



2013 NYC Marathon Spectating Guide friend

Union Square 14th St b/w 5th & 6th
Upper East Side Lex Ave b/w 84th & 85th
Upper West Side 72nd St b/w B'way & Columbus
Park Slope, Brooklyn 7th Ave near Garfield
www.jackrabbitsports.com

Marker	Location	nearest subway	Boro			
	Predicted Race Time:			4:48:12	5:01:18	5:14:24
	Pace per mile			11:00	11:30	12:00
	Bridge Start			orange	orange	orange
	START TIME			10:55:00 AM	10:55:00 AM	10:55:00 AM
Delay	realistic delay to cross start mat with this bib #			0:00:30	0:00:30	0:00:30
mile 1	on Verrazano bridge, no spectators		SI	11:06 AM	11:07 AM	11:07 AM
mile 2	(just after bridge, different for all three starts)	R, 95th st	BRK	11:17 AM	11:18 AM	11:19 AM
mile 3	4th Ave/82nd st. (blue/orange), ft. Hamilton (green)	R, 86th st	BRK	11:28 AM	11:30 AM	11:31 AM
5k (3.1)	4th ave/80th st. (blue/orange), Bay Ridge Pkwy (green)	R, 77th st	BRK	11:29 AM	11:31 AM	11:32 AM
mile 4	4th ave/63rd st. (org on runners' left, blue/grn on right)	N/R, 59th st	BRK	11:39 AM	11:41 AM	11:43 AM
mile 5	4th ave/43rd st. (org on runners' left, blue/grn on right)	R, 45th st	BRK	11:50 AM	11:53 AM	11:55 AM
mile 6	4th ave/23rd st. (org on runners' left, blue/grn on right)	R, 25th st	BRK	12:01 PM	12:04 PM	12:07 PM
10k (6.2)	4th ave/18th st. (org on runners' left, blue/grn on right)	R, Prospect ave	BRK	12:03 PM	12:06 PM	12:09 PM
mile 7	4th ave/3rd st. (org on runners' left, blue/grn on right)	R, Union st	BRK	12:12 PM	12:16 PM	12:19 PM
mile 8	Lafayette Ave at Ashland/Flatbush	Atlantic/Pacific N/R/D/Q, 2/3/4	BRK	12:23 PM	12:27 PM	12:31 PM
mile 9	Lafayette Ave/Classon	G, Classon Ave	BRK	12:34 PM	12:39 PM	12:43 PM
15k (9.3)	Bedford/Dekalb	G, Bedford/Nostrand	BRK	12:37 PM	12:42 PM	12:47 PM
mile 10	Bedford Ave/Lynch	G, Flushing ave	BRK	12:45 PM	12:50 PM	12:55 PM
mile 11	Bedford Ave/S. 11th st.	L, Bedford ave	BRK	12:56 PM	1:02 PM	1:07 PM
mile 12	Nassau Ave/Lorimer st.	G, Nassau ave	BRK	1:07 PM	1:13 PM	1:19 PM
20k (12.4)	Manhattan Ave/Noble st.	G, Greenpoint ave	BRK	1:11 PM	1:18 PM	1:24 PM
mile 13	McGuinness Blvd/Freeman St.	G, Greenpoint ave	BRK	1:18 PM	1:25 PM	1:31 PM
(half: 13.1)	On Pulaski Bridge	G, 21st st	BRK	1:19 PM	1:26 PM	1:32 PM
mile 14	Vernon Blvd/45th Ave	E/M, 23rd St or 7, Vernon blvd	QNS	1:29 PM	1:36 PM	1:43 PM
mile 15	Base of Queensboro bridge	Queens Plaza 7/N/Q or E/M/R	QNS	1:40 PM	1:48 PM	1:55 PM
25k (15.5)	on Queensboro bridge - no spectators		QNS	1:46 PM	1:53 PM	2:01 PM
mile 16	on Queensboro bridge - no spectators	Lexington Ave, 4/5/6; N/R	QNS	1:51 PM	1:59 PM	2:07 PM
mile 17	1st Ave/77th St	6, 77th St	MAN	2:02 PM	2:11 PM	2:19 PM
mile 18	1st Ave/97th St	6, 96th st	MAN	2:13 PM	2:22 PM	2:31 PM
30k (18.6)	1st Ave/104th St	6, 103rd st	MAN	2:20 PM	2:29 PM	2:38 PM
mile 19	1st Ave/117th St	6, 116th st	MAN	2:24 PM	2:34 PM	2:43 PM
mile 20	Willis Ave bridge	4/5/6, 125th st	BX	2:35 PM	2:45 PM	2:55 PM
mile 21	Madison Ave/138th	4/5, 138th st	BX	2:46 PM	2:57 PM	3:07 PM
35k (21.7)	5th Ave/125th St	125th st, 2/3 or 4/5/6	MAN	2:54 PM	3:05 PM	3:15 PM
mile 22	5th Ave/120th St	125th st, 2/3 or 4/5/6	MAN	2:57 PM	3:08 PM	3:19 PM
mile 23	5th Ave/102nd St	6, 103rd st	MAN	3:08 PM	3:20 PM	3:31 PM
mile 24	in Central Park, East Drive @84th St.	4/5/6, 86th st	MAN	3:19 PM	3:31 PM	3:43 PM
40k (24.8)	in Central Park, East Drive @68th St	6, 68th st	MAN	3:28 PM	3:40 PM	3:53 PM
mile 25	in Central Park, East Drive @66th St	N/R/Q, 5th ave/59th F Lex	MAN	3:30 PM	3:43 PM	3:55 PM
mile 26	in Central Park, West Drive @ 62nd St	1; A/C/D, 59th St/Columbus Cir.	MAN	3:41 PM	3:54 PM	4:07 PM
Finish	Central Park, Tavern on the Green	1, 66th st; C, 72nd St	MAN	3:43 PM	3:56 PM	4:09 PM

Other race day tips:

- Cheer for everyone, not just your marathoner.
- Your marathoner will probably see you first. Make yourself visible; use balloons/signs on sticks.
- Agree on exact coordinates. Not "around mile 17", but "corner of 1st ave & 69th, on runners left".
- Subways tend to be crowded and slow on marathon Sunday, so give yourself plenty of time. Check mta.info for service changes.
- Prearrange a meeting spot, and do not rely on your cell phone-lines get jammed. The "family reunion" area is on Central Park West south of 66th street. Runners who don't check bags exit the park at 72nd st.; if they check a bag it will be further north. NYRR advises that it may take runners up to an hour after finishing the marathon to exit the park.
- Think about this: Next year, you could be running, not just watching. Visit www.jackrabbitsports.com/marastart to RSVP for our free clinic!