

exchange for raising money for our youth running programs, you'll enjoy access to our team of coaches and a special treat on race day. Your friends who haven't yet signed up for the race can also earn entry while helping to support the next generation of runners.



Training You'll Love

As you're logging those miles to prepare for the race, don't forget to take a holistic view of your training. Balance your workouts with strength-training and flexibility-building classes at the NYRR *RUNCENTER* featuring the NB Run Hub or try a class like NYRR Deep Water Running.

Volunteer Opportunities

Know someone who can't run on September 24 but still wants to be a part of the excitement? They can **volunteer at the race!** Volunteering is an excellent way to give back to the local running community while having loads of fun and meeting cool people. It's also an opportunity to earn a **+1 credit** toward guaranteed entry to the 2018 TCS New York City Marathon. Sounds great, right?



Gatorade Endurance Formula

As you fly through the streets, look for the new reformulated Gatorade Endurance Formula along the course. **Gatorade Endurance Formula** is a specialized sports drink with nearly twice the sodium and three times the potassium of traditional Gatorade. It contains no artificial flavors or sweeteners and has a new lighter taste.