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
- 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

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

HELPFUL TIPS

- WRITING IN INK IS NOT PERMITTED!
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