



# International Travel Partners 2010

Update as of: Sept. 24, 2010

**Remember that daylight savings time ends at 2:00 a.m. on Sunday, November 7. Don't forget to set clocks back one hour.**

All information in this handbook are subject to change without advance notice. Please check [www.ingnycmarathon.org](http://www.ingnycmarathon.org) for the latest information.

# UPDATES FOR 2010

- **NEW! Five-mile race, the NYRR 5, on Friday, November 5.** Marathoners' friends and family members can be a part of race weekend by running five miles in Central Park.
- **Many more charities, one exciting goal.** Thanks to a new partnership with Crowdrise, an organization founded in 2009 by Edward Norton that's at the forefront of fundraising and social networking, this year it's easier than ever for marathon charity runners to raise funds and awareness for their cause, and for anyone to donate to a participating charity. The collective goal this year for ING New York City Marathon charities is to raise \$26.2 million—that's \$1 million for every mile of the race.
- **Friends and family join the marathon team.** This year's Marathon Friends and Family program is an opportunity for each runner's "support crew" to get more involved—during the weeks leading up to November 7 and on the big day. The new "Friends and Family Connections," an e-newsletter, launches in September with running-fan knowledge, tips, and programs to help get<sup>o</sup> through marathon season and make it an experience to remember. Have your friends and family register at [ingnycmarathon.org](http://ingnycmarathon.org).
- **Marathon mobile app available.** An ING New York City Marathon mobile app will feature live race-day video feeds to the professional races, a professional athlete leader board, the five-hour live NBC4 New York show, photos, Twitter feeds, individual runner split tracking including a "cross-patch" feature that displays spectator location with respect to the runner, a spectator map, race-day standings, and more. Premium versions are available.
- **Earlier finish-line entertainment.** Spectators will enjoy a large, eclectic group of artists who will energize the crowd at the finish line starting at 9:00 a.m.
- **Increase in the time between wave starts.** The waves this year will start 30 minutes apart, an increase from the 20-minute differences between the three waves start times in the past. **The start times are 9:40 a.m., 10:10 a.m., and 10:40 a.m.**
- **New numbering system for race (bib) numbers.** This year, the first two digits in front of the dash on your race number will indicate your assigned corral (1-63). Your corral will open when your wave is called to staging.
- **Slight course change due to completed construction.** Construction on the Willis Avenue Bridge, at mile 20, is scheduled to be completed in September. This will shorten the course slightly; the distance will be made up at a to-be-determined location. The bridge will no longer need to be carpeted.

## Note:

- There will be changes to the **FINISH AREA**, including the baggage pickup locations and various components in the finish area. We don't have the final approved plan for the finish area at this time but will update you once the information becomes available or visit [www.ingnycmarathon.org](http://www.ingnycmarathon.org) for the latest.



### **Race Number Pickup**

Entrants are required to pick up their numbers at the expo on:

**Thursday, Nov. 4, 10:00 a.m. - 7:00 p.m.**

**Friday, Nov. 5, 10:00 a.m. - 7:00 p.m.**

**There will be no race day pickup.**

## **Continental Airlines International Friendship Run**

- Approx. 4 Kilometer/2.5 miles
  - November 6, 2010
  - Festivities start: 8:30 am
  - Staging at 47<sup>th</sup> Street between 1<sup>st</sup> and 2<sup>nd</sup> Ave
    - Enter at 47<sup>th</sup> Street at 2<sup>nd</sup> Ave
  - Finish inside Central Park
  - Refreshments after the run
- 
- The Continental Airlines International Friendship Run is a free fun run for all international marathon entrants
  - Friends and family of international marathoners who would like to take part may purchase tickets for \$25 at the expo

# SCHEDULE OF EVENTS

*Check [ingnycmarathon.org](http://ingnycmarathon.org) for updates.*

## Sunday, October 31

### POLAND SPRING MARATHON KICKOFF (5M)

8:30 a.m., Central Park

*Run part of the course within Central Park and cross the marathon finish line.*

*See [nyrr.org](http://nyrr.org) for race information.*

## Thursday, November 4

### ING NEW YORK CITY MARATHON HEALTH AND FITNESS EXPO

10:00 a.m.–8:00 p.m., Jacob Javits Convention Center

***Race number pickup closes at 7:00 p.m.*** Number, D-Tag, and shirt pickup; pickup for NYRR 5; Marathon Store; souvenirs; product demos; and more than 100 vendors and exhibitors

## Friday, November 5

### NYRR 5

8:00 a.m., Central Park

*A five-mile race for family, friends, and fans; see [nyrr.org](http://nyrr.org) for details.*

### ING NEW YORK CITY MARATHON HEALTH AND FITNESS EXPO

10:00 a.m.–8:00 p.m., Jacob Javits Convention Center

***Race number pickup closes at 7:00 p.m.***

## Saturday, November 6

### ABEBE BIKILA AWARD CEREMONY

8:30 a.m., United Nations

*This award is presented annually to an individual who has made an outstanding contribution to the sport of distance running.*

### CONTINENTAL AIRLINES INTERNATIONAL FRIENDSHIP RUN

9:00 a.m., United Nations to Central Park

*A leisurely non-scored jog for marathon entrants and friends*

### NYRR STORE

The kiosk in Central Park at West 67th Street

### ING NEW YORK CITY MARATHON HEALTH AND FITNESS EXPO

9:00 a.m.–5:00 p.m., Jacob Javits Convention Center

***Race number pickup closes at 5:00 p.m.***

### MARATHON EVE EXPERIENCE

1:00–8:00 p.m., Central Park West at 67th Street

*Tickets available at [ingnycmarathon.org](http://ingnycmarathon.org).*

*An NYC experience of music, food, and fun for marathoners and guests*

### FINISH LINE ENTERTAINMENT

6:00–8:00 p.m., the ING New York City Marathon finish line in Central Park

6:00 p.m., musical entertainment begins

7:30 p.m., Poland Spring Presents the Marathon Fireworks

above the ING New York City Marathon finish line in Central Park

# SCHEDULE OF EVENTS

## Sunday, November 7

### START VILLAGE OPENS

5:30 a.m., Fort Wadsworth, Staten Island

### ENTERTAINMENT ON MAIN STAGE

Starting at 6:00 a.m., Fort Wadsworth, Staten Island

### EARLY FINISH-LINE ENTERTAINMENT

Starting at 9:00 a.m.

