



John Singer: Tips for the NYC Marathon.. and beyond!

Tips for Fort Wadsworth

- Read the Official Handbook about the new security baggage options.
- Start to save some newspapers or cut up cardboard to fit into your Official Start Village Bag. You do not want to be sitting on the cold, damp, hard ground for hours.
- Bundle up, 4 layers on top.
 - 1st layer, what you plan to run the marathon in,
 - then 3 layers of throw aways.
- Take the fold out page of the start villages out of the handbook and bring it to Fort Wadsworth. There will be 50,000+ people there and you will need it for directions to find your start village, baggage truck, start corral etc.
- Bring something to eat and drink especially if you have the third and fourth wave starts.
- Meeting place: each village has a photo's area, set-up your waiting area within eye sight of the photo area.

Tips for the course:

- You could be sitting around for hours waiting for the start and the bridge increases 160 feet in elevation for the first mile. Do not panic if your first two-mile splits are way off your pace and do not try to make it up right away. Spread your time deficit over a lot of miles.
- Fourth Avenue in Brooklyn is a six-mile straight run, settle into a comfortable pace, one that you could "RUN ALL DAY AT." Example: a 4-hour marathon is a 9:10 pace. Run the first 5 to 8 miles 10 to 15 seconds per mile slower than goal race pace. 9:20 - 9:25.
- Between miles 9 thru 12 start to make small adjustments to your pace hopefully slightly faster.
- Do not think of the marathon as one complete 26 mile run. Break the marathon down into 4 miles segments 9-12, 13-16, 17-20, 21-24, then just hang on and enjoy the trip through Central Park.
- Training pace races: Sept. 7 So. Nyack 10 M (8 weeks before marathon.) Oct. 5 Grete's Half in Cent. Park (4 weeks before marathon) Run two times in same direction as marathon is run.

Good Luck to everyone and look around and enjoy the sights, the sounds, the crowds and your tour through NYC's neighborhoods. NEW YORK is a marathon like no other.

Remember to Keep it Fun!