

## **DWRT NYC Marathon Logistics Guide**

### **Expo:**

- Bring your printed registration card to the expo. You can find it by logging in here:
  - <https://registration.ingnycmarathon.org/Login.aspx?ReturnUrl=%2fg>
  - They will not accept iPad or iPhones to view the card.
- We'll be heading to the expo together as a team on Friday, November 4th at 5:30pm:
  - <http://www.dashingwhippets.org/events/38091662/>
- When not to go - try not to go the day before the marathon. That's when most of the out-of-towners go so it's crowded. Also, you'll want to do some shopping and shouldn't spend too much time on your feet the day before a marathon.

### **Night Before:**

- Make sure you have everything packed into the bag provided. Each item in your bag should be clearly visible to pass through race day security check.
- Checklist:
  - Bib and timing chip
  - Nutrition -- gus/gels/salt packets
  - Hydration
  - Watch
  - Body glide, nipguards
  - Running outfit -- socks, shorts, gloves, hat, arm warmers, Whippets Jersey!
  - Warm pre-race clothes to toss
  - Toilet paper for portojohns
  - Warm clothes for after the race
  - Trash bag to sit on the ground in case it is damp
- Sleep.
  - Daylight savings time ends the night before the marathon so set your clocks and adjust your sleep schedule accordingly.

### **Start:**

- Getting to the course - You should have selected a transportation option - either a ferry from the Staten Island Ferry Terminal or a bus from midtown. Plan to get to your location early to avoid any last minute rushing - you don't want to be stressed the morning of your marathon. In the past, people have shown up to a different transport location than they had been assigned, but it's not recommended just in case NYRR is more stringent this year.
  - If you are heading to the SI Ferry Terminal, please use HopStop to get there. Don't forget to set your departure time to Sunday!
    - <http://hopstop.com/search?address2=SOUTH+FERRY&city2=newyork>
- There are three waves (starting at 9:40, 10:10, and 10:40) and three colors within each wave. Within each color and wave, there are many corrals. See here to see where you will be: [http://www.nycmarathon.org/entrantinfo/Corral\\_Chart\\_2011.htm](http://www.nycmarathon.org/entrantinfo/Corral_Chart_2011.htm). You can find your assignment on your registration card.

- What to wear - Dress warmly! You'll be waiting at the start outdoors for several hours and will have to sit on the ground, which can get quite cold. They do have tents, but they are open air tents and don't provide much warmth. Get to the tents soon to grab a space and don't leave it if you want to keep it!
- What to wear to corrals and what to check - bring clothes you don't mind throwing away. You'll have to check a bag with any clothes you want to keep well before you get to your corrals and maybe an hour before the race starts. Throwaway clothes/blankets can be worn to the corrals.
- When to throw away your warm clothes - if you wear throwaway clothes, you can throw them into a recycle bin on the way to the start from your corral. If you do, they get donated. You'll still have to wait 15 minutes or so until the race starts, so some people choose to keep their clothes and throw them on the ground. These clothes are not donated, but are thrown out, but at least you'll stay warmer longer.
- We will meet at the same location as last year, right smack near the entrance where the buses drop runners off. Here is a diagram of where we'll be:  
<http://www.dashingwhippets.org/photos/1138116/> Rich will have extra band-aids, snacks, toilet paper and such for anyone who's forgotten any of these. It'll also be nice to huddle from the cold weather!

#### **On the Course:**

- Fill out this spreadsheet so spectators will know when you will get to them!
  - [https://docs.google.com/spreadsheets/ccc?key=0Ar6PKv27YY3EdDR5VEptNmtwNkhkQkJsVmhCMjJYZmc&hl=en\\_US#gid=0](https://docs.google.com/spreadsheets/ccc?key=0Ar6PKv27YY3EdDR5VEptNmtwNkhkQkJsVmhCMjJYZmc&hl=en_US#gid=0)
- The course map is here:
  - [http://www.ingnycmarathon.org/documents/INGNYCM11\\_Course\\_Map\\_ForWeb.pdf](http://www.ingnycmarathon.org/documents/INGNYCM11_Course_Map_ForWeb.pdf)
- The elevation chart:
  - <http://www.ingnycmarathon.org/documents/NYCM-Profilepage10.pdf>
- Medical Aid stations are on the course every mile starting at mile 3. If you are injured or feel weaker than you should, please stop!
- Sweep buses will follow the route at 6.5 hour marathon pace every 15 minutes after the 10:40 start and will transport entrants to the post finish area.
- There are pace teams. They will have pace teams for 3:15-5:30. Information is here and more can be found at the expo:
  - [http://www.ingnycmarathon.org/entrantinfo/pace\\_teams.htm](http://www.ingnycmarathon.org/entrantinfo/pace_teams.htm)
- Water/Gatorade: There is water and Gatorade at every mile beginning at mile 3 (except 17, which only has water, sponges, and music since it's the Poland Spring Hydration Zone)
- There are PowerBar Gels at mile 18, but don't take them if you have trained with other energy supplements. Remember, don't try anything new on raceday! Also, they have run out of gels in the past so don't count on these necessarily.
- Toilets - portable toilets are at every mile starting at mile 3. Remember, don't pee off the bridge. Also remember if you are in Green, avoid spray coming down from the upper levels by staying in the middle of the bridge!

- Mile/KM markers and clocks are at every mile. Before mile 8, they are color coded to match your start color and then they merge when the colors merge. The course clocks correspond to wave 1, so wave 2 should add at least 30 minutes and wave 3 should add 1 hour.
- Timing mats are at the start, every 5k up to 40k, the half marathon, every mile beginning at mile 8, and at the finish line.
- Bibs - make sure these are visible! I believe they use bib-tags, so they should be worn on your outermost layer as soon as you get to the start line.
- Runner tracking: Have your friends and family track you! Information here:
  - [http://www.ingnycmarathon.org/Join\\_In.htm](http://www.ingnycmarathon.org/Join_In.htm)
- If you have friends/family/teammates who are looking to cheer, the team will have multiple locations set up. We currently have a location in LIC and a water station at mile 24 (with the Front Runners) in Central Park. Please contact Scott if you have any questions:
  - LIC: <http://www.dashingwhippets.org/events/36524142/>
  - Mile 24: <http://www.dashingwhippets.org/events/37397092/>

#### **Finish:**

- Baggage/Finish Line/Meeting friends and family: All information on baggage and the finish line amenities can be found here:
  - <http://www.ingnycmarathon.org/entrantinfo/Finish.htm>
- Where to go after the marathon (party TBA)
- Contact info:
  - Rich: 781-367-8244
  - Patricia: 917-751-8211
- Save your mylar blanket. You can use it for your next marathon if it's cold out before the race.