### FINISH LINE BANQUET PRESENTED BY TATA CONSULTANCY SERVICES

9:30 a.m.–2:30 p.m., Central Park West at 67th Street

*Reserved finish line seats, live finish-area entertainment, and a delicious buffet for marathon spectators*

### MARATHON START

*Start times are subject to change. For start area information including a map and official start times, check the marathon website.*

### POST-RACE PARTY, PRESENTED BY CLEAR CHANNEL RADIO

7:30 p.m.–11:00 p.m., Hammerstein Ballroom, 311 West 34th Street

## Monday, November 8

### MARATHON MONDAY MANIA

#### Marathon Monday Sales

#### Marathon Recovery

7:00 a.m.–2:00 p.m., Central Park West at 67th Street

*Sales of limited-edition finisher's shirts and caps, medal engravings, and official souvenirs.*

*These items will not be available for sale at the ING New York City Marathon Health and Fitness Expo. A **Hospital for Special Surgery** post-race recovery event will include stretching station and advice from HSS physical therapists. A **special marathon results section of***

**The New York Times**, listing names and times of finishers under 4 1/2 hours, will be available for purchase at Marathon Monday Sales and at The New York Times dealers throughout New York City.

### ING New York City Marathon 2011 application opens

*Check [ingnycmarathon.org](http://ingnycmarathon.org) for updates.*

# ING New York City Marathon Health and Fitness Expo

Javits Center, Hall 3E  
11th Avenue at 35th Street, Manhattan

Date	Expo Hours	Last Time for Number Pickup
Thursday, November 4	10:00 a.m. – 8:00 p.m.	7:00 p.m.
Friday, November 5	10:00 a.m. – 8:00 p.m.	7:00 p.m.
Saturday, November 6	9:00 a.m. – 5:00 p.m.	5:00 p.m.

The expo is open to the public, and admission is free.





# Number Pickup

- Runners must pick up their race numbers in person with their registration card and their Passport at the expo
  - All registration cards must be printed on paper
    - no digital copy in blackberry or iPhone versions will be accepted
  - No other person can pick up a race number or goody bag on behalf of the accepted runner
  - National identification cards or driver's license are not accepted



# Help Desk

- The help desk at the registration area will be able to update a runner's personal information
- The help desk CANNOT:
  - Exchange a higher race number to a lower race number
  - Adjust the assigned transportation location or time
  - Accept new runners

# MARATHON POLICIES

## Cancellation

*Information is subject to change.*

**This policy applies to all entrants except those who applied through a charity or an International Travel Partner.** An entrant who has purchased an “ING New York City Marathon Package” with an official International Travel Partner (ITP) and wishes to withdraw from the race must contact their ITP directly. The ITP will inform NYRR of the entrant’s decision to withdraw. Any withdrawn entrant will not receive guaranteed entry into the ING New York City Marathon 2011 or subsequent ING New York City Marathons.

**You may not give or sell your race number or D-Tag to someone else.** Anyone participating with another person’s number will be disqualified and both people will be barred from future NYRR events, including the ING New York City Marathon.

## Marathon Eve Experience

**Saturday, November 6, 1:00–8:00 p.m.**

Central Park West at 67th Street

- The event will feature:
  - an energizing pre-race meal
  - NY Apples
  - live entertainment
  - beverages courtesy of Poland Spring® Brand 100% Natural Spring Water, Dunkin' Donuts, and Coors Light (proper ID required)
- For International Travel Partner entrants, one ticket will be included in each runner's registration packet.
- For all other entrants, tickets are available online at [ingnycmarathon.org](http://ingnycmarathon.org) for US\$15.
- A limited number of additional tickets for family and friends (US\$25 each) will be on sale at the expo on a first-come, first-served basis. These tickets may be used at any seating time.
- **No bags larger than the size of a purse will be allowed**, and all bags may be subject to search.

## Finish Line Entertainment

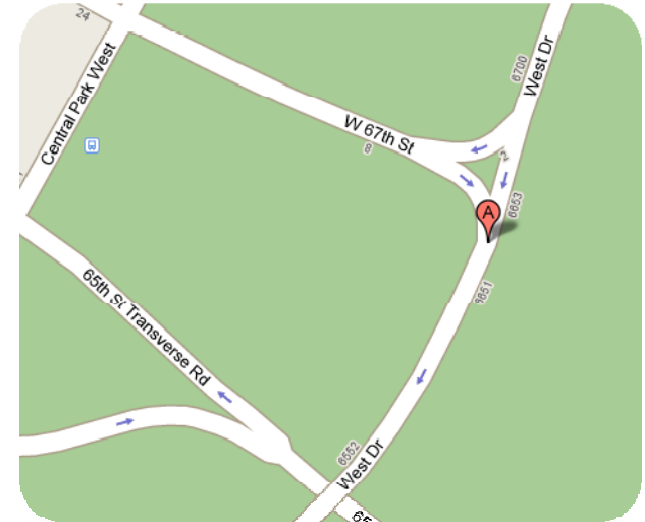
**Saturday, November 6, 6:00–8:00 p.m.**

**Musical entertainment begins, 6:00 p.m.**

**Poland Spring Presents the Marathon Fireworks, 7:30 p.m.**

Above the marathon finish line in Central Park  
(Central Park West at 67th Street)

Enjoy live entertainment and a spectacular fireworks display at the very spot you'll be running to the next day.



