Abel Kirui has anything to say about it, he will be the man to give Haile Gebrselassie a run for his money in the ING New York City Marathon 2010.

Though Kirui has never beaten Geb,

the 28-year-old Kenyan has boldly declared his intention to best Gebrselassie's 2:03:59 marathon world record some time in the next year. And he might have what it takes to pull it off.

Kirui finished second to Geb during the Emperor's world record-setting performance at the 2008 Berlin Marathon, ran a PR 2:05:04 to finish third at last year's Fortis Rotterdam Marathon, and took the marathon gold at the 2009 World Championships—not a bad resume for a guy who only started running seriously when he couldn't find a job after high school. Although the world record is unlikely to fall on the tough New York course, the Kirui/Gebrselassie battle could be one for the ages.



The Dark Horse

Peter Kamais

Kenya

Personal Best: marathon debut;

Half-marathon PR 59:53

Peter Kamais was a dark-horse contender when he faced off against Haile Gebrselassie in the NYC Half-Marathon 2010—and he won that race

in 59:53, the second-fastest time in event history. He'll be the underdog again on November 7, when he has a go at his first-ever 26.2-mile race.

Kamais is a 10K specialist—the 27:09 that he ran to win the Brabants Dagblad 10K in the Netherlands last year makes him one of the world's top men ever at 10K—but don't count him out of the running here. He's proven he can run gutsy races against top-notch competitors; plus, he'll be turning 34 on Marathon Sunday. A podium finish would be a great way to celebrate.



The Speed Demon

Gebre Gebremariam

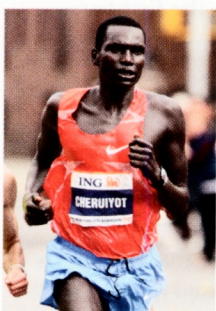
Ethiopia

**Personal Best: marathon debut;
Half-marathon PR 1:00**

A cross country and track runner at heart, Gebre Gebremariam rarely ventures onto the roads and, when he does, usually opts for 10Ks. Encouraged

by consecutive second-place finishes at the BUPA Great North Run half-marathon in 2008 and 2009 and a second-place finish at this year's ING Philadelphia Distance Run half-marathon, however, Gebremariam will try his hand at 26.2 miles when he toes the line for the ING New York City Marathon.

Gebremariam, who is married to fellow distance-running stalwart Werknesh Kidane (also making her marathon debut this November 7), was the 2009 IAAF World Cross Country champion and also finished second in that event in 2004, ninth in 2005, and 10th this year. On the track, he nabbed fourth place in the Athens Olympic 5000-meter final, and he has a 10,000-meter best of 26:52.33. Gebremariam is poised to make a splash at his first marathon. The competition better hope he isn't close enough to unleash his 10K speed in the last few miles.



The King of Boston

Robert Kipkoech Cheruiyot

Kenya

Personal Best: 2:07:14

The men's winner in the inaugural World Marathon Majors (WMM) series, the 6'2" Cheruiyot has rebounded from a harrowing incident at the 2006 Bank of America Chicago

Marathon, when he won the race but slipped on a painted logo at the finish line and hit his head on the pavement, sustaining a severe concussion.

A four-time Boston Marathon champion, Cheruiyot was the runner-up to Meb Keflezighi at last year's ING New York City Marathon. A proven big-race winner, this year Cheruiyot is gunning for his first victory in New York. Coached by Dr. Gabriele Rosa, Cheruiyot trains near Nairobi, Kenya, often with Martin Lel and former marathon world record-holder Paul Tergat. ■

The Leaders of the Pack

Talented women's field builds excitement



Very few athletes get the marathon right on the first try. The many details and complex variables that make the event such a challenge are usually mastered only after several attempts at the distance, and even then by only the very best. Of the 52 athletes who have worn the New York City winner's laurel wreath, only six have done so in their first marathon ever—Grete Waitz, Alberto Salazar, Rod Dixon, Salvador Garcia, Liz McColgan, and Tegla Loroupe—but this year's race includes several marathon debutantes who have the talent and credentials to be considered legitimate contenders for the title.

Topping that list is American **Shalane Flanagan**. The Portland, OR resident has already won an Olympic bronze medal at 10,000 meters and smashed numerous American records, and she now has her sights set on the top step of the podium in Central Park. She'll be challenged by another first-timer, 2009 World Half-Marathon champion **Mary Keitany** of Kenya. Keitany, who has three of the 10 fastest half-marathon performances in history, set the world 25K (15.5 miles) record this spring and is viewed by some as an eventual challenger to Paula Radcliffe's world marathon record of 2:15:25. 2003 World Cross Country Champion **Werknesh Kidane** of

Ethiopia is on a comeback after giving birth to two children with husband (and fellow debutante) Gebre Gebremariam. Portugal's **Ana Dulce Félix** has 31:30 10,000-meter credentials, and her strength in cross-country running should translate well to New York's rolling terrain.

Seasoned Marathoners Add Drama

A crew of established veterans won't make it easy for the newbies, though. Defending champion **Derartu Tulu** of Ethiopia, 2010 NYC Half-Marathon winner **Mara Yamauchi** of Great Britain, 2009 Boston Marathon winner **Salina Kosgei** of Kenya, 2010 Boston champ **Teyba Erkesso** of Ethiopia, 2010 Los Angeles Marathon winner **Edna Kiplagat** of Kenya, New Zealand record-holder **Kim Smith**, and Mexican Olympian **Madaí Pérez** all come to New York hungry for victory.

Rounding out this year's international field is a strong group from Europe, many of whom ran well at this summer's European Championships in Barcelona. In addition to Félix and Yamauchi, fans along NYC's famed route will cheer for France's **Christelle Daunay**, who finished third in New York last year; European Championships silver medalist **Inga Abitova**, 2000 NYC winner **Ludmila Petrova**, and 2010

Boston runner-up **Tatyana Pushkareva**—all of Russia—as well as Italian Olympians **Rosaria Console** and **Bruna Genovese**.

