Loop 1
6 Miles

Loop 2 and 3
5 Miles each

Loop 4
4 Miles

ING
Long Training Run
2012

- Mile Markers
- Race Route
- Water Stations & Toilets
- Medical Aid Stations
- Baggage
- Number pick-up
- Regrouping Area
- Misting Area
- Gatorade® Endurance Stations

NEW YORK ROAD RUNNERS