### Note:

This location is formerly known as  
"Tavern on the Green"

The address to this location is:

Central Park West at 67<sup>th</sup> St.

# Getting to the Start

**The Verrazano-Narrows Bridge to Staten Island will close promptly at 7:00 a.m. Walking over the Verrazano-Narrows Bridge is not permitted!**

## **OFFICIAL TRANSPORTATION TO THE START**

Your selected official transportation is shown on your race (bib) number. International Travel Partner entrants will receive their assignment from their ITP. **Changes to the start transportation assignment will not be permitted.**

Due to bridge closures and increased traffic, NYRR strongly recommends that you use our official marathon transportation to ensure on-time arrival at the marathon start, and that you arrive at your departure location at least 15 minutes prior to your scheduled departure time. Our official buses are the only vehicles allowed into the race staging area on Staten Island. Private vehicles, including charter buses, are not guaranteed on-time arrival.

**All runners must use the official clear plastic bag with the label affix to the bag**

**- Contents must be visible in the clear bag**

Make sure to tie the bag before checking it in the UPS truck

**Affix  
Baggage  
Label  
Here**



The baggage label can be found inside the bib packet. It is the same number as your bib.



# Transportation Sticker

(For those assigned to take NYRR Transportation Only)

The sticker affixed to the bottom left of your race number contains information about you as specified in your race application. If there are any serious errors in this information, visit the Help Desk at the expo to make a correction.

- Name
- Gender
- Age
- Nationality
- Race number
- D-Tag
- Transportation assignment and departure time.
- If blank – runners are assigned to private bus charter by ITP

Midtown Manhattan bus —	<b>BUS</b>	<b>Smith, John</b>
Departure Time —	<b>6:00</b>	M20 USA 12345 DA6CBFE

Staten Island Ferry —	<b>SIF</b>	<b>Smith, Joan</b>
Departure Time —	<b>8:00</b>	F20 USA 1245 DB6CAFE

New Jersey bus —	<b>NJ BUS</b>	<b>Smith, Jonathan</b>
		M20 USA 13335 DA8FBFE

Private Bus Charter by ITP —		<b>Smith, Jonathan</b>
		M20 USA 13335 DA8FBFE

# MIDTOWN MANHATTAN BUS

- This is for runners boarding official NYRR Bus at NYPL location:
  - Enter at 6<sup>th</sup> Ave and 42<sup>nd</sup> Street
  - All runners boarding at this location must have a Transportation sticker on their bib as

Midtown Manhattan bus	—	<b>BUS</b>	<b>Smith, John</b>
Departure Time	—	<b>6:00</b>	M20 USA 12345 DA6CBFE





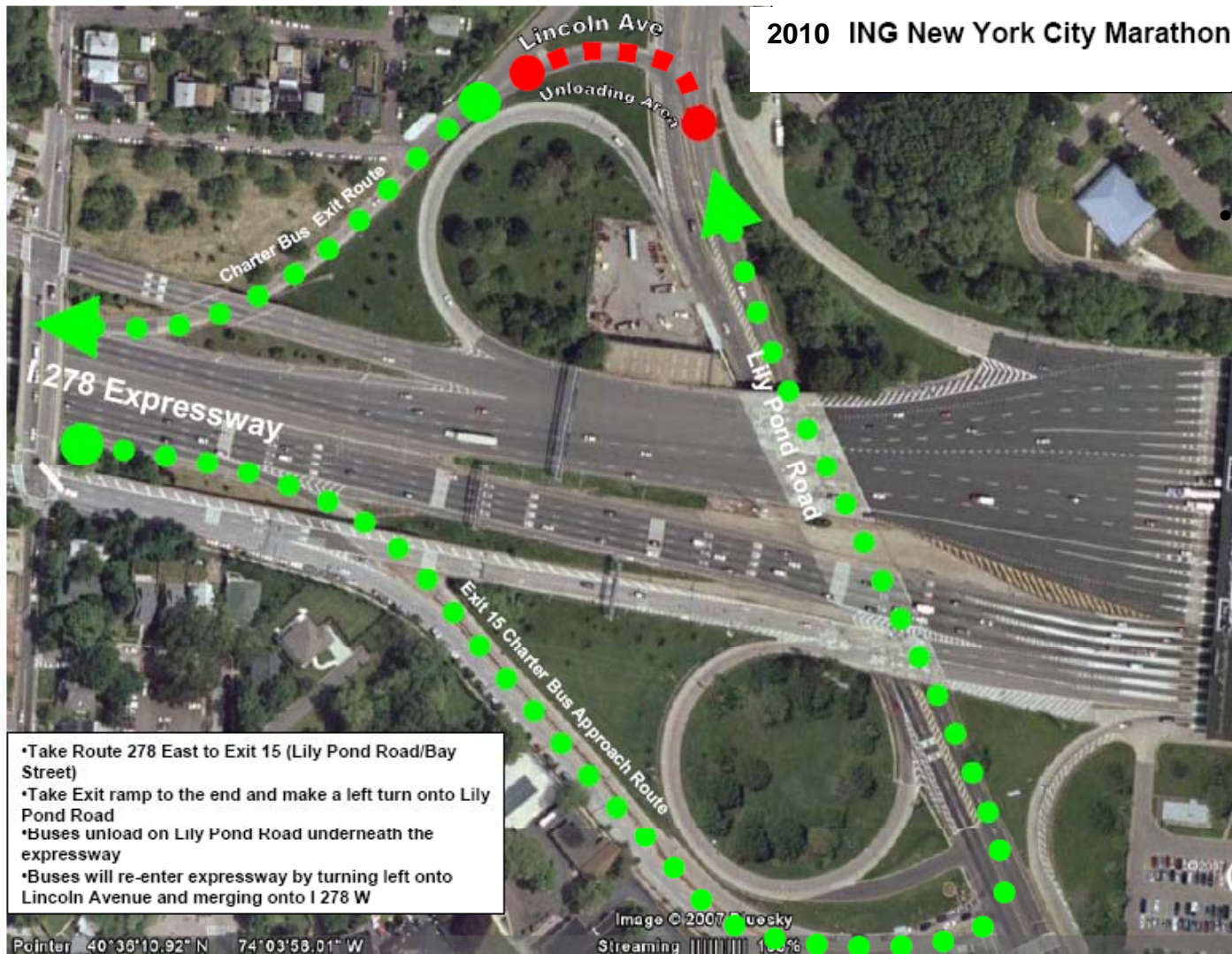
# Charter Buses

(For those groups that have private “Charter” Transportation only)