This year's ING New York City Marathon is also the site of the 2010 USA Women's Marathon Championship, and a talented group of Americans will also take part, led by Flanagan, 2008 Olympian **Blake Russell**, and five-time USA champion **Katie McGregor**. For more on the USA Women's Marathon Championship, please see page 47.

Conspicuously absent from this year's talented field are American record-holder Deena Kastor and world record-holder and three-time ING New York City Marathon champion Paula Radcliffe. (Kastor is expecting her first child and Radcliffe recently gave birth to her second.) Without these lightning-fast "marathon moms," the race is up for grabs. The winner, whether she's a novice or a veteran, will make history in Central Park.



The American Débutante

Shalane Flanagan

United States

**Personal Best: marathon debut;
half-marathon PR: 1:08:36**

If there's such a thing as a "marathon gene," Shalane Flanagan was probably born with it. Her father, Steve Flanagan, covered the distance in 2:18:00, and her

mother, Cheryl Treworgy, set the then-world record of 2:49:40 in her 26.2-mile debut at the Culver City Marathon in 1971.

Flanagan was the 2002 NCAA Cross Country champion while at the University of North Carolina. She currently holds the American records at 3000 and 10,000 meters, and she took the bronze medal in the 10,000 meters at the 2008 Beijing Olympics. She's also the reigning national champion at the half-marathon, but she's never run 26.2 miles.

That will change on November 7, when the 29-year-old Marblehead, MA, native and Portland, OR, resident hits the streets of New York for one of the most keenly anticipated American marathon debuts since national record-holder Deena Kastor made her bow at the ING New York City Marathon 2002. Three words: Expect big things.



The Reigning Champ

Derartu Tulu

Ethiopia

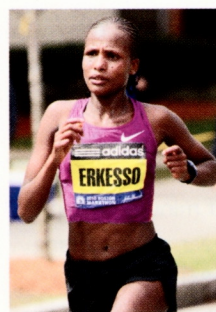
Personal Best: 2:23:30

Derartu Tulu came to New York last year looking to prove that she was back in business after taking a hiatus from competition to raise her six children, four of whom are adopted. She did just

that, beating fellow "marathon mom," defending champion, and marathon world record-holder Paula Radcliffe to become the ING New York City Marathon champion.

One of history's all-time great distance runners, Tulu has excelled in all three running disciplines: track, road, and cross country. She won Olympic gold at 10,000 meters in both Barcelona and Sydney and took the bronze in that event at the 2004 Athens Games. She was the 2000 IAAF World Cross Country Champion; she set her marathon PR in a fourth-place finish at the 2005 IAAF World Championships; and, one month later, won the BUPA Great North Run half-marathon in a world-leading 1:07:33.

Now 38, Tulu has her eye on a second-straight ING New York City Marathon victory, a feat that sure would make her kids proud.



The Gutsy One

Teyba Erkesso

Ethiopia

Personal Best: 2:23:53

Running her third marathon in six months, Teyba Erkesso exhibited great strength and an iron will in winning the Boston Marathon on April 19. After building a sizeable lead, she held off a

late-race challenge from Russia's Tatyana Pushkareva to win her first World Marathon Major title by three seconds. Ninety-two days earlier, she had won the Chevron Houston Marathon for the second straight year, improving her course record by 25 seconds.

With encouragement from training partner (and 2008 Boston champion) Dire Tune and husband (and occasional pacesetter) Kafime Adillo, she excels at distances ranging from 5K to the marathon. Another gutsy performance could put the versatile Erkesso atop the podium on November 7.

WORLD-CLASS COMPETITORS: WOMEN



The Marathon Master

Ludmila Petrova

Russia

Personal Best: 2:21:29

Ludmila Petrova is a master of the 26.2-mile distance in more ways than one. At age 42, she's the oldest of the true contenders in this year's race, and she's also one of the most feared.

Petrova ran her first New York City Marathon 12 years ago, won her first title in 2000, and has returned nearly every year since, never placing lower than eighth.

In 2009, at 41, she finished a mere eight seconds behind winner Derartu Tulu; the year before that, she was the last runner to be dropped by Paula Radcliffe, and she held pace to cross the finish line second in 2:25:43—a new masters world record. With two consecutive second-place showings in New York, Petrova returns again this year, looking to improve her finish by just one place.



The European Contender

Christelle Daunay

France

Personal Best: 2:25:43

Daunay led for much of the ING New York City Marathon's second half last year before finishing a close third. Now 35, she keeps getting faster with age: She broke her own French

marathon record by more than two and a half minutes when she finished third in the Paris Marathon last year, after running a solid 2:31:48 to take 20th place in the 2008 Beijing Olympic Marathon on an oppressively hot day. She has won the French national championship at 10,000 meters twice and is a frequent podium finisher on the European track and road circuits.

Though she's known for training for and running most of her marathons side by side with her husband Frédéric Bouvier (the two have the exact same PR), she'll be going it alone in New York. But running solo doesn't seem to faze Daunay in the least. Look for her to challenge for the podium once again in 2010.



The Family Gal

Werknesh Kidane

Ethiopia

Personal Best: marathon debut; half-marathon PR 1:08:09

November 7 could be a big day for Werknesh Kidane's family. She and her husband, 2009 World Cross Country champion Gebre

Gebremariam, are both making their 26.2-mile debuts at the ING New York City Marathon 2010, and both are expected to be in the hunt for victory.

