

2009 ING New York City Marathon Course

Following is the turn-by-turn course description of the ING New York City Marathon. This document will guide you through the entire course, starting with the three (3) different start lines on the Verrazano Narrows Bridge and finishing in Central Park.

(1) BLUE COURSE

- **START** on Verrazano Narrows Bridge, Brooklyn-bound upper level
- Exit Right for “92nd Street” onto Dahlgren Place
- Dahlgren Place N-bound (**VZ Bridge to 92nd St**)
- Left onto 92nd St. (**Dahlgren Place to 4th Ave**)
- Right onto 4th Ave. N-bound in N-bound traffic lanes (**92nd St to Flatbush Ave**)
- Bear Left onto Flatbush Ave. N-bound in N-bound traffic lanes (**NOTE: merge into the Orange Course at this point**) (**4th Ave to Lafayette Ave**)
- Right onto Lafayette Ave. (**Flatbush Ave to Bedford Ave**)

(2) GREEN COURSE

- **START** on Verrazano Narrows Bridge, Staten Island-bound lower level
- Continue onto S-bound traffic lanes of Brooklyn-Queens Expressway
- Bear Left to proceed up S-bound 79th Street BQE entrance ramp
- Continue across 79th Street, proceeding N-bound on 7th Ave. (**BQE to Bay Ridge Pkwy**)
- Left onto Bay Ridge Parkway (**7th Ave to 4th Ave**)
- Right onto 4th Ave N-bound in N-bound traffic lanes (**NOTE: Merge into Blue Course at this point**)

(3) ORANGE COURSE

- **START** on Verrazano Narrows Bridge, Staten Island-bound upper level
- Exit Left for 92nd Street onto Gatling Place (**VZ Bridge to 92nd St**)
- Left onto 92nd Street, running W-bound in E-bound traffic lane (**Gatling PI to Fort Hamilton Pkwy**)
- Left onto Fort Hamilton Parkway (**92nd St to 94th St**)
- Right onto 94th Street (**Ft. Hamilton Pkwy to 4th Ave**)
- Right onto 4th Ave. N-bound, bearing to Left into S-bound traffic lanes (**94th St to Flatbush Ave**)

- Bear Left onto Flatbush Ave. N-bound in S-bound traffic lanes (**NOTE: Merge into Blue/Green Course at this point**) (4th Ave to Lafayette Ave)

FROM 8 MILE MARK TO FINISH, ALL COURSES ARE NOW THE SAME:

- Proceed E-bound on Lafayette Ave.
- Left onto Bedford Ave. (**Lafayette Ave to Nassau Ave**)
- Bear Right onto Nassau Ave. (**Lorimer/Bedford to Manhattan Ave**)
- Left onto Manhattan Ave. (**Nassau Ave to Greenpoint Ave**)
- Right onto Greenpoint Ave. (**Manhattan Ave to McGuinness Blvd**)
- Left onto S-bound traffic lanes of McGuinness Blvd. (**Greenpoint Ave to 48th Ave**)
- Continue across Pulaski Bridge in S-bound traffic lanes
- Left onto 48th Ave. (**McGuinness Blvd to Vernon Blvd**)
- Right onto N-bound traffic lanes of Vernon Blvd. (**48th Ave to 10th St**)
- Bear Right onto 10th St., (**Vernon Blvd to 44th Dr**)
- Turn Right onto 44th Dr (**10th St to Hunter St**)
- Continue in W-bound traffic lanes of 44th Drive - Bear Left onto Hunter Street (**44th Dr to Crescent St**)
- Immediate Left again onto Crescent Street (**Hunter St to Queens Plaza**)
- Continue across Queens Bridge Plaza South, then Immediate Left onto lower roadway of Queensboro Bridge, running in E-bound traffic lanes across bridge
- Bear left to run down E 59th St. vehicle entrance ramp, Continue onto E 59th St. E-bound (**59th St Bridge to 1st Ave**)
- Turn Left onto First Ave. (**59th St to Willis Ave Bridge**)
- Continue onto Willis Ave. Bridge (**1st Ave to Willis Ave**)
- Turn Left onto E 135th Street (**Willis Ave to Alexander Ave**)
- Turn Right onto Alexander Ave. (**135th St to 138th St**)
- Turn Left onto 138th Street (**Alexander Ave to Morris Ave**)
- Turn Right onto Morris Ave (**138th St to 140th St**)
- Turn Left onto 140th Street (**Morris Ave to Rider Ave**)
- Turn Left onto Rider Ave (**140th At to 138th St**)