- The Verrazano-Narrows Bridge will close to all traffic promptly at 7:00 a.m.
- Due to possible congestion, all vehicles should be at the foot of the Verrazano-Narrows Bridge by 6:00 a.m.
- Charter buses are not guaranteed arrival in time for the race start
- Charter buses are allowed for participant drop-offs only

# Charter Buses – To Start Area

(For those groups that have private “Charter” Transportation only)



## • Direction

- Take I 278 East to Exit 15
- Take Exit Ramp to Lilly Pond Road
- Unload runners on Lilly Pond Road
- Buses re-enter I 278 West



**BLUE TAG  
THIS YEAR**

The race will be scored using the ChronoTrack timing system. You will wear a timing device on your shoe that will be “read” by mats. The timing device, called a D-Tag, is attached to your race number. You must remove the D-Tag from your race number and attach it to your shoe prior to the race, following the instructions. The tag is disposable; it will not be collected after the race.

**All participants in this race must wear the D-Tag in order to have their finish recorded.** No tag, no time.

## Split Times

Race results will include your:

- Net finish time (from the moment you cross the starting line), used to establish order of finish
- Split times: 5K, 10K, 15K, 20K, half-marathon, 25K, 30K, 35K, and 40K, plus every mile beginning with mile 8.



# D-TAG INSTRUCTIONS

## BLUE TAG THIS YEAR

No tag, no time. The tag is disposable.



- 1.** Remove the tag and directions from your race number.



- 2.** Fold along perforation and tear D-Tag from directions.



- 5.** Remove paper tab under marked black area.



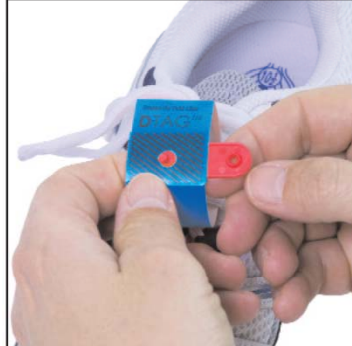
- 6.** Overlap and align clip holes forming a loop; press firmly to adhere.



- 3.** Crease D-Tag along fold lines.



- 4.** Slide D-Tag under single lace, cross face down.



- 7.** Attach D-Tag clip through hole and snap together.



- 8.** Rotate D-Tag so the number is facing up and the black marking is facing down.



# PROPERLY APPLIED CHRONOTRACK D-TAG



✓ **CORRECT**



✗ **INCORRECT**



✗ **INCORRECT**



✗ **INCORRECT**



✗ **INCORRECT**



No tag, no time. The tag is disposable,  
it will not be collected after the race.

# RACE NUMBER INSTRUCTIONS



## Start Color

This area will be orange, green, or blue. This indicates which Start Line you will be crossing and the village in Fort Wadsworth where your runner amenities, baggage trucks, and corrals are.



## Wave

Your Wave number (1, 2, or 3) will be indicated.

- Wave 1 starts at 9:40 a.m.\*
- Wave 2 starts at 10:10 a.m.\*
- Wave 3 starts at 10:40 a.m.\*

Times are subject to change.  
Check [www.ingnycmarathon.org](http://www.ingnycmarathon.org) for updates.



## Race Number

The first two (2) digits in front of the dash on your race number indicate which corral (1-63) you are assigned to. Corrals are not open until a wave is called to staging.

## ING New York City Marathon 2010 Start Timeline

Time	Start	Race Numbers
8:30 a.m.*	Wheelchair Division	
8:55 a.m.*	Handcycle Category and Ambulatory Athletes With Disabilities	
9:10 a.m.*	Professional Women	
9:15 a.m.*	Foot Locker Five Borough Challenge	
9:40 a.m.*	Wave Start 1	
	<b>BLUE</b> Start Professional Men	100 through 199; 1-000 through 1-999; 4-000 through 4-999; 7-000 through 11-999
	<b>ORANGE</b> Start Sub-elite Men and Women	200 through 399; 2-000 through 2-999; 5-000 through 5-999; 12-000 through 16-999
	<b>GREEN</b> Start Local Competitive Men and Women	400-999; 3-000 through 3-999; 6-000 through 6-999; 17-000 through 21-999
10:10 a.m.*	Wave Start 2	
	<b>BLUE</b> Start	22-000 through 28-999
	<b>ORANGE</b> Start	29-000 through 35-999
	<b>GREEN</b> Start	36-000 through 42-999
10:40 a.m.*	Wave Start 3	
	<b>BLUE</b> Start	43-000 through 49-999
	<b>ORANGE</b> Start	50-000 through 56-999
	<b>GREEN</b> Start	57-000 through 63-999

\*All start times are subject to change. Check [ingnycmarathon.org](http://ingnycmarathon.org) for updates.