A big-race veteran, Kidane won the 2003 World Cross Country Championships and took the 10,000-meter silver medal at the IAAF World Championships that year. She finished fourth in the 2004 Athens Olympics 10,000 meters, and was seventh in the 2000 Sydney Olympics 5000 meters. Her last New York visit produced a third-place finish at the NYRR New York Mini 10K in June, and she's hoping for an even better result on Marathon Day.



The Future of Marathoning

Mary Keitany

Kenya

Personal Best: marathon debut; half-marathon PR 1:06:36

Marathon debuts seem to be the overarching theme among the elite women this year, and none of this year's rookies has more promise at the distance than

2009 World Half-Marathon champion and 25K world record-holder Mary Keitany.

Keitany has run three of the top 10 times ever for the half-marathon, and set her personal best of 1:06:36—the second-fastest half-marathon of all time—at the World Half-Marathon Championships in 2009, just 15 months after giving birth to her first child with husband Charles Koech. To say that her first attempt at 26.2 miles is eagerly anticipated is an understatement; to say that she has the potential to be one of the next great female marathoners is simply the truth.



The Kiwi Sensation

Kim Smith

New Zealand

Personal Best: 2:25:21

Though she didn't make it past the 15-mile point in her marathon debut in New York City in 2008, Kim Smith rebounded nicely to finish eighth in the 2010 Virgin London Marathon. In the

process, she set a New Zealand record with a time of 2:25:21.

A two-time Olympian at 10,000 meters, the 28-year-old has joined the ranks of great New Zealand runners, excelling at distances from 1500 meters to the marathon. Before graduating from Providence College with a degree in education, the Auckland native won four NCAA titles in just two seasons with the Friars. She currently holds no fewer than nine New Zealand road and track records. With a résumé like that, Smith is a serious contender in 2010.



The Relentless Competitor

Mara Yamauchi

Great Britain

Personal Best: 2:23:12

Though she was born in England, Mara Yamauchi, 37, lived in Nairobi, Kenya, for the first eight years of her life and even takes her name from Kenya's Mara River. So it's no surprise

that she has the marathon talent to rival most Kenyans and Brits, including her countrywoman, marathon world record-holder Paula Radcliffe.

After a sixth-place finish in the 2008 Beijing Olympic Marathon, Yamauchi went out with the leaders in last year's London Marathon and stayed with eventual winner Irina Mikitenko of Germany until the 19th mile. She held on to finish second in a personal-best of 2:23:12, which makes her Great Britain's second-fastest female marathoner of all time, behind only Radcliffe.

Coached by her husband Shigetoshi Yamauchi of Japan, Yamauchi has momentum going into this year's ING New York City Marathon. She came from behind to defeat Deena Kastor in the 2010 NYC Half-Marathon and, with Radcliffe out of contention due to recent childbirth, she could be the one to represent Great Britain on this year's podium.



The Sprinter

Salina Kosgei

Kenya

Personal Best: 2:23:22

Salina Kosgei wasn't always a long-distance runner; in fact, the 33-year-old mother of two started her career as an 800-meter runner (she ran a blazing 2:06.86 at age 15) and heptathlete. It is

this speedy history that gives her confidence to win close races, which is exactly what she did at the Boston Marathon in 2009. In one of the most dramatic finishes in the event's history, Kosgei outleaned defending champion Dire Tune to clinch the title in 2:32:16.

With two ING New York City Marathons already under her belt—she finished fifth last year and fourth in 2005—Kosgei will be gunning for her first New York podium on November 7. If the race comes down to a sprint, that hope might very well become a reality.



The Resilient One

Madai Pérez

Mexico

Personal Best: 2:22:59

Just 10 months after welcoming her second child, baby girl Kenia, on May 5, 2009, Pérez ran a personal best of 1:09:45 to finish third in the NYC Half-Marathon in March.

The 30-year-old is no slouch when it comes to the full marathon, either. Pérez turned in a solid 2:31:34 26.2-mile debut at the Chicago Marathon in 2003, then returned to that course three years later to run a personal best—and new Mexican national record—of 2:22:59. She followed that up with a strong third-place showing at the 2007 Boston Marathon and a 19th-place finish at the Beijing Olympics in 2008.

Though an infection hampered her comeback efforts at the most recent Boston Marathon this April—her first go at the distance since Kenia's birth—the indefatigable Pérez will look to return to form in New York on November 7. She'll have coach German Silva, a two-time New York City Marathon winner (1994–95) in her corner. ■

Wheelchair Racers Chase Big Prizes

Competitors in the wheelchair division of this year's ING New York City Marathon will set a blazing pace as they race for \$100,000 in prize money. Perennial favorite Kurt Fearnley of Australia will return to defend his title; he's won the race for the past four years and holds the course record (1:29:22). The women's race, however, is up for grabs, as

five-time champion and course record-holder Edith Hunkeler of Switzerland is home with a new baby. The field is stacked with talent, including a nine-time Boston champion, and the winner of this year's London and Paris Marathons—they'll test themselves on a challenging technical course. Here's a look at this year's top wheelchair athletes:

Men



Kurt Fearnley, 29, Australia

With a whopping 28 marathon wins (including a gold medal in the Beijing Paralympics), Fearnley is the man to beat. A volcanic eruption in Iceland this spring nearly kept him off the starting line in London, where he finished fifth; he's now in the hunt for his fifth consecutive victory in New York before his December wedding.



Krise Schabert, 47, United States

Less than a month after the Kona Ironman Triathlon, Schabert will cap his 2010 racing season at the ING New York City Marathon. He and Fearnley battled all the way to the finish of last year's race, and he'll no doubt be hungry for a win this year. After winning the Utica Boilermaker 15K in July, he's on top form.



Ernst Van Dyk, 37, South Africa

World record-holder Van Dyk hopes to add a second New York victory to his impressive resume. With an astonishing nine titles in Boston (most recently this spring), he's a fierce competitor.

