







**Tunnel to Towers
5K RUN & WALK**
NEW YORK CITY

-  START LINE
-  TUNNEL ENTRANCE
-  TUNNEL EXIT
-  FINISH LINE
-  MEDICAL
-  WATER STATION
-  WATER TAXI
-  PARKING

-  BBQ & CONCERT
-  COURSE ROUTE
-  WATER TAXI ROUTE
-  WALKING



MANHATTAN

BROOKLYN

NO BAGS OF ANY KIND ARE PERMITTED ON THE WATER TAXI OR ANYWHERE AT THE TUNNEL TO TOWERS 5K RUN & WALK NYC

HELPFUL TIPS

- 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
- NO FOOD IS ALLOWED ON THE WATER TAXI
- WATER BOTTLES MUST BE DISPOSED OF BEFORE REACHING THE START LINE
- ONLY RUNNERS WILL CUT ACROSS KING ST. FOR STAGING ON RICHARDS ST., WALKERS WILL REMAIN STAGED AT IKEA
- PARKING FILLS UP FAST - WE RECOMMEND TAKING PUBLIC TRANSPORTATION