



THE
runyon 5K

DAMON RUNYON 5K AT YANKEE STADIUM
RUN/WALK FOR CANCER RESEARCH

PRESENTED BY

 MetLife Foundation

EVENT DAY INFORMATION FOR RUNYON 5K PARTICIPANTS – SATURDAY, MAY 11, 2019

APPROPRIATE ATTIRE: Yankee Stadium is an open-air stadium – please plan to wear outdoor running gear. Check the forecast and dress accordingly!

ARRIVAL TIME: Please plan to arrive at the Stadium 30 minutes prior to your assigned start time.

PUBLIC TRANSPORTATION: Yankee Stadium is located at East 161st Street and River Avenue in the Bronx and is easily accessible by subway and Metro-North trains. The 4 train (East Side) and the D train (West Side) make stops at 161st Street/Yankee Stadium. Metro-North Railroad's Yankees–E. 153rd Street Station is located on the Hudson Line. **For point-to-point directions and updated service advisories, please visit <http://www.mta.info> and check train schedules. Please allow additional travel time, as trains may run less frequently due to weekend schedules, construction and unexpected delays.**

PARKING: Parking will be available at the 164th Street Garage located at 951 River Avenue (at East 164th Street) and at the 153rd Street Garage located at 71 East 153rd Street (at River Avenue). Rates range from \$15 – \$35.

BAG CHECK: Due to heightened security concerns, bag check is not permitted inside the Stadium. Bag Check will be **available for limited items in a U-Haul box truck parked by Heritage Field on East 161st Street across from the Stadium. PARTICIPANTS MUST DROP THEIR BAG OFF AT THE TRUCK PRIOR TO ENTERING THE GREAT HALL OR THE HEAT LINE-UP. Bag Check will open at 8:45 am.**

Bags will be permitted in the Spectator Area inside the Delta SKY360° Suite. Each person is permitted to bring into Yankee Stadium only one MLB-compliant bag – presently defined by Major League Baseball as soft-sided and no larger than 16 inches by 16 inches by 8 inches – and only one smaller-sized soft-sided personal item (e.g., a handbag, clutch, tote or plastic grocery bag). All bags will be thoroughly inspected before they are permitted into the Stadium.

Clear factory-sealed **plastic** water bottles 1 liter in size or smaller, and **empty plastic** sports bottles are permitted.

ENTRANCE: All participants are required to be screened via metal detectors before entering Yankee Stadium. Please enter the Great Hall through designated doors near Gate 4 to pick up your bib (if you did not pick up in advance), use the restroom, drop off donations, etc. You will then exit the Great Hall, turn right and head to Gate 4, where you will enter the line for your assigned heat. From there, you will proceed to the start line on the 100 level concourse.

RESTROOMS: Restrooms will be accessible on the 100 level concourse via the Great Hall and along the route. Restrooms are also located in the Delta SKY360° Suite.

PLEDGE DROP-OFF: You may bring offline donations with you to the pledge drop-off location inside the Great Hall. Be sure to indicate that the donations are in support of your run/walk.

START TIMES AND HEATS: Participants will be launched in heats of approximately 200 people every 10 minutes beginning at 9:30 am. Heat 1 is for competitive runners only. Heats 2, 3 and 4 are for runners only, while all other heats will consist of runners AND walkers. **To ensure everyone's safety, participants who are walking should position themselves in the back when entering their heat line, while runners should head to the front. Walkers should stay to the right, allowing runners to pass on the left.** The last heat will launch at 11:30 am. Please note that Gate 4 will close promptly at 12 noon.

The entire Runyon 5K route is *inside* Yankee Stadium, and includes concourses, ramps, stairs, and the warning track! Each heat of participants will enter a queue on Babe Ruth Plaza near Gate 4 as their start time approaches. Please listen for announcements from the race management team so you know when to proceed to the start line and how to navigate the route.



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THE RUNYON 5K ROUTE – THINK TWICE!

- START LINE on the 100 level concourse, near Section 120
- Run/walk **two laps around the 100 level concourse**
- After second lap, near Section 126, turn left at concessions, then take ramp to sub-zero level
- Run/walk through the sub-zero level
- Exit the sub-zero level between the Bullpen and Monument Park, turn right onto warning track
 - Water stop located at entrance to/exit from warning track
- Run/walk **two laps around the warning track** that circles the field
- Exit warning track to the right, return to sub-zero level
- Run/walk back through sub-zero level, then turn left toward right field stairs
- Climb 103 steps to 200 level concourse
- Run/walk the length of the 200 level concourse toward left field stairs (near Section 234)
 - Water stop located near Premio stand at Section 217
- Climb 64 steps to 300 level concourse
- Run/walk the length of the 300 level concourse
 - Water stop located across from Sections 426/427
- At Section 310, turn right down ramp near Gate 6, then take ramp down to the Great Hall for the **1st time**

- Run/walk short distance through the Great Hall (**PLEASE STAY TO YOUR RIGHT, AND FOLLOW THE GREEN COURSE CONTINUES SIGN**)

- Turn right up the Great Hall stairs to 200 level concourse
- Climb 55 steps to 200 level concourse
- Run/walk the length of the 200 level concourse toward left field stairs (near Section 234)
 - Water stop located near Premio stand at Section 217
- Climb 64 steps to 300 level concourse
- Run/walk the length of the 300 level concourse
 - Water stop located across from Sections 426/427
- At Section 310, turn right down ramp near Gate 6, then take ramp down to the Great Hall for the **2nd time**

- Run/walk short distance through to the FINISH LINE in the Great Hall (**PLEASE STAY TO YOUR LEFT TO FINISH**)

Volunteers will present all finishers with a Runyon 5K medal and bottled water. Participants should pick up their post-race refreshments, then exit the Great Hall through designated doors onto Babe Ruth Plaza. Any items left at Bag Check can be retrieved from the box truck across the street.

SPECTATORS: Friends and family members can watch you make your way around the warning track from the **Delta SKY360° Suite** located on the Main Level. **There will be a \$5 suggested donation for spectators, but no tickets are required.** The spectator area will open at 8:45 am, and limited concessions will be available for purchase. This area will also be open to participants prior to or after their run/walk. Participants and spectators can **enter through the Suite Entrance near Gate 4**. Strollers can be accommodated in the Delta SKY360° Suite.

TRIBUTE WALL: Participants are encouraged to share why they are participating in the Runyon 5K on our Tribute Wall located in the Delta SKY360° Suite.

SOCIAL MEDIA: Be sure to follow @Runyon5K on Instagram and Twitter and tag your success with #Runyon5K. You can also share your photos with **Runyon 5K at Yankee Stadium** on Facebook.

RESULTS: Finish times will be posted at <https://results.chronotrack.com/event/results/event/event-50575>.

THANK YOU FOR YOUR SUPPORT!