

TCS NYC Marathon

Sunday, November 2, 2025

New York, New York, USA

Eliud Kipchoge

Press Conference

THE MODERATOR: I have the honor of welcoming to the stage someone that doesn't really need an introduction, but we'll give you a couple of tidbits that you're all very well aware of: 11 times Abbott World Marathon Major winner, double Olympic champion, and two times world record holder, who made his debut today at the TCS New York City Marathon. Please welcome to the stage Eliud Kipchoge.

Eliud, first time running here. How was it out there today for you?

ELIUD KIPCHOGE: I think being in New York actually is a privilege, a privilege in that I completed the whole six World Major Abbott Marathons. It's a real, real privilege. I can't take it for granted really because at my age in the whole world, the population of the whole world, and being invited here running and getting a six-time medal is a real opportunity that I really cherish, and I want to thank everybody.

THE MODERATOR: What was the toughest parts for you on the course today over those 26.2 miles?

ELIUD KIPCHOGE: In running there's no good or bad. We learn in every path. We learn in every downhill, uphill, and I can say that's how we push the limits. We don't have easy and hard courses. We don't have easy and hard parts. But we learn from everything that we encounter.

THE MODERATOR: How were the crowds out there for you today? We had a camera on you for most of the race in the Media Center. How was it running through the streets of New York City?

ELIUD KIPCHOGE: It was really wonderful actually to go through the streets of New York with all the crowds cheering, chanting, and realizing that New York is a running city and the world now actually treats running as a movement. It was really a good opportunity for me to wind up.

THE MODERATOR: Looking over your career, you won your first major in Chicago in 2014. What are you most proud of over those last 11 years?

ELIUD KIPCHOGE: First and foremost, from Chicago to Berlin to London to Tokyo to Boston to Sydney and now to New York, I have to say I am really happy. It's been a long journey, but full of rewards.

I have to thank all the race organizers from all of the 12 major marathons for actually inviting me for the last 14 years of my marathon running, and in turn the partners of all these marathons, and in turn the sponsors of all these sponsors, and in turn the sponsors of myself, my management, my team and everybody.

I know that all these things could not happen without volunteers. People of New York have been not sleeping for the last two weeks for us and for me to run, and people have not been sleeping for the last 14 years to give us an opportunity to show the world that running is a movement and running actually can help a human being both in their minds and in their bodies and everything.

So everyone who has been toiling and doing the small path, doing a big path of all Abbott World Major Marathons. I have to say thank you to everybody from my heart. I have to say thank you to everybody who has been doing small things, and small habits actually brings us success.

From my heart, I have to say thank you to everybody.

THE MODERATOR: Thank you to you because you are part of the marathon fabric and landscape. You talk about it being a movement now. How have you seen this sport grow and change since you started in marathons? What are some of those things that have made it a fabric and made it a movement?

ELIUD KIPCHOGE: For the last years since I transcended from track and field to marathon, the sport has really, really changed, and it continues to change. From 10,000 people, 20,000 people, to last year and New York breaking the world record of 55 to this year actually London Marathon with 56,755 people, finishing the marathon is a real, real advantage, and it's a real -- running is a real movement.

In the next two years, all the Abbott World Marathon Majors will surpass 100,000 people actually to complete a marathon in every city.

THE MODERATOR: You chose to finish your Abbott World Marathon Majors journey in New York City. Why was that important for you to close out here?

ELIUD KIPCHOGE: New York is a big city. New York, everything is there, from the social media channels headquarters, from the business partners, from actually the sponsors, who is who in this world lives in New York. Who is who in this world has a foot in New York.

I thought it was real good to come to New York and get a Six Star and leave my footprints here.

THE MODERATOR: You've got that coveted medal on your lap with the special ribbon. What does that medal really mean to you and signify in your marathon career?

ELIUD KIPCHOGE: This is going to cement my legacy in marathon. I can say proudly I am a real marathon runner now because I have a Six Star Medal, and this one signifies a real, real legacy in sport.

THE MODERATOR: You're definitely a real marathon runner. I think we can all vouch for you there.

ELIUD KIPCHOGE: Thank you.

THE MODERATOR: To mark the moment one more time, I'd like to invite on stage a couple of special guests to make a presentation. First of all, I'd like to welcome Dawna Stone, CEO of World Marathon Majors, and Chris Miller, Divisional Vice President Global Brand Strategy and Innovation for Abbott. Chris will say a few words.

CHRIS MILLER: Good afternoon, everybody. I can't believe I'm saying this, but we're actually sitting next to a real marathon runner now. Amazing that the Six Star Medal means so much to him and the race directors here who now represent the now seven Abbott World Marathon Majors.

To be here in New York City with all of you to celebrate this today is just amazing. The men's finish was incredible, the women's, the wheelchair.

I said to a few folks that on ABC today it looks like a tourism video for New York City. It just is beautiful out there. For all those runners not just breaking the tape, but coming in, the city really shows itself well. Rob, thank you for hosting us.