- Turn Right onto E 138th Street, Continue in W-bound traffic lanes of 138th St. **(Alexander Ave to Madison Ave Bridge)**
- Continue onto Madison Ave. bridge in W-bound traffic lanes, At fork on W side of Madison Ave. Bridge, bear Right to continue on 138th St. W-bound **(138th St to 138th St)**
- Turn Left onto Fifth Ave. **(138th St to 124th St)**
- Turn Right onto W 124th St. **(5th Ave to Mt Morris Park W)**
- Turn Left onto Mt. Morris Park W **(124th St to 120th St)**
- Turn Left onto W 120th St. **(Mt Morris Park W to 5th Ave)**
- Turn Right onto Fifth Ave. **(120th St to 90th St)**
- Turn Right to enter Central Park at 90th Street **(5th Ave to East Drive in Central Park)**
- Make Immediate Left, proceed S-bound on East Drive in Central Park
- Continue S-bound on East Drive in Central Park
- At 25 Mile mark, bear Left to continue S-bound on East Drive in N-bound only traffic lanes
- At 60th Street continue S-bound alongside W side of Grand Army Plaza
- Turn Right onto Central Park South **(5th Ave to 8th Ave/CPW)**
- Proceed W-bound in W-bound traffic lanes of Central Park South
- Turn Right onto Columbus Circle Prior to reaching Central Park West, turn Right to enter Merchants' Gate of Central Park on asphalt pedestrian pathway, Turn Left onto West Drive in Central Park **(59th St/CPS to West Drive in Central Park)**
- Proceed N-bound on West Drive to **FINISH** at Tavern on the Green

2009 ING New York City Marathon

Course Road and Runner Timeline (including Wheelchairs)

FINAL: October 6, 2009 (JH)