Women



Amanda McGrory, 24, United States

After winning in 2006, McGrory is looking for her second New York victory. The Kennett Square, PA native and University of Illinois racer finished second in the Beijing Paralympics—by a margin of only a second. This year, she's placed third in the Virgin London Marathon and won the Bloomsday 12K in Spokane, WA.



Wakako Tsuchida, 36, Japan

Six days after her third victory in Boston in April, Tsuchida won in London—the first wheelchair athlete to complete the feat. Last year, she finished third in New York, and a victory this year would almost certainly put her name in the pantheon of the fastest women on wheels.



Shelly Woods, 24, Great Britain

Woods finished second in last year's ING New York City Marathon, but suffered a flat tire at mile 21 this year in London. Although she was out of contention for the podium, she displayed impressive courage—pushing herself to a fifth-place finish. In June, she set a world record in the 1500 meters—so she's poised to sprint to victory in New York. ■

The Race Within the Race

USA Women's Marathon Championship

For the first time since 2001, the ING New York City Marathon will host the USA Women's Marathon Championship, the "race within a race" to decide the title of 2010 national champion. The championship, like the USA Men's Marathon Championship hosted within the race last year, is a chance for some of America's best to show their stuff on the streets of New York. Athletes will compete for \$150,000 in USA Championship-only prize money, plus more than \$800,000 in prize money and bonuses from the open race. What's more, the USA Championship winner and runner-up will be invited to join the United States team in competition at next summer's IAAF World Championships in Daegu, South Korea.

Leading the way among Americans are a pair of Beijing Olympians: **Shalane Flanagan** and **Blake Russell**. Although Flanagan will be running her first marathon (she took the bronze medal at 10,000 meters in 2008), she's performed well in two half-marathons this year. Russell, who is on the comeback trail after giving birth to a baby boy in April 2009, will be running her first ING New York City Marathon.

They'll face stiff competition from seven-time USA

Champion **Katie McGregor**. McGregor has twice finished in the top 10 overall in New York, and she already won three national championships this year. **Sally Meyerhoff**, the 2009 USA Champion at the 25K (15.5 miles), will also compete.

Another intriguing marathon debut will be that of **Serena Burla**, who finished second at NYRR's world-class New York Mini 10K last year just five months after giving birth to a baby boy. Burla will make her marathon debut only nine months after having a large malignant tumor removed from her hamstring. A few weeks before the February surgery, Burla finished a close second to Flanagan at the USA Half-Marathon Championships. Her illness certainly hasn't slowed her; she definitely has the talent to compete for the USA title.

Rounding out the pack will be 1996 Olympian **Linda Somers-Smith**, who at age 49 has qualified for the 2012 U.S. Olympic Team Trials (her seventh). She'll run the streets of New York for the first time in her illustrious career, along with University of Dayton cross country coach **Ann Alyanak**, New Hampshire schoolteacher **Heidi Westover**, professional triathlete **Desiree Ficker**, and two-time Team USA member **Kathy Newberry**. ■



Multiple American record-holder **Shalane Flanagan** will make her marathon debut.



Olympian **Blake Russell** will run her first marathon since giving birth last year.



Veteran marathoner **Katie McGregor** knows the course well.



2010 NYRR Bronx Half-Marathon champion **Sally Meyerhoff** will challenge the field.

Photography by Victah/Photo Run

Local Field Prepares for a Great Day at the Races

Last year's performances by NYRR members at the ING New York City Marathon will be hard to beat. Two New York-area women placed in the top 10—Buzunesh Deba in seventh (2:35:54) and Serkalem Biset Abrha in eighth (2:37:20). The men's race saw Mohamed Awol crack the 2:20 barrier

for the second year with a 2:19:31; he defended his title as the top NYRR-member finisher.

They're all scheduled to return this year, and they'll be joined by a talented group of first-timers. Give a holler for these hometown heroes and heroines:

Women



Buzunesh Deba, 23, turned heads last year with her first sub-2:40 performance. It was a prelude to an 11-month marathon tear that included victories at the Cal International Marathon and the Twin Cities Marathon in Minnesota (where she set a new PR of 2:27:24). She's a clear favorite to defend her NYRR-member title.



Serkalem Biset Abrha, 23, a member of West Side Runners (WSX), spent much of the past year training at altitude in New Mexico and ran a 2:32:09 personal best at the Rock 'N Roll San Diego Marathon in June. Look for her to be in fine form again on November 7.

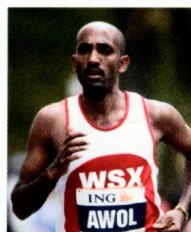


Sally Meyerhoff, 26, a resident of Maricopa, AZ, spent time this year training and racing in NYC; in August she won the NYRR Bronx Half-Marathon and the Harlem Percy Sutton 5K. Last spring, Meyerhoff was ninth at the NYC Half-Marathon in 1:13:58 and won the More Magazine | Fitness Magazine Half-Marathon in 1:14:40.

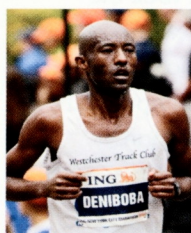


Kelly Chin, 30, a Brooklyn resident, qualified for the 2012 U.S. women's Olympic marathon trials in January with a 2:44:44 PR in Houston. She won the NYRR Brooklyn Half-Marathon in May and is aiming to add to her marathon experience with a strong run in her hometown.

Men



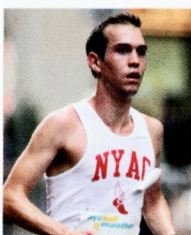
Mohamed Awol, 32, a member of WSX, has performed well again this year on the local running circuit; he finished second in both the City Parks Foundation Run for the Parks 4-Mile in April and the super-competitive NYRR Team Championships 5-Mile in August.



