

EVENT GUIDE



New York Flushing Meadows 5k, 10k & Half Marathon Sunday November 16, 2025



YOUR RACE EXPERIENCE



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WELCOME

The RunThrough Team is excited to have you join us for your upcoming race! Our mission is straightforward:

To inspire active nations through running.

By hosting inclusive and welcoming events for everyone, fuelled by our shared passion for running and community, we strive to create events that leave lasting memories for every participant.

Our team is a diverse blend of running enthusiasts and seasoned event organisers. With countless race experiences, we are experts at event organising while understanding the journey of all runners.

Rest assured, whether you're chasing a PB or completing your first race, you're among friends who understand the exhilarating highs of completing an event.

As race day approaches, safety is our top priority. Our team will be on the ground doing everything to ensure you have the best experience at this RunThrough event.

We look forward to seeing you on race day, don't hesitate to say hello!

Wishing you the best on race day!

The RunThrough Team



TRAVEL

Address: P5X6+69, Flushing, NY 11355, United States

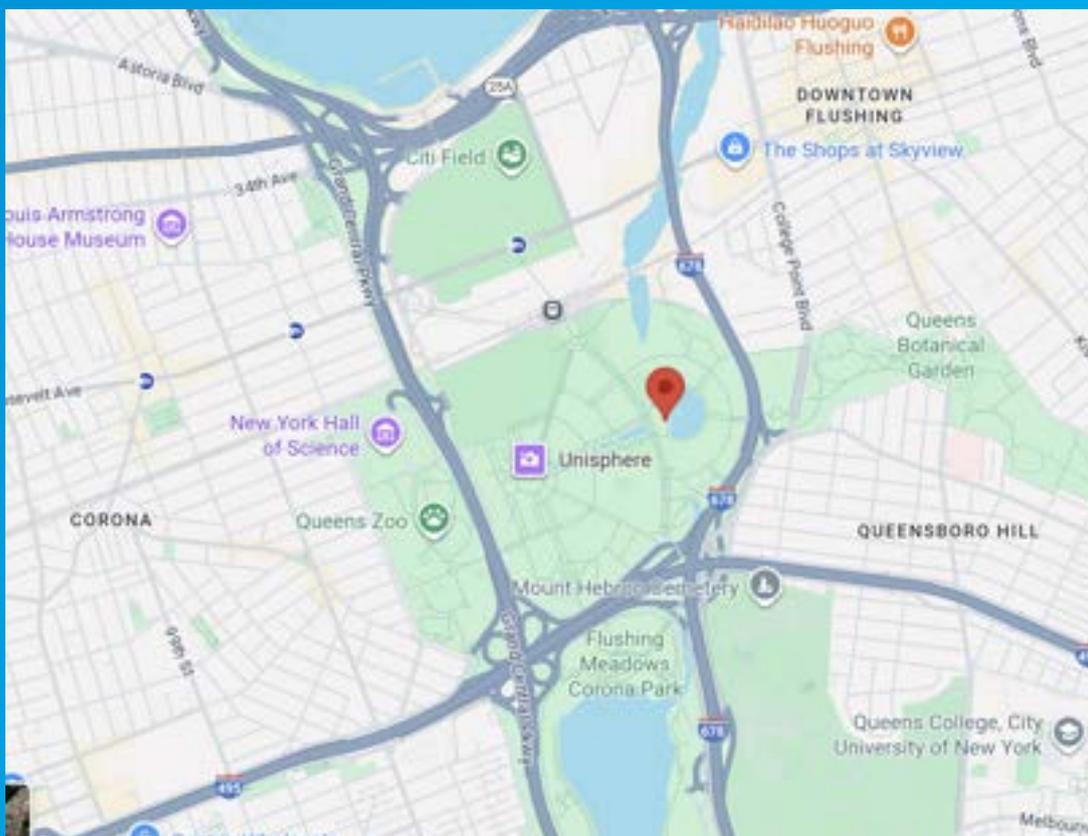
Please arrive early and car share where possible. As with many sporting events, please anticipate parking spots filling up quickly.

Travel By Car:

- Set your navigation destination as “P5X6+69, Flushing NY 11355” (or enter the nearby known address if your device doesn’t recognise the plus-code).
- From Manhattan: Use the Midtown Tunnel (e.g., via the Queens Midtown Tunnel) into Queens, then follow signs for Flushing/Long Island Expressway (LIE).
- Proceed to local streets in Flushing area; parking may be limited — consider parking in a public lot or using a rideshare drop-off.

Travel By public transport from central NYC / Manhattan:

- Take the subway: Use the 7 train heading toward Flushing–Main St (Queens).
- Get off at Flushing–Main St station.
- From there walk or take a local bus toward the area of postal code 11355 in the borough of Queens, NY.
- The “P5X6+69” looks like a plus-code / OpenLocationCode-style reference. It’s roughly in the vicinity of Flushing/Queens, so once you exit the station you may need to use your phone’s map via plus-code lookup to pinpoint the exact spot.



