

TCS NYC MARATHON 2017

STRATEGIES FOR SUCCESS

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- ★ Session Overview
- ★ Panel Introductions
- ★ The Expo and Race Week
- ★ The Morning of the Race
- ★ Course Overview
- ★ Q&A

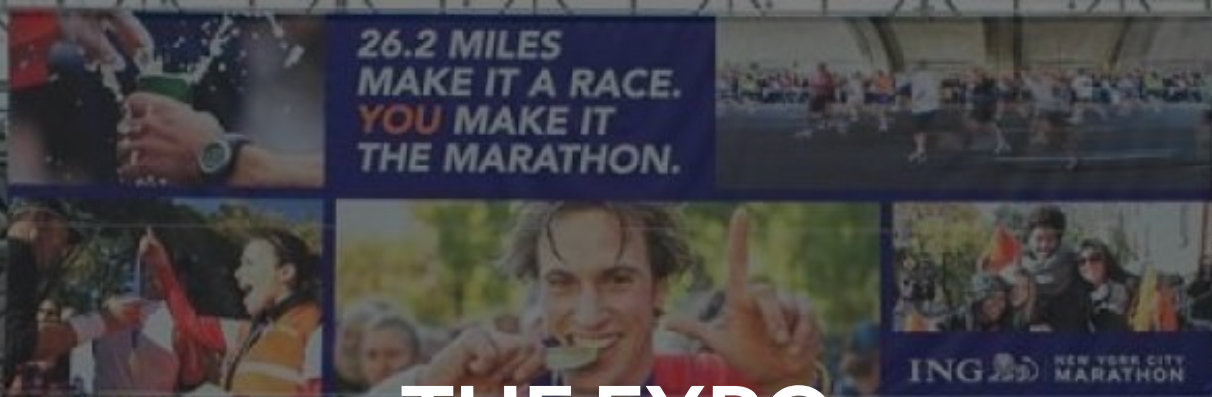
Session Overview

★ We want to:

- Prepare for the weeks ahead
- Help create a winning plan for race day
- Provide an “Insider’s Guide” to the course
- Answer your questions about the race
- Make you Drop the Hammer!

★ TODAY'S PANEL:

- EMMI AGUILLARD
- MEGAN JONES
- MIKE MILLER



26.2 MILES
MAKE IT A RACE.
YOU MAKE IT
THE MARATHON.

ING NEW YORK CITY MARATHON

THE EXPO

Jacob Javits Center -- 36th St and 11th Ave

- ING
- NISSAN
- TIMEA
- UNITED
- ESPN

WELCOME
THE ING NEW YORK CITY MARATHON

VENUE
OMMEN
BIENVENUE
よう

YOU MAKE IT
THE MARATHON.



THE EXPO

BIB PICK UP

THURSDAY 10AM-8PM

FRIDAY 10AM-8PM

SATURDAY 9AM-5PM

★ **Bring your Registration Form and ID**

- You must have a printed or downloaded Registration Form in order to get your bib.
- Registration Form is available in your race profile on MyNYRR.org

THE EXPO

★Go Thursday or Friday if possible

- The expo is very crowded on Saturday so try go earlier if you can.

★Check out the expo schedule

- Look out for talks and athlete appearances
- Avoid walking too much
- Look for throw away items like gloves you can wear race morning

★NOTHING NEW on race day

- No new clothes / shoes
- No new fuels / miracle cures / balance bracelets / gizmos
- Only exception is disposable clothing

RACE WEEK SMARTS

★Taper, sleep, stretch, sleep, foam roll, then taper again

- You have done all the hard work in training, so rest up!
- All running to stay loose and sane; NO training runs

★Eat and drink smartly

- Don't overeat! Eat well; not a lot
- Begin hydrating and adding carbs 3 days before race
- Stick to simple, good foods

★Develop race strategy

- Study race map and elevation profile
- Tools such as mymarathonpace.com can help you plan your race strategy
- Execute hydration / gels strategy developed during training

THE NIGHT BEFORE

★Double Check everything TWICE

- Verify corral, start time, baggage option, transportation
- Charge your GPS watch / Cellphone

★Make a plan for meeting family/friends post-race

★Lay out all running gear

- Bib, clothes, socks, shoes, bodyglide, safety pins, gels, bag, EVERYTHING
- Take the obligatory social media photo of it all laid out!