## Corral Timeline

	Wave 1	Wave 2	Wave 3
<b>Drop off bags by</b>	8:10	8:50	9:20
<b>Corrals open</b>	8:20	9:15	9:55
<b>Corrals close</b>	8:55	9:40	10:15
<b>Start</b>	9:40	10:10	10:40

## Moving to the Corrals

- Runners will be admitted to the corrals only when their corrals has been announced
- Although corral and wave assignments cannot be changed, runners who are assigned to different corrals but wish to start together may do so by going to the corral and wave corresponding to the higher number

Before attaching your number to your race shirt, **please fill out your medical information on the back in case of emergency.** Then, using the four pins provided, pin each corner of your number onto the front of your shirt, and make sure the number is clearly visible at all times.

Sample on back of bib

## IMPORTANT MEDICAL INFORMATION

Information Médicale Importante • Información Médica Importante • Wichtige medizinische Informationen • Informazioni Mediche Importanti

For your safety and protection fill out this form NOW.

**HOTEL/ADDRESS WHERE YOU ARE STAYING** \_\_\_\_\_

Adresse de l'hôtel où vous séjournez • Dirección donde se hospeda usted

Hoteladresse, wo sie bleiben • Indirizzo dell' hotel in cui soggiorante

**TOUR GROUP OR RUNNING CLUB** \_\_\_\_\_

Nom de votre voyageur ou de votre club sportif • Grupo turístico o club deportivo

Tourgruppe oder Verein • Gruppo turistico o club sportivo

**YOUR PRIMARY LANGUAGE** \_\_\_\_\_

Votre langue maternelle • Su lengua materna • Ihre Muttersprache • Lingua Materna

**ANY PRESENT ILLNESS, ALLERGIES, OR MEDICATIONS** \_\_\_\_\_

Maladies, allergies ou traitements médicaux en cours • alguna enfermedad, alergia o medicamento actual

Etwaige gegenwärtige Krankheiten, Allergien oder Medikamente • Eventuali malattie o allergie e farmaci attualmente in uso

**NAME OF PERSON TO CONTACT IN CASE OF EMERGENCY** \_\_\_\_\_

Personne à contacter en cas d'urgence • Nombre de la persona a contactar en caso de emergencia

Name der Person, die im Notfall zu kontaktieren ist • Nome della persona da contattare in caso di emergenza

**EMERGENCY CONTACT'S PHONE NUMBER ( ) or ( )** \_\_\_\_\_

Numéro de téléphone à appeler en cas d'urgence • Número de teléfono de su contacto de emergencia

Telefonnummer dieser Person für den Notfall • Numero di telefono in caso di emergenza

**If you drop out, go to the nearest first aid station and report to the radio operator (with orange hat). Your information will be relayed to the Finisher Area so that friends who inquire about you can be advised of your whereabouts and condition.**

Si vous abandonnez la course, dirigez-vous vers le poste de secours le plus proche et signalez-le à une personne chargée des communications (portant une casquette orange). Toutes les informations vous concernant seront transmises à la zone d'arrivée afin que vos amis puissent savoir où vous vous trouvez et puissent être renseignés sur votre état physique.

Si se retira de la carrera, vaya al puesto de atención médica mas cercano y preséntese al operador de radio (con gorra anaranjado). Su paradero y condición serán comunicados a sus amistades que preguntan por ti en la zona de meta.

Falls Sie aus dem Rennen ausscheiden, gehen Sie zur nächstgelegenen Erste Hilfe Station und melden Sie sich beim Funker (mit oranger Kappe). Ihre Angaben werden in den Zielbereich weitergeleitet, damit Freunde, die nach Ihnen fragen über Ihren Aufenthaltsort und Zustand informiert werden können.

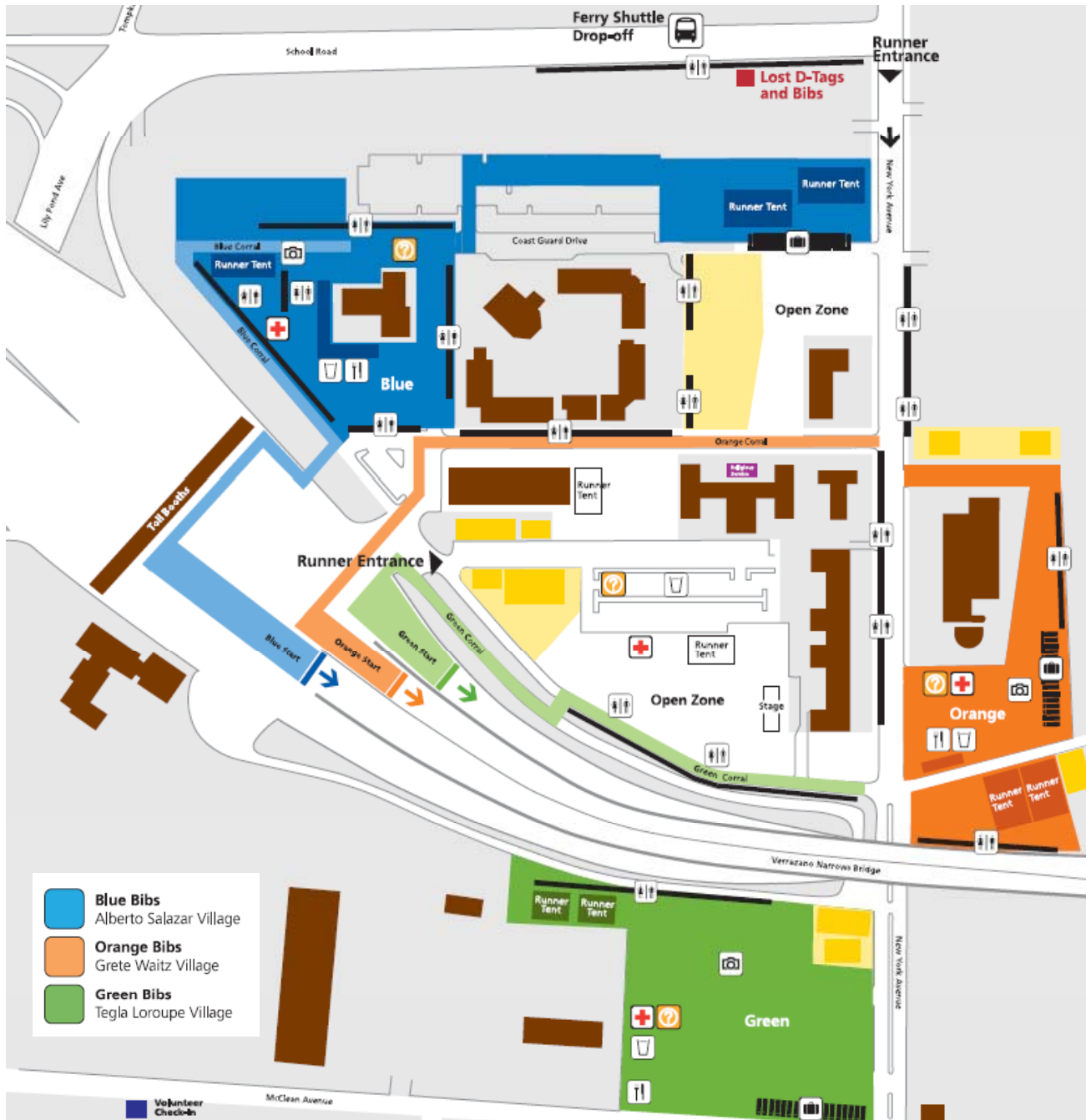
In caso di ritiro dalla corsa, recarsi immediatamente al posto di primo soccorso più vicino e presentarsi all' operatore radio (berretto arancione). La vostra posizione sarà immediatamente comunicata alla zona d'arrivo dove i vostri amici saranno avvisati.

