



tcs
NEW YORK CITY
MARATHON

Training Series 18M

SATURDAY, SEPTEMBER 21, 2025 • 7:00 A.M.
18.0 MILES • #TCSNYCMarathonTraining

KEY

- | | |
|------------------------------------|---|
| Start | Maurten Gel Depot |
| Finish | Water Stations |
| Mile Markers | Toilets |
| Kilometer Markers | Medical Aid |
| Course Route | Bicycle Parking |
| Gatorade® Endurance Formula | NYRR RUNCenter
Featuring the NB Run Hub |
| HSS Recovery Zone | |

RACE-DAY CENTRAL

- | |
|---------------------------|
| Registration |
| Baggage |
| Toilets |
| Volunteer Check-In |

ELEVATION CHART (NOT TO SCALE)

