HELPFUL TIPS

- Water bottles must be disposed of before reaching the start line.
- For your safety and security, the MTA & NYPD prohibit any backpacks, strollers, or bicycles in the tunnel — this will be strictly enforced.
- No cars will be allowed to enter the IKEA parking.
- Only runners will cut across King St. for staging on Richards St., walkers will remain staged at IKEA.
- No food is allowed on the water taxi.
- Parking fills up fast — we recommend taking public transportation.

No bags of any kind are permitted on the water taxi or anywhere at the Tunnel to Towers 5K Run & Walk NYC.