

New York Marathon 2018 Info Pack



About New York Marathon

The TCS New York Marathon is the iconic road race set to the famous backdrop of the Manhattan skyline. Over 50,000 runners take to the start line at Staten Island before running through all five boroughs of New York.

Race day atmosphere is simply indescribable as 2 million people cheer you on. Your marathon will be a spine-tingling experience from start line to the finish line in the beautiful oasis of Central Park in the middle of Manhattan Island.

Highlights

When you run in the New York Marathon you can look forward to the following highlights: Run with 50,000 other runners through the five boroughs of New York in a Major World Marathon; Soak up the sights of the New York skyline, Brooklyn Bridge and the enjoy the feeling of crossing the finish line in Central Park in Manhattan; Over 2 million New Yorkers turn out to cheer you around the course.

Event Facts

Race Day:	Sunday 4 November 2018
Distance:	26.2 miles
Registration Fee:	£295
Your target:	£1,800

How do I register?

The question everyone wants to know – how do I get my place in the New York Marathon? An easy few steps to confirm your place today:

1. Complete the online New York Marathon Registration Form and pay your registration fee of £295
2. Choose and confirm your flights with Sports Tours International
3. Confirm you have personal travel insurance that covers amateur Marathon running and training
4. Your place is confirmed – time to start your training and fundraising

What's included?

When you sign up to the New York Marathon in support of the National Autistic Society the following is included:

- Guaranteed Race Entry into the 2018 TCS New York Marathon
- Return Flights from either London Heathrow or Manchester to JFK, New York. There are a number of options for you to consider which our third party team suppliers Sports Tours International will go over with you in detail.

- Coach transfer to the start line on race day from the New York Public Library on 42nd Street
- Branded running vest and iron-on letters to personalise
- Training and Fundraising support right up to Race Weekend
- Facebook group for you to chat with other runners

If our team of runners is big enough team you will also benefit from race weekend support:

- Meet and greet at the Race Weekend Expo at the Javit's Centre
- Pre-race pasta dinner
- Race day cheering point and support
- Post-race celebrations

What's not included?

When you sign up to the New York Marathon the following is not included:

- Accommodation during your stay in New York
- Personal Travel Insurance (this is required before your place can be confirmed)
- ETSA visa
- Spending Money

Fundraising and training support for you?

It's quite a commitment to fundraise and train for a marathon in support of The National Autistic Society. That's why you can expect a bucket load of support from the events team including:

- A shiny branded running vest with iron-on letters so you get cheered around the course
- Detailed training guides to help with training plans, nutrition, avoiding injuries and more
- Email and telephone contact with a dedicated member of our events team to help you with advice, fundraising materials, inspiration and guidance to help you reach your target
- Become part of Team Autism
- Cheering point around the course to help you keep going
- Pasta Party the night before the race to meet your fellow runners and the team

Frequently Asked Questions

How much do I have to commit to raising in return for a charity place?

In return for your return flights, charity place and bus transfer to the start line we would ask you to commit to a minimum sponsorship target £1800.

I have my own place in the New York Marathon, can I still join the team and what is expected of me?

Absolutely! We'd love you to join the team if you have got your own place and want to fundraise for us. All you have to do is fill in the own place form and send it into events@nas.org.uk to let us know you have your place and we will send you out a

fundraising pack and running vest. With your own place there is no expectation to raise a minimum amount, whatever you can raise will be amazing.

How do I raise my sponsorship?

There are loads of ideas to raise your money and once you sign up you will get a bucket load of ideas and support from the events team to help you reach and smash your target! A couple of suggestions:

1. Online fundraising is a great way to ask for sponsorship even if your friend lives on the other side of the world
2. Fundraising event like a pub quiz or charity dinner party – the secret is to give people something in return for their money and then they won't mind parting with some money!
3. Corporate match funding – check with your employer they may offer you a donation or corporate match funding on whatever your raise for us

Do I need to hand in my sponsorship before the race?

We ask for you to have raised 50% of your fundraising target by Friday 4th August with the remaining sponsorship to be submitted to the National Autistic Society one month after the event so it gives you the chance to collect all the pledges. Any money raised through your online sponsorship page will be sent to us directly on a monthly basis.

The reason for needing your sponsorship in prior to the run is the cost of your place / flights et al will be met from your fundraising. If you feel at any time you are unlikely to reach your target please contact the events team for help and advice.

What will my sponsorship money be used for?

Your sponsorship money is used to fund our key charitable activities which support over 100,000 people each year across the UK. These include our Autism Helpline, our FREE education rights service and the Prospects Employment programme.

I haven't done much running before, will I be able to complete the marathon?

Yes, we have lots of first-timers taking part in this event. You can train to be fit enough for this distance, although you will need to be prepared to train hard over the 6 months leading up to the marathon. We will provide you with a detailed training plan, where you can get expert advice on training, nutrition and injury prevention.

I am an autistic person, can I still take part?

We welcome people with an Autistic Spectrum Disorder and would be pleased to support you as much as possible to achieve your challenge. Please phone the events team on 08450 509 001 if you have any questions about your personal circumstances and wish to discuss the level of care or support you may require.

What equipment will I need to take part?

Just your running shoes and heaps of enthusiasm. As you get into your training you can test different energy drinks to see what works best for you. Also you will find out what kit e.g.

running shorts, socks etc. you find most comfortable. Many specialists' sports shops will help you to find the best running shoes to suit you depending on how you run.

Who can I train with, is it possible to have a running partner?

You can become a fan of the National Autistic Society Events group on Facebook and post messages about training runs in your area to encourage others to come with you. You can also join a local running club; they usually have sessions for all levels see www.runtrackdir.com/ukclubs to find out more.

What do I do about accommodation in New York?

You have to arrange your own accommodation for the duration of your stay whilst in New York. We recommend using a search engine and the many different hotel / hostel sites to find the best deal. We also recommend you book this as soon as possible.

Tip: Remember that being able to catch the bus easily from the public library on 42nd Street (Manhattan) early in the morning and the finish line is at Central Park should sway you where to stay when thinking about location of your hotel.

How do I get my runner number for the marathon?

You need to collect your running number in person from the New York Marathon Expo held from Wednesday to Saturday before the race day at the Javits Centre on the west-side of Manhattan

The National Autistic Society is the UK's leading charity for people affected by autism.

Over 700,000 people in the UK have autism. Together with their families they make up over 2.8 million people whose lives are touched by autism every single day.

Despite this, autism is still relatively unknown and misunderstood. Which means that many of these two million people get nothing like the level of help, support and understanding they need. ***Together, we are going to change this***



Until everyone understands