



New York Road Runners
156 West 56th Street, 3rd Floor
New York, NY 10019

Tel 212 860 4455
Fax 212 860 9754
Web www.nyrr.org

Code of Conduct: Races

At all NYRR events, participants should conduct themselves in a courteous manner, respecting all fellow participants, volunteers, event staff, and members of the community, and following the Rules of Competition. Unsportsmanlike conduct will not be tolerated.

Proper race etiquette is required at all times, including being aware of your surroundings and of announcements and instructions from event officials.

Start

Please give yourself enough time to pick up your bib number and enter your corral. Only enter the corral you are assigned to or a slower one, and respect the event staff. Please be respectfully quiet during pre-race announcements and the playing of the National Anthem prior to the start.

Headphones

The use of headphones is strongly discouraged. If you must wear headphones, be sure that you can hear all announcements and be extra-aware of your surroundings, including other participants.

Mobile Devices

The use of mobile devices for photography or social updates during the event is strongly discouraged, as it decreases your awareness of other participants around you.

Urination

In accordance with City of New York Parks & Recreation rules, please use only the toilet facilities provided. Please be considerate in portable-toilet lines; don't cut in line or into another line. Never urinate in the corrals, at the post-finish walk-off, or in park woods, or you will risk disqualification and a police summons.

Running Courtesy

While participating in the event, don't run in groups of three or more abreast; wide groups become barriers to other runners. Don't stop abruptly to drink at an aid station or to tie your shoelaces. Watch where you spit and blow your nose to avoid hitting other participants. If someone running behind you says, "On your left," move to your right to let the runner pass. If someone says, "On your right," move to your left.

Trash

NYRR events are conducted in public places—either city parks or streets. Please deposit any trash in the provided receptacles, including at aid stations. Be careful when discarding cups at aid stations so as to avoid hitting other participants.

Safety

If you encounter a runner in distress, offer assistance and/or report the situation to the nearest aid station, and, if possible, call the event medical emergency line: 866-705-6626.

Code of Conduct: Classes

At all NYRR events and classes, participants should conduct themselves in a courteous manner, respecting fellow participants, teachers, coaches, and members of the community. Unsportsmanlike conduct will not be tolerated. Proper etiquette is required at all times, including awareness of your surroundings and of announcements and instructions from class teachers and coaches.



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Headphones

The use of headphones during running classes is discouraged. If you do wear headphones, make sure you can hear all announcements, and be extra-aware of your surroundings, including other participants.

Mobile Devices

The use of mobile devices for photography or social updates during the class is strongly discouraged, as it decreases your awareness of the teacher or coach and of other participants.

Running Courtesy

While participating in a running class, don't run in groups of three or more abreast; wide groups become barriers to other runners. Don't stop abruptly. Watch where you spit and/or blow your nose so as to avoid hitting other participants. If someone running behind you says, "On your left," move to your right to let the runner pass. If someone says, "On your right," move to your left.

Trash

NYRR classes are often conducted in public places, such as city parks and streets. Please deposit any trash in the provided receptacles.

Urination

If you're in a public park, in accordance with City of New York Parks & Recreation rules, please use only the toilet facilities provided. Never urinate in the woods or any other part of the park.

Safety

If another runner appears to be in distress, please offer assistance and/or notify the instructor.