| Mile | Route Location | Rolling Street Closure | Wheelchair Race | | Runner Race | | | Anticipated Street Reopening |
|-------|--|------------------------|---|---|---|---|---|------------------------------|
| | | | 2009 | 2009 | 2009 | 2009 | 2009 | |
| | | | Push Rim Wheelchair** (on BLUE Course) <small>Based on 3:30 Minute Mile</small> | Handcycle Wheelchair*** (on BLUE Course) <small>Based on 3:00 Minute Mile</small> | Lead Female <small>Based on 5:30 Minute Mile</small> | Lead Male <small>Based on 5:00 Minute Mile</small> | Last Runner <small>Based on 15 Minute Mile *</small> | |
| Start | Verrazano Narrows Bridge - Upper Level | Midnight | 8:20 AM | 8:45 AM | 9:10 AM | 9:40 AM | 10:26 AM | 3:00 PM |
| Start | Verrazano Narrows Bridge - Lower Level Staten Island Bound | 7:00 AM | 8:20 AM | 8:45 AM | 9:10 AM | 9:40 AM | 10:26 AM | 3:00 PM |
| Start | Verrazano Narrows Bridge - Lower Level Brooklyn Bound | 7:00 AM | 8:20 AM | 8:45 AM | 9:10 AM | 9:40 AM | 10:26 AM | 3:00 PM |
| 1 | Verrazano Narrows Bridge - Midpoint | Midnight | 8:23:30 AM | 8:48 AM | 9:15:30 AM | 9:45 AM | 10:41 AM | 3:00 PM |
| 2 | Verrazano Narrows, Bridge Exit to 92nd Street | Midnight | 8:27:00 AM | 8:51 AM | 9:21:00 AM | 9:50 AM | 10:56 AM | 3:00 PM |
| 3A | 4th Avenue and 82nd Street | 7:15 AM | 8:30:30 AM | 8:54 AM | 9:26:30 AM | 9:55 AM | 11:11 AM | 12:20 PM |
| 3B | Bay Ridge Parkway, just past 7th Avenue | 7:15 AM | 8:30:30 AM | 8:54 AM | 9:26:30 AM | 9:55 AM | 11:11 AM | 12:20 PM |
| 5K | (Orange) 4th Avenue and 80th Street | 7:15 AM | 8:30:30 AM | 8:54 AM | 9:27:00 AM | 9:56 AM | 11:12 AM | 12:20 PM |
| 5K | (Blue) 4th Avenue and 80th Street | 7:15 AM | 8:30:30 AM | 8:54 AM | 9:27:00 AM | 9:56 AM | 11:12 AM | 12:20 PM |
| 5K | (Green) Bay Ridge Pkwy and 6th Avenue | 7:15 AM | 8:30:30 AM | 8:54 AM | 9:27:00 AM | 9:56 AM | 11:12 AM | 12:20 PM |
| 4 | 4th Avenue and 63rd Street | 7:25 AM | 8:34:00 AM | 8:56 AM | 9:32:00 AM | 10:00 AM | 11:26 AM | 12:35 PM |
| 5 | 4th Avenue and 43rd Street | 7:25 AM | 8:37:30 AM | 8:59 AM | 9:37:30 AM | 10:05 AM | 11:41 AM | 12:50 PM |
| 6 | 4th Avenue and 23rd Street | 7:25 AM | 8:41:00 AM | 9:02 AM | 9:43:00 AM | 10:10 AM | 11:56 AM | 1:05 PM |
| 10K | (Orange) 4th Avenue and 18th Street | 7:25 AM | 8:42:00 AM | 9:03 AM | 9:44:00 AM | 10:11 AM | 11:59 AM | 1:10 PM |
| 10K | (Blue / Green) 4th Avenue and 18th Street | 7:25 AM | 8:42:00 AM | 9:03 AM | 9:44:00 AM | 10:11 AM | 11:59 AM | 1:10 PM |
| 7 | 4th Avenue and 3rd Street | 8:00 AM | 8:44:30 AM | 9:05 AM | 9:48:30 AM | 10:15 AM | 12:11 PM | 1:20 PM |
| 8 | Flatbush Ave and Lafayette Ave | 8:00 AM | 8:48:00 AM | 9:08 AM | 9:54:00 AM | 10:20 AM | 12:26 PM | 1:35 PM |
| 9 | Lafayette and Classon Avenues | 8:00 AM | 8:51:30 AM | 9:11 AM | 9:59:30 AM | 10:25 AM | 12:41 PM | 1:50 PM |
| 15K | Bedford Avenue and Kosciuszko Street | 7:35 AM | 8:52:30 AM | 9:12 AM | 10:00:30 AM | 10:26 AM | 12:45 PM | 1:55 PM |
| 10 | Bedford Avenue between Wallabout Street and Lynch Street | 7:35 AM | 8:55:00 AM | 9:14 AM | 10:05:00 AM | 10:30 AM | 12:56 PM | 2:05 PM |
| 11 | Bedford Avenue and South 3rd Street | 7:35 AM | 8:58:30 AM | 9:17 AM | 10:10:30 AM | 10:35 AM | 1:11 PM | 2:20 PM |
| 12 | Nassau Avenue and Bedfors Avenue | 7:45 AM | 9:02:00 AM | 9:20 AM | 10:16:00 AM | 10:40 AM | 1:26 PM | 2:35 PM |
| 20K | Manhattan Avenue and Milton Street | 7:45 AM | 9:03:30 AM | 9:21 AM | 10:18:00 AM | 10:42 AM | 1:32 PM | 2:40 PM |
| 13 | McGuinness Boulevard, approaching Pulaski Bridge | 8:00 AM | 9:05:30 AM | 9:23 AM | 10:21:30 AM | 10:45 AM | 1:41 PM | 2:50 PM |
| 13.1 | McGuinness Boulevard, approaching Pulaski Bridge | 8:00 AM | 9:05:30 AM | 9:23 AM | 10:22:00 AM | 10:45 AM | 1:42 PM | 2:50 PM |
| 14 | 10th Street and 44th Drive | 8:30 AM | 9:09:00 AM | 9:26 AM | 10:27:00 AM | 10:50 AM | 1:56 PM | 3:05 PM |
| 15 | Queensboro Bridge lower level - Queens Side | 7:00 AM | 9:12:30 AM | 9:29 AM | 10:32:30 AM | 10:55 AM | 2:11 PM | 3:00 PM - 3:30 PM |
| 25K | Queensboro Bridge lower level - Midspan | 7:00 AM | 9:14:00 AM | 9:30 AM | 10:34:30 AM | 10:57 AM | 2:19 PM | 3:00 PM - 3:30 PM |
| 16 | Queensboro Bridge - lower level Manhattan Side | 7:00 AM | 9:16:00 AM | 9:33 AM | 10:38:00 AM | 11:00 AM | 2:26 PM | 3:00 PM - 3:30 PM |
| 17 | 1st Avenue and 77th Street | 8:45 AM | 9:19:30 AM | 9:36 AM | 10:43:30 AM | 11:05 AM | 2:41 PM | 3:50 PM |
| 18 | 1st Avenue and 97th Street | 8:45 AM | 9:23:00 AM | 9:39 AM | 10:49:00 AM | 11:10 AM | 2:56 PM | 4:05 PM |
| 30K | 1st Avenue between 109th and 110th Streets | 8:45 AM | 9:25:00 AM | 9:41 AM | 10:51:00 AM | 11:12 AM | 3:05 PM | 4:10 PM |