★Set TWO alarm clocks

- Don't forget, set clock back one hour Sat night, as DST ends at 2AM!.
- If cell phone serves as your alarm, ensure the ringer is turned on!

BIBS TELL YOU:



- Start Color (Blue, Orange, or Green)
- Start Wave (1-4)
- Corral (A-F)

- Transportation
- Baggage option (Teal = no bag)
- Runner Details



RACE MORNING

★Have a schedule planned

- Wake up early and eat a breakfast as you have done before long training runs
- Budget extra time for getting to the start so there is no need to worry
- Do not assume you will easily get a cab or Uber. 10,000 others assume that too!
- Check MTA Weekender site for potential subway issues. It is the MTA after all..
- Warm-up and arrive in your corral with extra time

★Your apartment is much warmer than Staten Island

- You will be outside for several hours at the starting village
- Take more warm clothing than you think you will need
- Buy throw-away clothing; bring heat sheet; cover sneakers in plastic bags to stay warm during the long wait

NAVIGATING THE START

Time	Start	Race Numbers
8:30 a.m.	Wheelchair Division (Blue Start)	
8:52 a.m.	Handcycle Category (Blue Start)	
8:52 a.m.	Select Ambulatory Athletes With Disabilities (Orange Start)	
8:55 a.m.	Foot Locker Five Borough Challenge (Blue Start)	
9:20 a.m.	Professional Women (Blue Start)	
9:50 a.m.	WAVE START 1	
	Blue Start	
	Professional Men and Women	1000 through 1999; 4000 through 4999; 7000 through 10999
	Orange Start	
	Sub-elite Men and Women	200 through 299; 2000 through 2999; 5000 through 5999; 11000 through 14999
	Green Start	
	Local Competitive Men and Women	540 through 999; 3000 through 3999; 6000 through 6999; 15000 through 18999

Time	Start	Race Numbers
10:15 a.m.	WAVE START 2	
	Blue Start	19000 through 24999
	Orange Start	25000 through 30999
	Green Start	31000 through 36999
10:40 a.m.	WAVE START 3	
	Blue Start	37000 through 42999
	Orange Start	43000 through 48999
	Green Start	49000 through 54999
11:00 a.m.	WAVE START 4	
	Blue Start	55000 through 60999
	Orange Start	61000 through 66999
	Green Start	67000 through 72999

All times are subject to change. Check tcsnycmarathon.org for updates.

Corral Timeline	WAVE 1	WAVE 2	WAVE 3	WAVE 4
Drop off bags by	8:10 a.m.	8:50 a.m.	9:20 a.m.	10:00 a.m.
Corrals open	8:20 a.m.	9:00 a.m.	9:40 a.m.	10:15 a.m.
Corrals close	9:00 a.m.	9:40 a.m.	10:15 a.m.	10:40 a.m.
Start	9:50 a.m.	10:15 a.m.	10:40 a.m.	11:00 a.m.

THE START VILLAGE

- ORANGE
- GREEN
- INFORMATION
- RELIGIOUS SERVICES
- BY INVITATION ONLY
- AREAS OFF LIMITS
- BUILDINGS (NO ACCESS)
- FERRY SHUTTLE DROP-OFF
- INFORMATION
- VOLUNTEER CHECK-IN
- BAGGAGE TRUCKS
- TOILETS
- MEDICAL
- FLUIDS
- COFFEE & FOOD
- CHARITY VILLAGE

CHARITY VILLAGE

- 1 American Cancer Society
- 2 The Hole in the Wall Gang Camp
- 3 ALSAC / St. Jude Children's Research Hospital
- 4 Boston Children's Hospital
- 5 Robin Hood Foundation
- 6 Every Mother Counts
- 7 US Fund for UNICEF
- 8 Christopher & Dana Reeve Foundation
- 9 Hope for the Warriors
- 10 JDRF
- 11 Heriote Prostate Research Foundation (HPRF)
- 12 Thomas G. Latnesque Foundation