# Start Villages

## Start Areas In 3 Zones

■ Blue  
■ Green  
■ Orange

Runners should enter their start villages that matches the base color on the runners' bibs

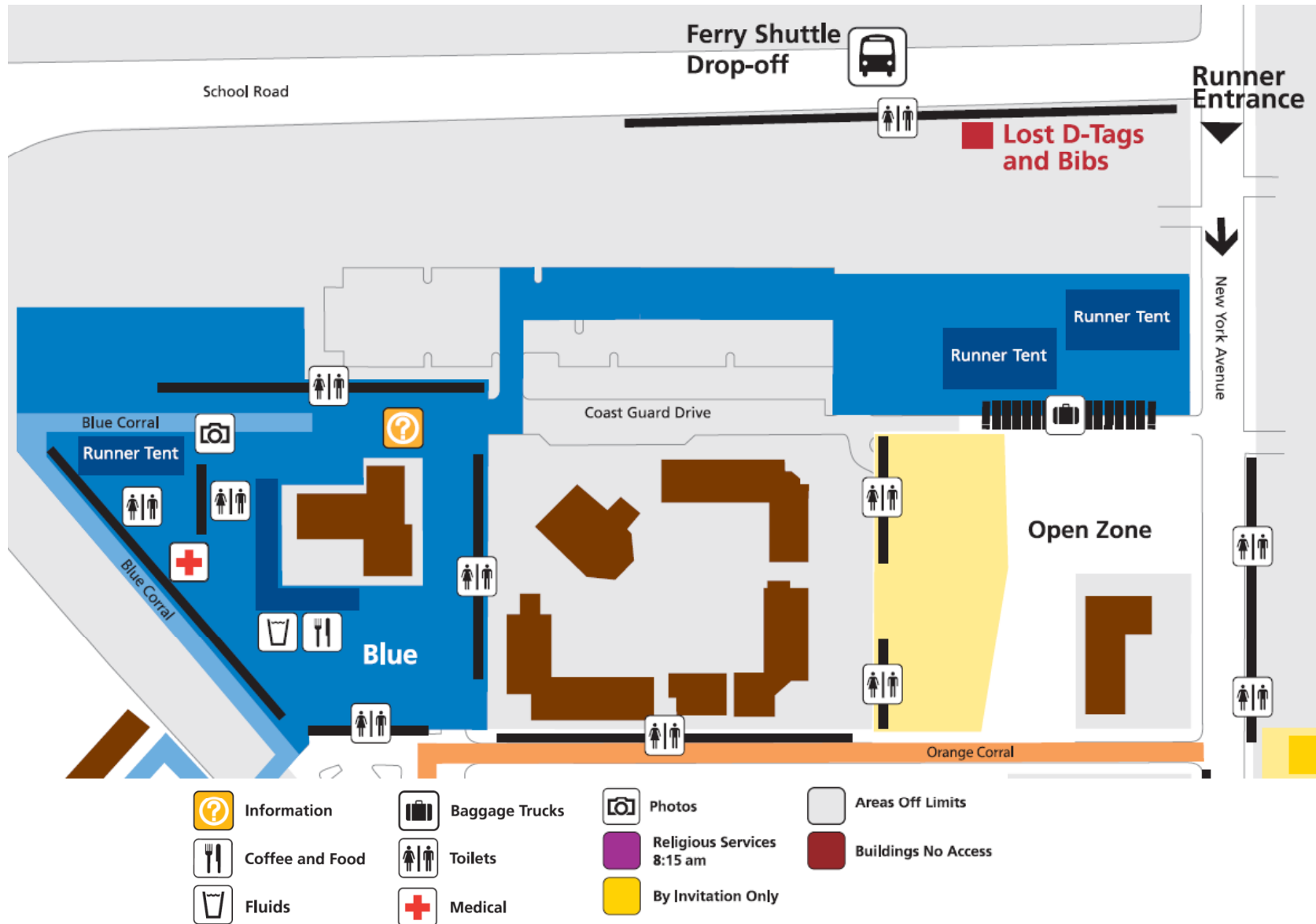


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|--|-------------------------------|--|---------------------|
|  | Information                   |  | Baggage Trucks      |
|  | Coffee and Food               |  | Toilets             |
|  | Fluids                        |  | Medical             |
|  | Photos                        |  | Areas Off Limits    |
|  | Religious Services<br>8:15 am |  | Buildings No Access |
|  | By Invitation Only            |  |                     |



