

RACE DAY INFORMATION

START TIMES AND HEAT ASSIGNMENTS

Participants will be launched in waves of approximately 250 runners every 15 minutes beginning at 9:30am. Your assigned start time wave was based on your decision to run or walk, with runners starting first according to pace. To ensure the safety of all participants, walkers cannot start until after the last wave of runners is launched. If you have not been assigned to the same heat as a friend or team member, please note that assignments were based on running pace in an effort to avoid overcrowding the route. You may still plan to participate with friends, family and team members, and should coordinate with them to determine what works best for your group.

THE RUNYON 5K - HOME OF THE WORLD CHAMPIONS!

Please note the entire Runyon 5K route is inside the Stadium, and includes concourses, ramps, and stairs. We encourage you to enjoy the amazing views and the experience of being in the home of this year's World Series Champions!

ROUTE DETAILS

Each wave of participants will enter a queue just outside the Great Hall (near Gate 4) as their assigned heat/start time approaches. Please listen for announcements from the race management team so you know when to enter the queue. **The route is complex, but will be well-marked and lined with supportive volunteers who will guide you along!** To give you an idea of what's in store, here is a description of the route:

- START LINE on the 100 level concourse, near Section 120
- Run/walk two laps around the 100 level concourse
- After second lap, near Section 126, turn left behind concessions, then take ramp to sub-zero level
- Run/walk through the sub-zero level
- Exit the sub-zero level between the Bullpen and Monument Park, turn right onto warning track
- Run/walk two laps around the warning track that circles the field
- Exit warning track to the right, return to sub-zero level
- Run/walk back through sub-zero level, turn left toward right field stairs
- Climb 103 steps to 200 level concourse
- Run/walk the length of the 200 level concourse toward left field stairs (near Section 234)
- Climb 64 steps to 300 level concourse
- Run/walk the length of the 300 level concourse
 - Water stop located in front of Jim Beam Suite near Section 320
 - Restrooms accessible
- At Section 310, turn right down ramp near Gate 6, then take ramp down to the Great Hall
- Run/walk short distance through Great Hall (please stay to your right)
- Turn right up the Great Hall stairs to 200 level concourse
- Climb 55 steps to 200 level concourse
- Run/walk the length of the 200 level concourse toward left field stairs (near Section 234)
- Climb 64 steps to 300 level concourse
- Run/walk the length of the 300 level concourse
 - Water stop located in front of Jim Beam Suite near Section 320
 - Restrooms accessible
- At Section 310, turn right down ramp near Gate 6, then take ramp down to the Great Hall
- Run/walk short distance through to FINISH LINE in Great Hall (please stay to your left)

Volunteers will present all finishers with a Runyon 5K medal and bottled water. Runners and walkers should pick up their post-race refreshments, then exit the Great Hall to their left, onto Babe Ruth Plaza. If you have checked items at Gear Check, please re-enter the Great Hall near Gate 4 to retrieve them.

APPROPRIATE ATTIRE: Yankee Stadium is an open-air stadium, so please plan to wear outdoor running gear. Please check the forecast and dress accordingly!

ARRIVAL TIME: Gates will open to participants and spectators at 8:45am. Please plan to arrive at the Stadium 30 minutes prior to your assigned start time.

ENTRANCE: Participants should enter the Great Hall between Gate 4 and Gate 6.

GEAR CHECK: Gear check will be available for personal items in the Great Hall inside the Stadium. While the area is secure, you are advised not to bring valuables with you to the event. **Please keep your gear to a minimum to ensure a speedy check-in and check-out.** Gear check will be organized by bib number.

PARKING: Parking will be available at garages and lots near the Stadium, including River Avenue Garage - <http://baseball-parking.com/Parking-Rates> - located at 950 River Avenue (at East 164th Street). For more information please call Standard Parking at 718.292.6515 or visit www.baseball-parking.com. A map with area garages and lots can be viewed here: [http://baseball-parking.com/user/File/Yankee_Stadium_Parking_Facilities\(1\).pdf](http://baseball-parking.com/user/File/Yankee_Stadium_Parking_Facilities(1).pdf)

PUBLIC TRANSPORTATION: Yankee Stadium is located at 161st Street and River Avenue in the Bronx, and is easily accessible by subway and Metro-North trains. The 4 train (East Side) and the D train (West Side) make stops at 161st Street/Yankee Stadium. Metro-North Railroad's new Yankees – E. 153rd Street Station is located on the Hudson Line. For point-to-point directions and updated service advisories, please visit www.mta.info and check train schedules. Please allow additional travel time to reach the Stadium. Trains will run less frequently due to weekend schedules and there may be unexpected delays due to construction.

RESTROOMS: Restrooms will be accessible on the 100 Level Concourse via the Great Hall (near Gear Check), and along the route near the water stop on the 300 Level Concourse. Restrooms are also located in the Delta SKY360° Suite.

SPECTATORS: Friends and family members who would like to watch you run your victory lap around the warning track can do so from the Delta SKY360° Suite, which is located in the nine sections of the Main Level directly behind home plate, and offers an incredible view of the field. **This area will also be open to participants prior to or after their run/walk.** Spectators should enter through the Suite Entrance just beyond Gate 4, while participants should access this area via the stairs in the Great Hall near Gate 4. Please note that spectators entering the Delta SKY360° Suite will be asked to sign a waiver as required by Yankee Stadium. Participants must have their bib numbers visible to enter.

PHOTOS: Spectators and participants will have an opportunity to purchase a photo in the Delta SKY360° Suite area. Photos will be taken, printed and placed in a customized magnetic frame as a take-away item. A portion of the proceeds from photo sales will be donated to the Damon Runyon Cancer Research Foundation.

PLEDGE DROP-OFF

Thank you for raising donations to support cancer research! Please bring donations with you to the drop-off location inside the Great Hall at Yankee Stadium. Be sure to indicate that the donations are in support of your run/walk. All funds raised through December 18th will be added to your fundraising total. Please send any additional pledges collected after the event to:

Damon Runyon Cancer Research Foundation
One Exchange Plaza
55 Broadway, Suite 302
New York, NY 10006

Your supporters can also continue to donate online at www.damonrunyon.org/yankeestadium through December 18th.