NAVIGATING THE START

★The Runners' Refugee Camp

- Bring a CLEAR trash bag, small blanket, but keep it light
- Take some snacks and keep hydrating
- Bring a magazine, chill out, meditate, visualize the race ahead

★Tip when nature calls

- There will be long lines for porta-potties -- queue, pee, queue again
- Bring a small ziplock bag with some toilet paper just in case
- Don't get arrested for peeing on the bridge or anywhere outside

THE COURSE





VERRAZANO BRIDGE

Miles 1 & 2

SPEED
LIMIT
45
RADAR
ENFORCED

MILES 1 & 2

★Mile 1 is deceptively uphill

- Rises up to the highest point on the entire course
- Don't be a rocket; be a cruise ship. Should be your slowest mile in the race!

★Don't worry about your Garmin

- The bridge is likely to affect GPS watch calculations
- Run with feel; should feel like an easy mile

★Mile 2 gives it all back

- Don't waste time trying to surge and pass other runners
- Apply the brakes if running more than 20 secs faster than goal pace

A high-angle, wide shot of a massive crowd of runners participating in a marathon on a city street. The runners are densely packed, filling the entire width of the road and spilling onto the sidewalks. In the background, a city skyline is visible under a clear sky, with several tall buildings and a prominent tower. The scene is brightly lit, suggesting a sunny day. Various street signs and traffic lights are visible, including a green street sign that reads "19 St" and a yellow "10k" sign. A white car is partially visible in the lower right foreground, and a "SPEED LIMIT 30" sign is also present. The overall atmosphere is one of a large-scale, organized public event.

**BAY RIDGE to
SUNSET PARK
Miles 3, 4 & 5**

BAY RIDGE to SUNSET PARK - Miles 3, 4 and 5

★4th Avenue - The Crowds Appear

- Mile 3 is when the cheering starts; use the energy but try to keep focused.
- If you like crowd support, write your name clearly on your bib / shirt.

★At mile 5, you should still be behind goal pace

- Use the first 5 miles as a long warm-up
- Approx. 10 secs / mile slower than goal pace; it will be made up later

★Hydrate before feeling dehydrated

- With the cool temperatures, you might not feel too thirsty in the first few miles
- Be smart at fluids stations, be patient and keep your head up

A wide-angle, slightly blurred photograph of a marathon race taking place on a city street. In the background, a large, multi-story brick building with many windows and fire escapes is visible. The street is filled with a large number of runners of various ages and ethnicities, all moving in the same direction. The runners are wearing a variety of colorful athletic gear. The overall scene is one of a busy, energetic urban event.

PARK SLOPE
Miles 6, 7 & 8

PARK SLOPE - Miles 6, 7 & 8

- ★ **Settle into your goal pace / rhythm**
 - Time to start picking up the pace to goal marathon pace
 - The crowds are very enthusiastic here so let them help you achieve goal pace
- ★ **Avoid unnecessary uphill battles**
 - 4th Avenue rolls with a steady incline in Mile 8
 - Keep the effort steady the entire way
 - Focus on getting to the Bank Tower
- ★ **Lanes merge at the end of 4th Avenue**
 - Mile 8 sees the convergence of the orange, blue and green starts
 - The road also narrows on Lafayette Avenue
 - Don't be alarmed if the course feels crowded; relax and maintain spacing



WILLIAMSBURG

Miles 8-12

WILLIAMSBURG - Miles 9-12

- ★ **Keep a level head**
 - Next few miles are relatively flat with a few turns through Williamsburg
 - Maintain goal marathon pace and resist the urge to go faster than goal pace
- ★ **How's your fueling?**
 - Remember your nutrition plan and stick to it
 - More important to take an extra second to consume the fuel than rush it to save time
- ★ **How's your form looking?**
 - Now's also great time to review your form
 - Perform a head to toe scan and remember to keep checking every mile
 - Keeping good form will ensure efficiency thus saving precious energy