# Blue Bibs

## Alberto Salazar Village





# Orange Bibs

## Grete Waitz Village

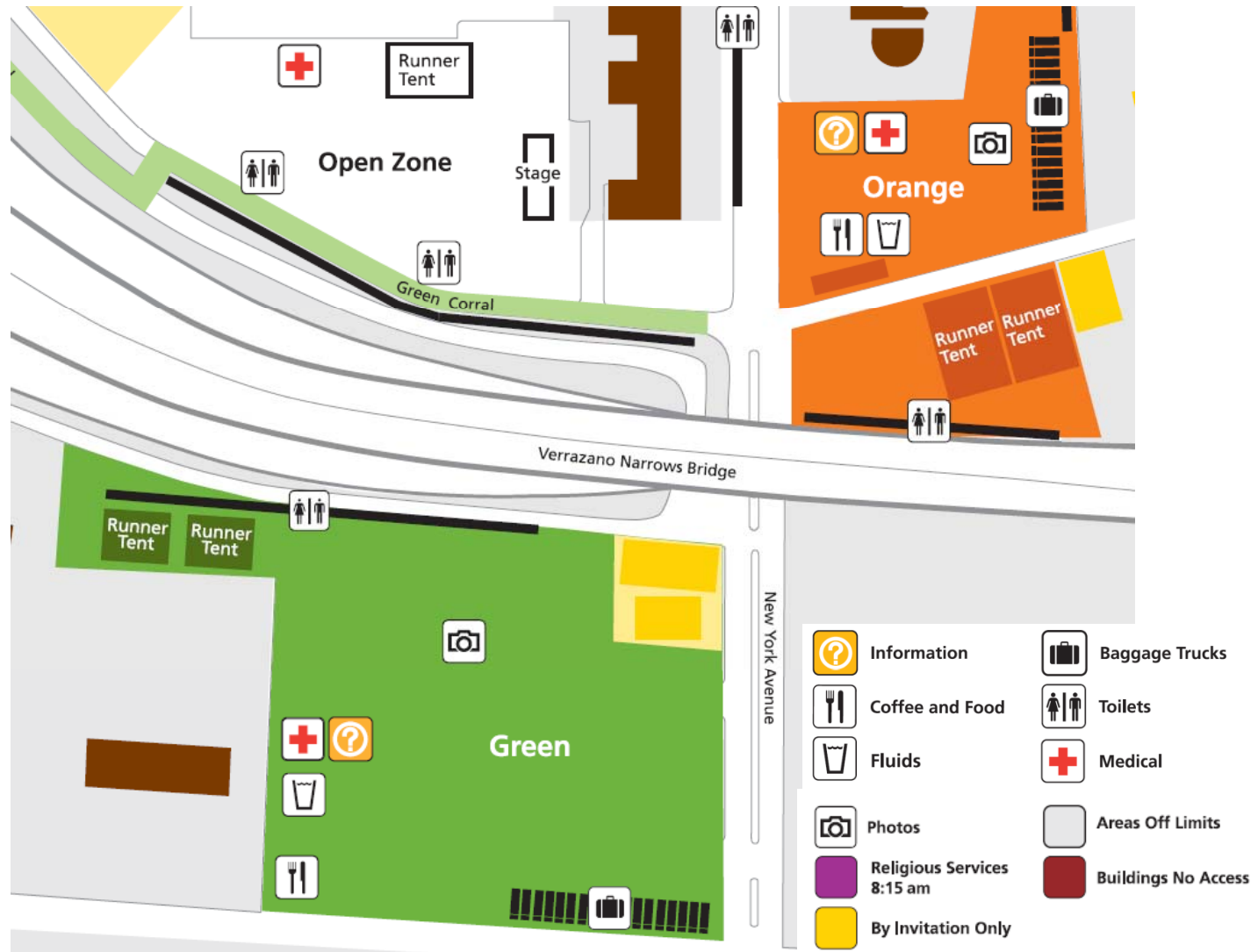


- |  |   |
|--|---|
|  Information                |  Baggage Trucks      |
|  Coffee and Food            |  Toilets             |
|  Fluids                     |  Medical             |
|  Photos                     |  Areas Off Limits    |
|  Religious Services 8:15 am |  Buildings No Access |
|  By Invitation Only         |   |



## Green Bibs

Tegla Loroupe Village





## Coffee and Food

- A breakfast consist of:
  - Tea
  - Poland Spring Brand Natural Spring Water
  - Gatorade Endurance Formula
  - Bagels
  - PowerBars
  - Dunkin' Donuts Coffee

**All items are available at all three start villages**

**Quantities are limited and available on a first-come, first-served basis**





## Baggage

- All bags are subject to search by NYRR, National Park Service and the NYPD
- Runners must use the clear plastic bag provided at the expo and affix the given baggage label to the clear bag
- To check bag:
  - Take the clear bag to the assigned baggage truck
    - Example: If the runner's bib is 19,050, the runner should locate the UPS truck labeled 19,000 in the blue village to drop off the bag
- NYRR advises that runners drop off their bag no later than 90 minutes prior to their start time
- Do not check anything valuable or fragile. NYRR are not liable for loss of or damage to bags placed on the baggage trucks
- All UPS baggage trucks will close promptly at 9:30 a.m.