Derese Deniboba, 28, a member of the Westchester Track Club (WTC), has been NYRR's most consistent performer this year. He won the Coogan's Salsa, Blues, and Shamrocks 5K and the Run as One 4M, and was the top NYRR member to finish the Healthy Kidney 10K. In September, he won the Woodrow Wilson Bridge Half-Marathon in 1:04:44.



Ketema Nigussie, 29, of WSX, won the 2010 Scotland Run 10K in 29:35. He ran 1:06:52 at the 2009 Grete's Great Gallop half-marathon, and his marathon personal best, a 2:14:26 from 2009, is even more impressive. The Bronx resident has represented Ethiopia in the World Cross Country Championships, finishing in the top 20 on three occasions.



Chris Pannone, 24, a former University of Colorado standout, debuted in the marathon last year with a 2:18:15 in California. A resident of Lambertville, NJ, and a member of the New York Athletic Club, Pannone won the NYRR Bronx Half-Marathon in August and is aiming to peak in New York on November 7. ■

Photography by Victah/Photo Run (6), E.H. Wallop (bottom left), and Joseph O'Rourke (bottom right)

A Party 26.2 Miles Long

Making the Most of Marathon Day



The ING New York City Marathon is unforgettable for runners and inspirational for fans. It's New York at its finest: A boisterous, international crowd coming together for a 26.2-mile-long block party. As sports writer John Hanc put it, "I've learned that finishing a marathon isn't just an athletic achievement. It's a state of mind; a state of mind that says anything is possible." Watching the ING New York City Marathon will make you feel the same way. Here's how to make the most of race day.

Getting Around With Ease

The race stretches over all five boroughs and 26.2 miles, but more than two million people come out to watch, so expect crowds. In addition to the hordes of people, the city's usual traffic patterns are disrupted by the race, so plan to use the subway as your mode of transportation throughout the day. If you want to watch the race from several spots, consider purchasing the \$8.25 one-day Fun Pass. Out-of-towners should get a subway map and plan—or even practice—their route, advises Charlie Butler, executive editor at *Runner's World* and author of *The Long Run*. "If you haven't done it before, you can miss a good portion of the race by making a mistake on the subway," he cautions.

Race-Day Expectations

Don't forget to set your clock back an hour—Daylight Savings Time ends at 2:00 a.m. on Marathon Sunday. When you get to the course in the morning, you'll know the race is approaching when you begin to see cyclists; they precede the wheelchair racers, who make up the first wave of participants. Next, a motorcade will pass through before the lead women runners appear. The lead men, whose wave starts 30 minutes later, trail the ladies. These elite athletes may appear impassive as they pass, but don't let their stoic demeanor fool you: They thrive on the crowd's energy just like all the other runners.

.....

Follow the race from any place with text message alerts and a new iPhone app. Visit ingnycmarathon.org for details.

.....

Finally, tens of thousands of amateur athletes will begin to pass. The crowd of runners will remain thick for several hours, but try to stick around and cheer as the pack thins: every runner will appreciate your support.

Photography by Jon Simon (this page) and E.H. Wallop (opposite page)

Dress for the Day

The keys to happy marathon watching are a pair of comfortable shoes and temperature-appropriate clothes. Be sure to check the forecast before you head out on race day. Plan to dress in layers, as the temperature can change dramatically throughout the day. You may want to bring gloves and a hat, as it can get chilly standing still for several hours—though vigorous cheering can keep you warm.

Spotting Runners

With 45,000 runners streaming past, it's often hard to spot friends in the race. Find out your pal's anticipated pace and what time his or her wave starts. You can also track up to three runners with Athlete Alert, which will send text messages to your cell phone alerting you to your runner's progress. And this year, there's a new app to help you find your fittest friends; iPhone, iPad and iPod Touch users can download it from the iTunes App Store.

However, you should still be prepared to use your eagle eyes. "Bring a sign or a bunch of balloons so your friend can easily spot you," advises Queens resident Elizabeth Ersenkal, who brings her family out to cheer every year. "Agree on a corner and be specific." For example, don't tell your friend "We'll be at 96th and Fifth." Instead, get as detailed as possible: "We'll be on the southwest corner of 96th and Fifth, and we'll have a big bunch of orange balloons."

You'll be more likely to see your runner pass from some of the less densely packed parts of the course, like the first miles of Fourth Avenue in Brooklyn, First Avenue above 96th Street and Fifth Avenue above 110th Street in Manhattan, and the Bronx. Central Park and the eight-mile mark in Brooklyn are exciting vantage points, but they're also some of the most difficult places from which to spot a friend. ■

Cheer Tactics

Summon your inner Dallas Cowgirl for a day of serious cheering. Runners rely on the energy and enthusiasm of the crowd to get them through the course. "It sounds cheesy, but the support makes a huge difference," says native New Yorker and ING New York City Marathon veteran Kristine Solomon. "Don't just stand there gawking: If you're gonna show up, bring the energy!"

Runners' names, countries, and charitable causes are plastered on their shirts for a reason: They want you to cheer for them! And don't forget the runners without names on their chests, says Charlie Butler: "Find something that makes a person unique and call them out by it." Funny signs, pompoms, and good old-fashioned clapping will keep a smile on runners' faces. However, avoid offering advice to runners—and don't say "You're almost there!" unless you're holding the finish-line tape.



Where to Watch

If you're a die-hard running fan like Scott Douglas, senior editor at *Running Times*, stake out a spot along Central Park South (the last half mile of the race). "You can see people coming from a long way down the street, and the elites are usually strung out enough that you can really size up each one," notes Douglas. "One of the most interesting things is that the first and sometimes second woman are at that point moving faster than all but the top few men."

For a great view with less-dense crowds, check out these under-the-radar spots for watching the race:

.....