INTO QUEENS

Miles 13 & 14

Into Queens - Miles 13 and 14

- ★ **Bridge to Bridge**
 - Pulaski Bridge is the halfway mark!
 - Begin to pick up the pace on the way to the 59th St/ Queensborough Bridge
 - Overall pace should still be ~30 seconds over cumulative goal pace
- ★ **Be smart with the tangents**
 - There are several turns and curves in Queens so plan ahead
 - Run with head up, eyes down the road to locate the course turns
 - Aim for the corners so you're not running more than necessary
- ★ **Bridge Running**
 - Bridges can be especially challenging on windy days
 - Use other runners for protection/ drafting
 - Run on the side of the bridge with the least amount of wind

A large crowd of people is running across the Queensboro Bridge at night. The bridge's structure, including its arches and railings, is visible in the background. The scene is illuminated by streetlights, and the crowd is dense, filling the width of the bridge. The text "QUEENSBORO BRIDGE Mile 15" is overlaid in white on the image.

QUEENSBORO BRIDGE
Mile 15

Mile 15 - Queensboro Bridge

★ Enjoy the Silence

- The silence will be deafening without the spectators
- Use the quiet to focus: what do you need to do to get to the finish?
- Be prepared to feel goosebumps 3/4 of the way across

★ Run smart on the bridge (it's a hill!)

- Focus on being steady - even effort; not even pace
- Easy on the downhill. Look after your quads but maintaining proper posture

★ Don't worry about your GPS

- The bridge will mess with your satellite connection
- Listen to your breathing and focus on surrounding crowd to maintain pace

An aerial photograph of a city street filled with a large crowd of people. The street is lined with trees, some of which have autumn-colored leaves. Buildings are visible in the background. The text "FIRST AVENUE Miles 17-20" is overlaid in white on the image.

FIRST AVENUE
Miles 17-20

FIRST AVENUE - Miles 17-20

- ★ **The crowds return in a big way**
 - 8-deep on the sidewalks
 - Run in the middle of the road; many runners make sudden turns for family
 - Don't get too caught up in the atmosphere
- ★ **A long straight shot**
 - Line of sight is 65 street blocks long - more than 3 miles
 - Break it up into 10 block chunks: "Get to 80th street," etc.
- ★ **Fluids and gels**
 - As on the whole course, there are fluid stations (and potties) every mile
 - Ensure you are properly fueling according to your plan
 - Mile 18 features the only station with Power Gels. Watch your step and the ground will get sticky!

THE BRONX
Mile 21

WELCOME DA BRONX-²

RUN 4 YOUR LIFE!

THE BRONX - Mile 21

★ Not another bridge?

- Willis Ave bridge brings you into the Bronx
- Actually a really easy bridge to take on, wide and easy incline

★ Your 5th Borough, woo hoo!

- You made it to the Bronx, take a moment to congratulate yourself
- This is a fun section with bands and sound systems
- Look for the Whippets cheer station!

★ Watch the Banana Peels

- At the Mile 20 fluid station, banana pieces are handed out
- Watch out for the discarded skins. Like the cartoons, it gets slippery



HARLEM & 5th AVE
Miles 22-24

HARLEM & 5th AVE - Miles 22 -24

★ **Bite size pieces**

- These miles can be tough as the pace may slow and the crowds can be thin
- Try to break up the course into bite size pieces and focus on getting through each: Get to 125th; Marcus Garvey Park; the top of Central Park; up the 5th Ave incline.

★ **Focus on two singlets ahead**

- Rather than simply focusing on the person in front of you, try focusing on two singlets in front of you to pull you along
- Also try to stay with any people who pass you. Sticking with someone for 30, 45, 60 seconds goes a long way to getting to the finish

★ **Sh!@#y Hill**

- Mile 23 is a long steady deceptive uphill (from 110th St to 90th St)
- You will need to be mentally strong place to get through this section
- Don't let a slow mile get you down – stay focused and keep the legs moving



