

## Running Protocols for Coaches to Tell their Athletes

Before the race, show your runners the Young Runners table and its proximity to the finish line. After the race, if they are unable to find anyone from their team, instruct them to go to the Young Runners table.

### The Young Runners Racing Rules of the Road:

- 1) At the start, line up in the corral that corresponds to the color of your bib.
- 2) Run at a pace you can keep for the whole race.
- 3) Stay in the marked lanes at all times.
- 4) Watch out for the runners around you, be polite to them and do not weave in and out on the roadway.
- 5) Always have your bib number fully visible. Your bib has a contact information sticker with a number to call in case you need to reach someone at the Young Runners table.
- 6) Know where to meet your coach at the end of the race. If running with a race buddy stay with him/her at all times (including emergencies) until you meet your coach or a Youth Programs Manager.

### Important Safety Rules for Young Runners at NYRR Races

- **Be patient at the start.**  
Most NYRR races are very crowded at the start, and that's where accidents are most likely to happen. Don't worry if you're running a little slower than you want to at the beginning of the race because of the crowd; this will help you pace yourself for later in the race. If you do want to speed up, **Be Polite!** Make sure there's plenty of space to pass other runners so you don't step on their heels.
- **BE AWARE of other runners in the race.**  
Don't cut people off. Don't weave in and out of runners. Those are the primary reasons for accidents and injuries on the course!
- **Run a steady pace.**  
Another very common way to cause an accident is to cut in front of someone and then slow down. Running a steady pace will prevent this. You can pass other runners if you need to, but be sure to keep your pace after you pass. If you do pass, make sure to give the other runner plenty of space; don't crowd them.
- **Be careful at water stations.**  
Water stations can be very crowded. Be careful when you arrive at a water stop and make sure you're not cutting off other runners or spilling water on them. If you're going to stop or slow down to walk through the water stop, make sure there's not a runner directly behind you. If a water station is coming up and you know you want a drink, move to the side of the road with the water table ahead of time – don't cut across at the last minute. When you're finished with your water, you may throw your cup to the side, not in the path of another runner.

**Note:** Failure to follow these rules can result in removal from the course and disqualification from future events.

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### Additional Tips:

- Go over the course map with your athletes before the race.
- Try to run with a buddy. Runners first time in the park should be paired up with another runner.
- If you end up alone, which can easily happen, don't go off the road. Continue on the race route until a coach, a parent or a NYRR Youth Programs staff member gets to you. Do not leave with anyone else!
- If you get tired, slow down or start walking but stay on the race route.
- If someone is talking to you and makes you feel uncomfortable let them know in a firm voice that you do not know them and cannot talk to them.
- If at any time the runners are unsure of the location in the park, look at the numbers on the lamp post for help. For example: lamp post # E9605 = 5<sup>th</sup> lamp post on 96<sup>th</sup> block on the East Side.
- If you have a problem or are not feeling well while running, go to one of the staff or volunteers in the orange vests. They can call for someone to come get you.

As a Young Runners coach, we are counting on you to be concerned with the safety of **ALL** Youth Programs children. Please help any child in need of assistance.