For a list of sponsored spectator zones, please turn to page 26, or visit ingnycmarathon.org.

.....

"I like the bird's eye view from the **footbridge to the subway station at Queensboro Plaza**," says Queens resident Elizabeth Ersenkal.

Brooklynite Tim Gideon claims that "**Lafayette Avenue between South Oxford and Cumberland** is the place to be." In fact, one enthusiastic local resident hauls his speakers outside and plays music all day.

Manhattan marathoner Allison Mezzafonte likes the **Starbucks at 85th Street and First Avenue**. "It's got a great outdoor patio!"

And if you're really feeling festive, drop by one of several Coors Light parties at watering holes along the course, featuring live bands as well as suds. Visit ingnycmarathon.org for locations.

The Marathon, Mile by Mile

Miles 1–2: Staten Island and the Verazzano-Narrows Bridge

Sorry, the start of the race on Staten Island is closed to spectators. Tune in to NBC4 New York for live coverage of the start.

Mile 2: Bay Ridge

Spectators get their first glimpse of runners as the pack comes off the Verazzano-Narrows Bridge. Crowds are relatively sparse here, and the view is spectacular!



Miles 3–8: Fourth Avenue

This five-mile stretch of the race has more than 30 official entertainment spots. Position yourself near one of the bands for double the fun.



Miles 8–9: Fort Greene to Clinton Hill

An official cheering station and the merging of three lanes make the eight-mile mark at the Brooklyn Academy of Music a hot spot for watching the race. Enthusiasm continues up Lafayette Avenue, where crowds can be less dense.

Miles 10–12: Williamsburg

As the race makes a left onto Bedford Avenue, the route crosses South Williamsburg—traditionally a Hassidic Jewish neighborhood—before crossing into the hipster haven of Williamsburg. McCarren Park is a popular vantage point.

Miles 12–13: Greenpoint

Further off the beaten path than Williamsburg, the miles through Greenpoint on both sides of the Pulaski Bridge (which is closed to spectators) are populated by loyal Brooklynites.

Miles 13–15: Queens

The Queens portion of the race has enough onlookers to be exciting, but not so many that you'll be uncomfortable. Plus, Queensboro Plaza offers easy access back into Manhattan via several subway lines.

Party On! Host a Marathon Tailgate Bash

If you're lucky enough to live near the marathon course, you've got the perfect spot for one of New York's most cherished traditions: Brunch. Here are some pointers for throwing a memorable marathon bash.

Set the Scene

Marathon colors are orange and blue—look for paper napkins, plates, cups, and silverware to show your spirit. Be sure to have your television tuned to NBC4 New York's marathon coverage during the fête, then head outside in time to see the runners pass. A playlist of Gotham-centric songs like "New York, New York" will help set a festive mood.

Nosh Like a Native

New York may be the Big Apple, but we couldn't live without bagels, cream cheese, and lox. Fruit salad is a healthy option if your guests crave sweets.

Quench Their Thirst

Brunch isn't complete without a cocktail. Offer your guests a "Bloody Mary-thon" or a "Mile Nine Mimosa." Have plenty of hot coffee and cocoa on hand to keep guests warm on the sidewalk.

Don't Wait for a Sign—Make One

Gather supplies like posterboard and colorful markers so that guests can make signs to encourage runners. The funnier your message, the better.

Don't Miss a Minute

For comprehensive race coverage, tune in to NBC4 New York. The station will air local, live coverage of the race, including the start and the finish. Coverage begins at 9:00 a.m. and runs until 2:00 p.m. on race day. Post-race, NBC Sports will also air highlights from the race from 2:00 to 4:00 p.m. nationally. You can also watch online at universalsports.com.

Miles 15–16: Queensboro Bridge

Spectators are not permitted on the bridge, but the lead-up to it is a popular spot from which to watch the race.

Miles 16–19: First Avenue

These are some of the most crowded miles of the course, but some say the sight of runners coming off the bridge is worth the six-person-deep crowds. Spectators tend to thin out above 96th Street.

Miles 19–21: Bronx

Only one mile of the marathon course is in the Bronx. Many runners may hit "the Wall" at this point, and they rely on cheers to carry them through.



Miles 21–23: Harlem and North Central Park

Harlem's vitality and enthusiasm make it a high-energy place to watch from. You might also see the elite athletes staging breakaways.

Miles 23–24: Fifth Avenue

A slight incline makes this a grueling part of the race for runners. Throngs of spectators provide a much-needed boost.

Miles 24–26.2: Central Park and Central Park South

Crowds will be dense but very enthusiastic inside the park; be prepared to bump elbows with strangers.



Beyond the Finish: Upper West Side

There is no official reunion area, so if you're meeting a runner, designate a spot beforehand. Your hotel or a nearby watering hole are both great places to congratulate your tired loved one.