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| 19 | 1st Avenue and 117th Street | 8:45 AM | 9:26:30 AM | 9:42 AM | 10:54:30 AM | 11:15 AM | 3:11 PM | 4:20 PM |
| 20 | 135th Street just west of Willis Avenue | 5:00AM | 9:30:00 AM | 9:45 AM | 11:00:00 AM | 11:20 AM | 3:26 PM | 4:45 PM |
| | Madison Avenue Bridge | 8:30 AM | | | | | | 4:45 PM |
| 21 | Madison Avenue Bridge and West 138th Street | 9:00 AM | 9:33:30 AM | 9:48 AM | 11:05:30 AM | 11:25 AM | 3:41 PM | 4:50 PM |
| 35K | 5th Avenue and 125th Street | 9:00 AM | 9:35:00 AM | 9:50 AM | 11:08:30 AM | 11:28 AM | 3:52 PM | 5:00 PM |
| 22 | Mt. Morris Parkway and 122nd Street | 9:00 AM | 9:37:00 AM | 9:51 AM | 11:11:00 AM | 11:30 AM | 3:56 PM | 5:05 PM |
| 23 | 5th Avenue and 103rd Street | 9:00 AM | 9:40:30 AM | 9:54 AM | 11:16:30 AM | 11:35 AM | 4:11 PM | 5:20 PM |
| 24 | Central Park East Drive and 84th Street | CLOSED | 9:44:00 AM | 9:57 AM | 11:22:00 AM | 11:40 AM | 4:26 PM | CLOSED |
| 40K | Central Park East Drive and 68th Street | CLOSED | 9:46:00 AM | 9:59 AM | 11:26:00 AM | 11:44 AM | 4:48 PM | 5:50 PM |
| 25 | Central Park East Drive and 65th Street | CLOSED | 9:47:30 AM | 10:00 AM | 11:27:30 AM | 11:45 AM | 4:41 PM | CLOSED |
| | Central Park South (59th Street from 5th Avenue to Columbus Circle) | 9:00 AM | | | | | | 6:00 PM |
| 26 | Central Park West Drive and 62nd Street | CLOSED | 9:51:00 AM | 10:03 AM | 11:33:00 AM | 11:50 AM | 4:56 PM | CLOSED |
| Finish | Central Park West Drive and 67th Street | CLOSED | 9:51:00 AM | 10:03 AM | 11:33:00 AM | 11:50 AM | 4:59 PM | CLOSED |
| Family Reunion | Central Park West from 59th to 86th Street | 7:00 AM | | | | | | 7:00 PM |

IMPORTANT NOTES:

**Last Runner time note: an additional 6 minutes was added to this pace to include time for the last runner to pass through the start line.*