Earning your Six Star Medal and completing all the original six Abbott World Marathon Majors is even a bigger accomplishment, something that only a very small part, less than .0003 percent of the world's population has achieved. The Six Star Medal came to being in 2015, and it really symbolizes those hours and miles of dedication and training, the things that Eliud symbolizes. Nobody knows more about dedication certainly than Eliud Kipchoge.

Eliud grew up in rural Kenya, raised by his mother, where he ran two miles back and forth to school every day. My son Sebastian is sitting in the back row. So he used to run to school two miles back and forth.

In his teens, Eliud started taking running more seriously. He won the under 20s of the World Cross Country Championships and went on to win gold in the 5,000 meters of the 2003 World Championship races. 10 years later in 2013 he completed his first marathon in Hamburg, Germany, which he won.

His Six Star journey started that same year at the BMW Berlin Marathon, but this time he finished second behind Wilson Kipsang, who set a world record during that race. I think that second place must have fired him up because he went on to win 11 Abbott World Marathon Majors since.

(Applause.)

In 2019, Eliud made history becoming the first and still only runner to run a sub-two hour marathon, crossing the finish line in Vienna at 1:59:40, a mark that stands today and will probably stand for quite a while. With ideal running conditions and thousands of spectators flocking the course to see history made, Eliud truly proved that no human is limited.

If all that isn't impressive enough, he's been collecting Olympic medals since he was 19. He competed in every Summer Olympics from 2004 through 2020, bringing home bronze, silver, and gold medals in the 5,000 meter and marathon events, achievements that bring his country Kenya and the running community pride.

Many people think of running as an individual sport, but not Eliud. You've lived your entire career demonstrating that teamwork in sharing the sport of running with all of us. Eliud has been quoted by saying, "100 percent of myself is nothing compared to 1 percent of the whole team." I think something that's really apropos today as we see those 55,000 runners cross the finish line today and the community that got them to the start line and then all those million-plus spectators getting them to the finish line.

A week ago Eliud shared on his social media of his excitement of coming to run the TCS New York City Marathon, but that post didn't focus on achievements but the people that have supported him and the people he aims to inspire. He writes, "Today was about inspiring the world and showing everyone that no human is limited, no matter the challenge in life."

The impact that Eliud has made throughout his career goes far beyond running. He leads the Eliud Kipchoge Foundation, an organization committed to assisting educational

programs in Kenya and across country borders and supporting the environment for generations to come.

Specifically, some of the work that the Eliud Kipchoge Foundation does includes sponsoring school fees, giving more children access to education; building libraries; having a positive environmental impact; and instilling the lifestyle of running in as many people as possible.

Eliud, you have touched countless lives throughout your running and philanthropic journeys.

I was blessed to meet Eliud first in 2015 and was amazed at his ability, but also his humility.

Then in London, October of 2020, if we remember back to those crazy days with that special race in October that was elite only, uncharacteristically the weather wasn't great -- or maybe characteristically for London -- but uncharacteristically, your performance wasn't what we had expected.

That became a deep conversation between Abbott, the global healthcare company, and Eliud and his team, and we launched a partnership with the NN Running Team to provide biowearable technology to help the team perfect their fueling strategy, to truly see what was happening inside his body to make those decisions to help him run faster.

You've been doing amazing things in the running space with your teams, but since our partnership, I've been lucky enough to be there with you to experience some pretty cool moments. The 2021 Tokyo Olympic gold medal marathon, 2022 Berlin victory and world record, now the 2025 Abbott World Marathon Majors Six Star finish at the TCS New York City Marathon.

Throughout those years, Eliud has truly been a part of the Abbott family. With 114,000 employees in 160 countries, our company truly embraces Eliud. You've met with hundreds of Team Abbott runners and our employees around the world to leave an impact. Today I'm also lucky to call Eliud, the greatest of all time, a good friend.

In fact, in 2018 at the finish line, I was going back to see Edna Kiplagat, who was getting her Abbott World Marathon Majors Six Star Medal. Eliud came up to me, and we started to give a high five and a hug, and he reached down and took this wrist band off and put it on me. Since 2018, I've been wearing this same wristband. It doesn't have any time on it because this was set before he set his world records that day, but it's special to me now as much as it was special to me then.

If we're being honest, it did take you a while to get your Six Star Medal. All jokes aside, it's an honor to be here to celebrate this feat. On behalf of Abbott and the Abbott World Marathon Majors, we'd like to present you with a few things.

First, for those cool days in Kenya when maybe you need something to warm up, we have a special Abbott World Marathon Majors Six Star jacket. This is truly a 1 of 1. Now everyone in Kenya will know he's an Abbott World Marathon Majors Six Star finisher.

We have also have a framed illustration. Some of you may have seen this at the Abbott World Marathon Majors booth at the Expo.

Then Dawna has a Seven Star collectible to represent your completion in all of the Abbott World Marathon Majors races.

Now, we know that marathons inspire people, but you my friend have truly left an impact on the world and in runners around the world. Congratulations on another accomplishment in the sport of marathon running. We can't wait to see what the future holds for you.

Now, I also have a special gift from Abbott to Dawna, to Eliud, and to the seven Abbott World Marathon Majors race directors if I can call you up individually.

Carey Pinkowski from Bank of America Chicago Marathon.