2010 Marathoner Arrival Times

Mile/Location	Wheelchairs	Lead Women	Lead Men	Wave Start 1		Wave Start 2		Wave Start 3	
Pace per mile	3:30	5:30	5:00	(range)		(range)		(range)	
Start Times	8:30 a.m.	9:10 a.m.	9:40 a.m.	9:40 a.m.		10:10 a.m.		10:40 a.m.	
Staten Island									
1	8:33 a.m.	9:15 a.m.	9:45 a.m.	9:45 a.m.	9:54 a.m.	10:18 a.m.	10:26 a.m.	10:50 a.m.	11:01 a.m.
Brooklyn									
2	8:37	9:21	9:50	9:50	10:03	10:27	10:36	11:00	11:16
3	8:40	9:26	9:55	9:55	10:11	10:35	10:46	11:10	11:31
4	8:44	9:32	10:00	10:00	10:20	10:44	10:56	11:20	11:46
5	8:47	9:37	10:05	10:05	10:28	10:52	11:06	11:30	12:01 p.m.
6	8:51	9:43	10:10	10:10	10:37	11:01	11:16	11:40	12:16
7	8:54	9:48	10:15	10:15	10:45	11:09	11:26	11:50	12:31
8	8:58	9:54	10:20	10:20	10:54	11:18	11:36	12:00 p.m.	12:46
9	9:01	9:59	10:25	10:25	11:02	11:26	11:46	12:10	1:01
10	9:05	10:05	10:30	10:30	11:11	11:35	11:56	12:20	1:16
11	9:08	10:10	10:35	10:35	11:19	11:43	12:06 p.m.	12:30	1:31
12	9:12	10:16	10:40	10:40	11:28	11:52	12:16	12:40	1:46
Queens									
13	9:15	10:21	10:45	10:45	11:36	12:00 p.m.	12:26	12:50	2:01
13.1	9:16	10:22	10:45	10:45	11:37	12:01	12:27	12:51	2:02
14	9:19	10:27	10:50	10:50	11:45	12:09	12:36	1:00	2:16
15	9:22	10:32	10:55	10:55	11:53	12:17	12:46	1:10	2:31
Manhattan									
16	9:26	10:38	11:00	11:00	12:02 p.m.	12:26	12:56	1:20	2:46
17	9:29	10:43	11:05	11:05	12:10	12:34	1:06	1:30	3:01
18	9:33	10:49	11:10	11:10	12:19	12:43	1:16	1:40	3:16
19	9:36	10:54	11:15	11:15	12:27	12:51	1:26	1:50	3:31
Bronx									
20	9:40	11:00	11:20	11:20	12:36	1:00	1:36	2:00	3:46
Manhattan									
21	9:43	11:05	11:25	11:25	12:44	1:08	1:46	2:10	4:01
22	9:47	11:11	11:30	11:30	12:53	1:17	1:56	2:20	4:16
23	9:50	11:16	11:35	11:35	1:01	1:25	2:06	2:30	4:31
24	9:54	11:22	11:40	11:40	1:10	1:34	2:16	2:40	4:46
25	9:57	11:27	11:45	11:45	1:18	1:42	2:26	2:50	5:01
26	10:01	11:33	11:50	11:50	1:27	1:51	2:36	3:00	5:16
26.2	10:01	11:34	11:51	11:51	1:28	1:52	2:38	3:02	5:19

**I'M IN. WE'RE IN.
GET IN.**

The excitement. The adrenaline. You can't be a part of it if you're not in it. Apply Monday, November 8, 2010, for the ING New York City Marathon 2011 and get ready for an experience of a lifetime. **Visit nyrr.org to apply for the ING New York City Marathon 2011.**



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26.2 Miles of Sightseeing

Photography by Ed Haas



As you wind your way through the streets and over the bridges of New York City's five boroughs, you'll pass many milestones. Some—like the unrivaled views of the Manhattan skyline around mile 14 in Queens—are impossible to miss. Others—like the statue of NYRR founder Fred Lebow at the finish—are harder to spot. Take a moment to familiarize yourself with some of the landmarks that make the ING New York City Marathon such an iconic race.

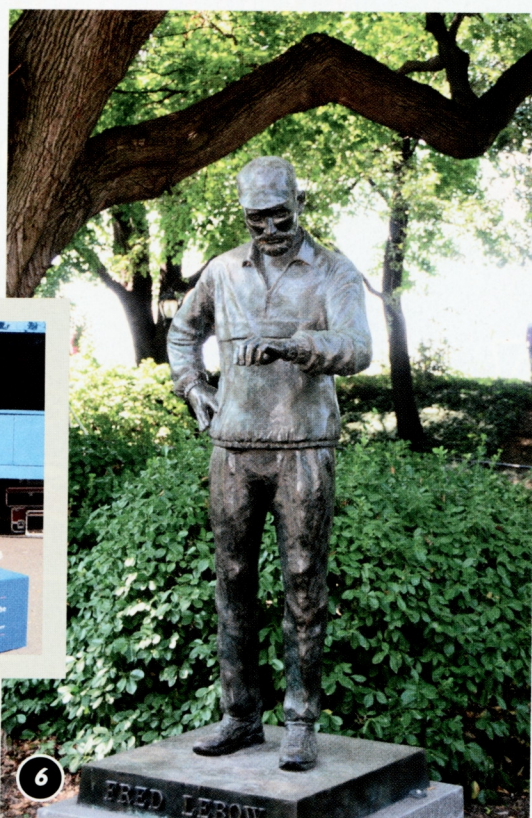


1. When you cross the Verrazano-Narrows Bridge, you'll be running across the longest suspension bridge in the United States (the Golden Gate is second). Named for Giovanni da Verrazano, the first European explorer to sail into New York Harbor, the bridge connects Staten Island and Brooklyn.

2. At mile eight, you'll pass the Brooklyn Academy of Music (BAM). Many of history's greatest performers have appeared at this historic performing arts center, including Sarah Bernhardt, Enrico Caruso, Martha Graham, and Philip Glass.



3. As you run through Queens, don't miss the fabulous views of the Manhattan skyline. The soaring skyscrapers may inspire you as you cross the Queensboro Bridge!



4. You'll cross the Harlem River twice, as you enter and exit the Boogie Down Bronx. On your way north, you'll traverse the Willis Avenue Bridge. The Madison Avenue Bridge is your southbound link to Manhattan. Both are relatively flat—much to the relief of tens of thousands of tired legs.

5. The Harlem Miles are home to some of Manhattan's most beautiful and historic brownstones. You'll pass rows of them as you make your way down Fifth Avenue, and if you glance east at 127th Street, you can spot the former home of poet Langston Hughes.