## **Restrictions On Race-Day Baggage**

The ING New York City Marathon staging area is at Fort Wadsworth, which is National Parks Service property. The following restrictions apply to race-day baggage:

- All items must be placed in the official clear UPS baggage bags and must be clearly visible for inspection.
- All weapons, including firearms, knives, mace, etc.; any dangerous items; and any “dual-use” items that could be dangerous are strictly prohibited. No glass containers, flammable liquids, or explosives are permitted.
- Large packages, suitcases, strollers, carry-on luggage, knapsacks, tents, coolers, and other large parcels are not permitted.
- Sleeping bags are discouraged and will require a second inspection.

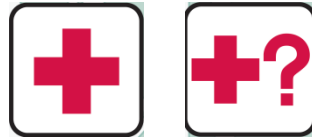
All persons specifically consent to and are subject to metal detector and physical pat-down inspections prior to entry. Any person or property that could affect the safety of National Parks Service occupants or property shall be denied entry.

## **SWEEP BUS AND STREET OPENINGS**

- Sweep buses will follow the marathon route at a 6 1/2-hour marathon pace, roughly 15 minutes per mile, after the 10:40 a.m. start. These buses will transport any entrant who wishes to drop out to the finisher area.
- **After the sweep buses pass by, the city streets will reopen to vehicular traffic. Cross-street protection, medical assistance, aid stations, and other services will no longer be available. Runners on the course should move onto the sidewalk and watch for cross-street traffic for the remainder of the race.**
- The official ending time of the race is 7:00 p.m.

# Dropping Out

- If runners need to drop out for any reason, report to the nearest medical aid station.



- If runners have not completed the whole course, do not go through the finish line, or the runner will be disqualified and barred from future New York Road Runners' events
  - Instead runners must enter Central Park at West 72<sup>nd</sup> Street to claim their baggage after 7:00 p.m. or on Monday morning at 8:00 a.m. at the finish line. We highly recommend coming to claim your bag on Monday morning.

## The Finish

- At the finish line, brightroom will automatically take your picture and video. For identification purposes, keep your race number in clear view. Smile; you did it!
- Soon after you cross the finish line, a volunteer will place a medal around your neck.
- A HeatSheet™ presented by Continental Airlines and Foot Locker, will be given to you.
- Each finisher will receive a food/fluid bag containing Poland Spring® Brand 100% Natural Spring Water, G Series™ Gatorade Recover 03, a Gatorade G Series™ Pro Endurance Formula powder stick, Emerald Nuts, PowerBar Recovery bars, a NY Apple and pretzels.
- Medical personnel will be stationed throughout the finish area.
- It is strongly recommended that you meet your friends and family members after the race at a previously arranged location away from Central Park, such as a restaurant, hotel, or other easily identified public place.

## BAGGAGE PICKUP

- UPS baggage trucks will be lined up in the finish area according to your race number. Your baggage-truck number corresponds with your race number; your number should be visible when picking up your bag. Baggage pickup for athletes with disabilities including wheelchair and handcycle entrants, will be in the AWD reunion area.
- All baggage unclaimed by 5:00 p.m. will be moved to the finish area operations trailer (just north of the finish) and available until 7:00 p.m. on Sunday and 8:00 a.m.–2:00 p.m. on Monday. **Any unclaimed baggage left at the finish after 2:00 p.m. on Monday, November 8, will be donated to charity.**

# MARATHON POLICIES

## Rules of Competition

The ING New York City Marathon is organized and conducted under USA Track & Field rules and regulations. Entrants must also comply with New York Road Runners (NYRR) rules and all applicable rules and regulations of the city, state, and federal agencies, including the NYC Department of Parks & Recreation.

No skates, strollers, or animals are permitted in the marathon.

The use of headphones is strongly discouraged.

NYRR reserves the right to reject any entry and to disqualify and bar any individual from the Marathon. This rejection/disqualification may be based on, but is not limited to: violation of the aforementioned rules; unsportsmanlike conduct; non-payment of race fees; competing with an unofficial number; competing with an official number or chip assigned to another person; transferring or attempting to transfer an official number or chip to, or to obtain such number or chip from, another person; being paced during the race by a person not entered in the Marathon; accepting assistance from non-race participants; crossing the finish line without having completed the entire course; and providing false information on the race entry form. Individuals disqualified from the Marathon will be removed from the race results and may be barred from future Marathons and other NYRR events. NYRR reserves the right to change the details of the race.

# AFTER THE RACE

## Post-Race Party

**7:30 p.m.–11:00 p.m., Presented by Clear Channel Radio,  
Hammerstein Ballroom, 311 West 34th Street**

Celebrate your accomplishments! Enjoy video highlights, live music, Coors Light beer, and plenty of dancing at this party. The goody bag you pick up at the expo will have a ticket providing free admission for you and one guest. No bags larger than the size of a purse will be allowed, and all bags may be subject to search. Event capacity will be limited, so plan to arrive early.

## Marathon Monday Mania

### MARATHON MONDAY SALES

**Monday, November 8, 7:00 a.m.–2:00 p.m.,** Central Park West at 67th Street

Purchase of limited-edition finisher shirts, sweatshirts, caps, and select 2010 ASICS apparel. **Fond Memories** will be available to engrave your finisher medal with your name and finish time. The goody bag you pick up at the expo will contain information about this service. **The New York Times** special marathon section will be available for purchase. Official finisher items will also be available at [ingnycmarathon.org/store](http://ingnycmarathon.org/store).

**The NYRR Store** will also have limited-edition finisher gear and select ASICS apparel.  
9 East 89th Street, Manhattan

Monday, November 8, 8:00 a.m.–2:00 p.m.

Tuesday, November 9, 8:00 a.m.–2:00 p.m.

Regular hours resume November 10.

**Honor Your Marathoner Collection:** NYRR is partnering with Tiffany & Co. to offer co-branded Honor Your Marathoner gifts and souvenirs that can be customized with finisher name, time, and date. For more information, visit [ingnycmarathon.org](http://ingnycmarathon.org).