***Push Rim Wheelchair race note: The 8:20 AM Push Rim Wheelchair Start is on the Blue Course (this Start was on the Blue Course at 8:35 AM in 2008)*

****Handcycle Wheelchair race note: The 8:35 AM Handcycle Wheelchair Start is on the Blue Course (this Start was on the Blue course at 8:45 AM in 2008)*

Simultaneous to the 8:35 AM Handcycle Wheel chair Start on the Blue Course is the start for the slower wheelchairs on the Orange Course

2009 ING New York City Marathon Bridge Closures and Other Affected Areas

BRIDGES

| | <u>Closed</u> | <u>Opened</u> |
|---|---------------|--------------------|
| <u>Verrazano Bridge</u> | | |
| Upper Level – both ways | 12:00 AM | 3:00 PM |
| Lower Level – West to Staten Island | 7:00 AM | 3:00 PM |
| Lower Level – East to Brooklyn (Emergency Vehicles Only) | 7:00 AM | 3:00 PM |
| <u>Pulaski Bridge</u> | | |
| Entire Bridge | 8:00 AM | 2:50 PM |
| <u>Queensboro Bridge</u> | | |
| Upper Level – both ways | | Does not close |
| <i>Note: Open for Cars & Buses, with no trucks being allowed on the Bridge.</i> | | |
| Lower Level – Manhattan Bound | 7:00 AM | 3:00 PM to 3:30 PM |
| <i>Note: Exit ramp to 60th Street is Closed.</i> | | |
| Lower Level – Queens Bound | 7:00 AM | 3:00 PM to 3:30 PM |
| <u>Willis Avenue Bridge</u> | | |
| Entire Bridge | 5:00 AM | 4:45 PM |
| <u>Madison Avenue Bridge</u> | | |
| Entire Bridge | 8:30 AM | 4:45 PM |

Other Areas Affected

Staten Island

| | | |
|---|---------|----------|
| School Rd. b/t Tompkins and Bay | 5:00 AM | 12:00 PM |
| Bay Street b/t Fingerboard Rd. and School Rd. (Ft. Wadsworth) | 5:00 AM | 12:00 PM |
| SIE Bay St. Exit Closed --> All traffic diverted to Clove Rd. | 5:00 AM | 12:00 PM |

Brooklyn

| | | |
|-----------------------------|---------|---------|
| Belt Parkway Exits - Delays | | |
| 4th Avenue | 7:15 AM | 1:20 PM |

Manhattan

| | | |
|---|---------|---------|
| 1st Avenue | 8:45 AM | 4:20 PM |
| 5th Avenue | 9:00 AM | 5:20 PM |
| Central Park South | 9:00 AM | 6:00 PM |
| Central Park West | 6:00 AM | 7:00 PM |
| 72nd Street (between Columbus Avenue and Central Park West) | 6:00 AM | 7:00 PM |

Central Park

| | |
|----------------------------|---------------------------|
| Central Park East Drive | Closed to weekend traffic |
| Central Park West Drive | Closed to weekend traffic |
| Central Park Central Drive | Closed to weekend traffic |

FDR

| | | |
|-------------------------------------|-----------------------|---------|
| N/B exit Ramp to Willis Ave. Bridge | 5:00 AM | 4:00 PM |
| N/B and S/B 125 St. Exit | Intermittent Closures | |
| S/B 116th St. Exit | | |
| S/B 106th St. Exit | | |
| S/B & N/B 96th St. Exit | Intermittent Closures | |
| S/B 73rd St. Exit | | |
| N/B 63rd St. Exit | Intermittent Closures | |

Central Park Transverse Roads

| | | |
|------------------------|------------|---------|
| 96th St. Transverse Rd | 9:00 AM | 7:00 PM |
| 86th St. Transverse Rd | 9:00 AM | 7:00 PM |
| 79th St Transverse Rd | 9:00 AM | 7:00 PM |
| 65th St. Transverse Rd | Buses only | 7:00 PM |

Note: NO buses will be allowed to cross 5th Avenue during the race.

Bronx

Major Deegan

| | | |
|------------------------------|---------|---------|
| Exit to Willis Avenue Bridge | 5:00 AM | 4:00 PM |
|------------------------------|---------|---------|