6. Every other day of the year, runners entering Central Park through the Engineers' Gate (Fifth Avenue at 90th Street) are greeted by a statue of New York City Marathon founder Fred Lebow. But on Marathon Sunday, you'll see an empty pedestal—Fred gets picked up and moved to the finish line of his beloved race. Be sure to give him a nod as you cross the line!

Racing Toward Recovery

Post-race tips to help you feel fine in no time

Whether this is your first or 45th marathon, by now you're familiar with the dedication, discipline, sacrifices, and just plain hard work it's taken to get to the start line. You've premeditated your fueling strategy, race-day outfit, target pace, and finish time, but have you considered your recovery plan?

For many runners—particularly novice marathoners—crossing the finish line means they've completed the task at hand, and they can't wait to take a hot shower, sit down, and enjoy a few well-deserved beers. While there's nothing wrong with some indulgence and much-needed rest after the race, there are some simple things you should plan on to ensure a fast and effective recovery.



Immediately After the Race

Keep Moving

Although you may feel like staggering toward the nearest curb to plop down, resist the urge to sit. Keep shuffling your way through the finish area—it's designed not only to keep people as organized as possible, but also to keep you moving for 10–15 minutes after you stop running. Your body needs this time to return your heart rate to normal and to redistribute blood, which tends to pool in your legs during the race. Walking can also prevent post-race fainting.

If you can find the space, spend a few minutes performing easy static stretches (stretch a muscle to the point of gentle tension and hold it for 15–20 seconds). It can be hard to find a spot to stretch out after the race, so if stretching has to wait until you get back home or to your hotel room, make sure you've been moving before you stretch—you don't want to stretch cold muscles. Recent research by the American College of Sports Medicine has shown that performing static stretches after—and not before—exercise proves most beneficial.

After the race, you'll need to replace fluids, carbs, salt, and a little protein.

Begin Refueling

Registered dietician Lauren Antonucci suggests that "After you finish the race, you'll need to replace fluids, carbs, salt, and a little protein. Try to get all four of these key ingredients into your body within 30 minutes of crossing the finish line to optimize your recovery."

A four-time finisher of the ING New York City Marathon, Antonucci recommends drinking 24 ounces of fluid per pound of weight lost during the race, so if you lost about two pounds during the race, you should aim to drink 48 ounces of fluid in the two hours after the race.

A volunteer will give you a food/fluid bag at the finish, so that you can immediately begin to replace what you've lost. Antonucci suggests starting with the PowerBar, which contains both carbs and protein. You'll also find Emerald Nuts and a New York apple.

You may not feel like eating after you cross the finish line, which could mean you didn't get an adequate amount of salt or liquid during the race, says Antonucci. Drinking G Series Gatorade Recover 03, which is readily available in the post-finish area, can help. Once your stomach feels less queasy, a fruit-and-yogurt (or milk) smoothie is a good post-race option to ease you back into eating solid foods

When You Get Home

Take an Ice Bath

After you've made your way through the finish area and retrieved your bag, try to get back to wherever you're staying. An additional 20–30 minutes focused on recovery will make an amazing impact on the way you feel in the days following the race. Consider taking an ice bath.

"You don't have to fill the tub with ice—just make it cold enough to cool down your legs," advises Dr. Scott Duke of Duke Chiropractic in Manhattan. Submerging your lower body in the cold water will "control the inflammation that occurs from the micro-tears in your muscles, and can help prevent days of delayed-onset muscle soreness."

Try to sit in the cold bath for 10–20 minutes. Sipping a warm drink, donning a knit cap, and distracting your mind by reading a magazine can help you endure the full 20 minutes. Dr. Duke also advises that marathoners wait at least 72 hours before receiving deep-pressure massage due to the minor damage that your muscles sustain during the race.

Eat Foods to Ease Inflammation and Ward Off Illness

After you run a marathon, your body's immune system is more susceptible to viruses. Avoid getting sick and help your muscles heal in the 24–48 hours after the race by eating foods high in antioxidants that have anti-inflammatory properties. Both Dr. Duke and Antonucci recommend foods high in omega-3 fatty acids, such as salmon, walnuts, avocados, and olives. Eat fruits and vegetables high in vitamins A, C, and E, and consume berries, cherries, apples, and grapes for quercetin, an anti-inflammatory.

The Days and Weeks Following the Race

Active Recovery

Lingering muscle soreness and tiredness may coax you into hibernation mode, but try to incorporate gentle exercise—like walking, swimming, easy biking, or yoga—into your routine. These crosstraining activities should be practiced at an easy, enjoyable effort and can be short (20–30 minutes is fine the week after the marathon). Movement keeps the blood flowing and flushes out any toxins or wastes lingering in the muscles.

Experts agree that runners should take between one and two weeks off completely from running after completing a marathon to recover fully. Jumping back into running too soon can cause injury and burnout; your mind needs just as much of a break as your body does. When you're ready to resume running, make sure you're progressing slowly in volume and intensity. If you've taken the time to recover smartly and ease back into running, you should be healthy and able to toe the line on the Verrazano-Narrows Bridge again next year. ■

Meb Keflezighi's Marathon Recovery Tips

After Meb Keflezighi won the ING New York City Marathon 2009, he said a quick prayer, did a push-up, kissed the ground, and immediately wondered: "How can I recover well and be healthy to train for the next race?" Here's how the Olympic silver medalist recovers from a marathon:

1. Have some protein within 15 minutes of your finish. (Meb prefers a PowerBar Protein Plus.)
2. Take an ice bath.
3. Eat a nutritious meal in the evening to replace everything that you've lost.
4. Go for a short walk the day after the marathon.
5. Take a mental and physical break—enjoy your time off because the next training cycle will begin shortly.

For more of Keflezighi's advice, check out his book, *Run to Overcome*, in bookstores now.

releases more than just sweat



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