CENTRAL PARK

Miles 24-26

CENTRAL PARK - Miles 24- 26

- ★ **You are on home ground**
 - If you live and run in NYC then you will be very familiar with the last few miles
 - Draw confidence from knowing you have run these miles many times
- ★ **Run whatever you can**
 - If you have paced the race well, you should enter the park with a slight time cushion
 - Pick up some more time on Cat Hill at mile 24.5
 - Push the pace if you have the strength and energy
- ★ **Central Park South**
 - Running Central Park South may seem to take longer than you expect
 - This half-mile stretch is lined with cheerers so enjoy the crowd
 - Focus on the Time Warner Center to draw you towards the end



THE FINISH

Mile 26.2

THE FINISH - Mile 26.2

- ★ **WHAT? We finish on an uphill?**
 - As if you don't deserve your finisher's medal enough, there is a slight incline
 - The incline is tough, but you are tougher!!
- ★ **Crossing the finish line**
 - Celebrate your success and achievements as you cross the finish line
 - Smile and lift your arms in the air (if you can)
 - Don't have your finisher picture be of you looking at your GPS watch!
- ★ **The longest walk of your life**
 - Up to a mile long walk after the finish line before you can exit the park
 - Pick up some food and drinks after the finish line to consume on the walk
 - Head to the medical tent if you need any help (it's OK to need help)

THE FINISH - Mile 26.2



TCS NEW YORK CITY MARATHON

FINISH MAP

LEGEND

- Frozen Zone**
Runners only; no public access
- Course Route**
All runners
- Post-finish Runner Amenities**
- Baggage Runners**
- No-Baggage Runners Only**
Teal wristband required
- Family Reunion**
- Blue Line Lounge (BLL)**
Ticket required; access at W. 68th St.
- West Side Bleachers**
Ticket required; access at W. 68th St.
- East Side Bleachers**
Ticket required; access at W. 63rd St.
- Security Checkpoint**
- Information**
- Toilets**
- Spectator Viewing**
Public access; enter at Columbus Circle
- Exit Only**
No re-entry
- Charter Buses**

FAMILY REUNION

12:00 to 5:30 PM
 Enter from Broadway between W. 62nd St. and W. 65th St.
 No-baggage runners will arrive at Family Reunion approximately 30-45 minutes after crossing the finish line. Baggage runners will arrive at Family Reunion approximately 60-90 minutes after crossing the finish line.

THE POST FINISH - “Mile 27”

★ Where do I exit the Park?

- ‘No baggage’ exits at W. 77th St but you must go south to 74th on CPW
- ‘With baggage’ at W. 81st and W. 85th, lower bib #s the most northerly trucks
- If you chose Baggage but didn’t check a bag, still need to exit at 81st

★ Frozen Zone - East of Columbus

- Central Park West is closed to non-runners from 85th to 66th
- This includes all side streets East of Columbus Ave

★ Meeting your Family and Friends

- Cell phone networks are overloaded in the Finish Area
- Don’t use the family reunion area - it’s a zoo
- Instead pick a place away from immediate vicinity, e.g. Broadway

AFTER THE RACE

★ Say Thanks

- Just a thumbs up means a lot to the volunteers who are essential to this event
- Don't forget to say thanks whenever you can at the finish and on the course

★ Celebrate in style with the Dashing Whippets

- Come join us at The Perfect Pint (45th St between 6th and 7th Aves) to celebrate
- Entire 2nd floor is reserved from 1pm onwards
- Everyone is welcome so come and join us!
- Wear your medal with pride

POST-MARATHON TIPS

★ Replenish

- Try to consume some carbs and protein within 15 minutes after the race.
- Make sure to hydrate and replenish your sodium levels.
- Eat a meal within 30 minutes of the race and snack and hydrate throughout the day.

★ Recovery

- After putting your body through a marathon, you deserve and need a rest.
- Take an ice bath if you can stand it!
- The next few days should be all about rest.
- Consider getting a massage 3 or 4 days after the race.
- You just raced a marathon; you can't race your recovery.

DROP THE HAMMER!

DASHING 
WHIPPETS

NICE
LEGS
DASHING WHIPPETS, LLC

HAMMER
DROPPING
ZONE AHEAD

DID YOU
JUST
-42