Yasu from the Tokyo Marathon.

Hugh Brasher from the TCS London Marathon.

Our newest in the family, Wayne Larden, also from the TCS Sydney Marathon.

Mark Milde from the BMW Berlin Marathon.

Jack Fleming, the CEO of the Boston Athletic Association, the Boston Marathon, also the winner of the race director race at 3:14, marathon today.

And Ted Metellus, the race director for perhaps the greatest marathon of all time on November 2nd here in New York City, TCS New York City Marathon.

Also, of course, for Eliud and Dawna. We couldn't have done this without either of you.

THE MODERATOR: Thank you to the race directors, to Dawna and Chris. Before we open the floor to media questions, Eliud has an announcement he would like to make.

(Video played)

ELIUD KIPCHOGE: Good afternoon. Welcome to this press release.

For the last 23 years I've been thinking of what to offer to humanity. I've been thinking of what to offer to people. For the last 23 years, my life has been pushing the limits. My life has been actually concentrating on the winning. My life has been concentrating purely on running marathons. My life has been concentrating purely on setting world bests in any course.

But now I say it's no better time for a transition to run for a purpose, and this purpose is the purpose to serve humanity. The only way to serve humanity in this world is to run across all seven continents preaching the gospel of running, trying to tell people to get out of their doors to run for their lives, for their minds, for their countries, for peace, for purity of this world, for education in this world, for environment and tech health, this planet is the only home we have.

The real reason is today is the launch of Eliud Kipchoge World Tour, and this is the only way to run for purpose and run for humanity. I welcome everybody. Please let us all join hands. Let us all join our minds to make sure this world is a running one. Thank you very much.

(Applause)

THE MODERATOR: With that news, we will now open the floor to media questions.

Q. I have a question for you from my writer in Kenya, Justin Lagat. He watched you on TV today. He wanted you to talk about the singlet that you wore. He thought it was rather unusual. Can you tell us about that?

ELIUD KIPCHOGE: The singlet I wear today is not unusual. It's the beauty of sport. It's the beauty of people running and enjoying the sport. It's the future of hopefully getting rid of the sweat and enjoying to run. It's called an AirFlow, and it's the future.

Q. I just wanted to clarify your plans for the future. Will you be running any more marathons as a competitive athlete in the professional athlete field?

ELIUD KIPCHOGE: This world tour is about running a marathon in all seven continents. It's running a marathon, not 10K, but running marathons in all seven continents, and that's the minimum of world tour.

Q. Do you plan to continue as an elite athlete in the marathon?

ELIUD KIPCHOGE: Absolutely, yes. That's why I'm saying this is a real transition to run for purpose. This is a real transition to evolve. In fact, 32 years ago I was a small boy not knowing what the world is holding for me, but after 32 years the world has a whole life for me, and actually the gift to offer the world is to go around all the seven continents, try to tell them running is actually becoming free.

Running promotes your health. It promotes your thinking and spiritual unity. And run everywhere to bring peace and express the freedom of position to everybody in this world. We have 7 billion people, but do all of them run? If I get half of them, which is 4 billion people, I'll be a happy man.

Q. You and your coach and your team just recently released Kotcha, a running app. Can you tell us a little bit about that?

ELIUD KIPCHOGE: The running app called Kotcha is the way to go. It's one way of bringing people together to run. It's one way to get people who are traveling around the world to run in every city you actually campaign. It's one way of getting real advice from nutrition to coaching and even to therapists. That's the gift that I'm offering the world.

You no longer seek advice from anybody. Just download the app, seek any advice you want, even for a program to run for a marathon in the next three months. You will get it there.

Q. I wanted to ask you what's your biggest advice to runners who are trying to get faster as they age? Do you think there's an age cap on how fast you can be or an age limit on you can't run any faster past a certain age?

ELIUD KIPCHOGE: Anybody want to run fast, I don't think age is actually a factor. I'm an older athlete still running and competitively, but I'm still pushing myself to run with young people.

That's why I ask everybody to please push our limits. That's the only way to be happy. Life is about pushing your limits, be it in running, be it in the office, anything in this life, and that's the beauty of enjoying life.

Q. Can you tell us how this world tour is going to work? Do you plan on running all seven continents, a marathon on all seven continents next year, or is it going to take you several years?

ELIUD KIPCHOGE: I'm going to go around all the seven continents in two years, and I will run in every continent a marathon.

Q. Eliud, the seven marathons you intend to run, are these existing races, or are you preparing your own race series?

ELIUD KIPCHOGE: It's the established races. I'll release soon which races will be for next year. It is not a race that we are starting, but we'll talk with every race in every continent and sell the values that you believe in and come together and go forward in actually promoting the values of humanity.

THE MODERATOR: Thank you, Eliud Kipchoge, true legend of the sport of marathon running, debuted on the TCS New York City Marathon today and winner of the Six Star Medal with Abbott World Marathon Majors. Congratulations on today, and we look forward to seeing what you do next.

ELIUD KIPCHOGE: Thank you, everybody. Help me spread the movement of running wherever you are going. Tell a friend and tell a friend. Thank you very much. I wish you well.