RACE PACKS & START TIMES

Race Start Times

Half Marathon -7:30am
10K- 8:30am
5K- 8:30am

Race Pack Collection Times

HM - 6:00-7:00am
5k & 10k - 7:00-8:00am

PLEASE COLLECT YOUR RACE PACK

You can do this from the event village registration tents on race day morning. Please arrive with enough time to do this.

Attach your number to the front of your shirt (we recommend safety pins or magnets).

Your timing chip will be attached to the bib, please do not tamper with this.

You're then ready to run!



Please take a couple of minutes to fill out the brief runner information form below and on the back of your bib.



This will help us in case of an emergency!

[CLICK FOR FORM](#)

EVENT VILLAGE



TOILETS

we will have rented port-a-lets located in the event village for you to use.



BAG DROP

- Please limit the number of belongings you bring to the event.
- There will be a bag drop marquee located in the event village.
- Your baggage tag is attached to your race number.
- Tear off the strip and attach it to your bag.
- Leave your bag in our bag drop marquee.
- Collect your bag after your race.

RACE DAY ETIQUETTE

At RunThrough we are massive advocates that running truly is for anyone. Whatever your ability, gender, age or ethnicity, we're here to support you.

Whilst at a RunThrough event, we hope you feel safe, encouraged and included. In order to achieve this, we have a few simple rules we'd like our runners to follow:

- **Be considerate and respectful to other runners and race staff.**
- **Refrain from demeaning, discriminatory or harassing behaviour and speech.**
- **Be mindful of your surroundings and your fellow participants.**

If you see or experience anything that challenges these or makes you feel uncomfortable, please don't hesitate to visit our Information tent or speak to a member of our team. (We can be found in High-vis jackets!) Or if you prefer you can email us at info@runthroughusa.com.

We're always available to deal with any issues, offer support or simply just have a chat! We're on hand to ensure everyone has the best race day experience possible and feels supported throughout the day.

WARM UP & RACE START

We will have a warm up in the event village 20 minutes prior to the start of each race.

From here, we will call out estimated finish times to get all runners lined up and ready to run.

THE 5K & 10K RACES WILL START TOGETHER

DURING THE RACE

There will be marshals all around the course as well as distance signs and arrows.

All races start and finish on the Dwight Eisenhower Promenade. Runners will head out and do a loop of the Fountain of the Planets and then head out towards the Garden of Meditation.

You will then hit the fluid station on your way to the Unisphere. A long straight along the Avenue of Americas, followed by a right on the Avenue of Commerce will take you back towards the event village.

All runners will then complete a small loop along Herbert Hoover Promenade, which will take you back into the finish / lap point.

5k runners will complete 1 loop.

10k runners will complete this loop twice.

Half Marathon starts with a mini loop that takes all runners around the 'rocket thrower' then heads out to do 4 laps of the 5k lap.

Please drain and discard all litter and cups within the bins provided. There will be designated areas that you will pass shortly after the fluid station where you can throw your used fluid station cups.

FLUID STATIONS

5k runners - 1 x fluid station

10k runners - 2 x fluid stations

Half Marathon - 4 x fluid stations

Please help yourself to the cups provided as you pass these stations.

There will also be water waiting for you at the finish line of all of the races. We recommend bringing your own water to stay hydrated in the lead-up to the event.

COURSE MAP

5K Race Route
10K - 2 Laps
HM - 4 Laps



[CLICK FOR 5K INTERACTIVE MAP](#)

AFTER THE RACE



THE FINISH LINE

Please continue walking through the finish funnel to collect your medal and all your post-race goodies!

These will consist of a bottle of water and snacks from our sponsors.

SPECTATORS

Spectators are more than welcome to attend and watch anywhere along the course.

We advise staying in the event village where you can park and watch the start and finish.

EVENT T-SHIRTS

If you have purchased an event T-shirt with your race entry, please have your confirmation email ready to show when you collect your race pack.

If you have not purchased a t-shirt and would still like to, you can buy yours now at:

<https://www.runthroughkit.com/collections/event-tshirt/products/runthrough-baltimore-druid-hill-park-5k-10k-2025>

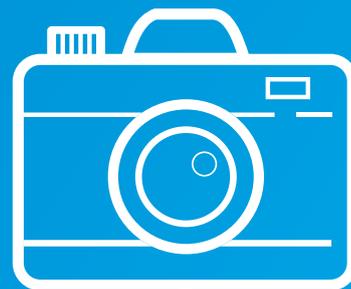
You will be able to collect your event T-shirts at the registration desks in the event village on the event morning.



SOCIALS

PHOTOS

We will have a photographer taking a few snaps of the race, which will be made available on our photos page after the race.



click the camera to visit the page!



Tag and collaborate your content with us on Facebook and Instagram for the chance to geature on our pages!



To listen to all things running, RunThrough and inspiring stories, check out the Gone Running Podcast!



If you #RunThroughUSA on Instagram with your race day collages, the best ones will feature on our page!

click the icons to visit our pages!

Cheer on your friends, celebrate your achievements and share your story with us! We love to hear from you!

Click the QR to fill out the form with your event day shoutout requests!



RESULTS AVAILABLE AT
WWW.RUNTHROUGHUSA.COM

F.A.QS

How will my results show?

Results will be listed in Gun Time order (time from the start of the race, to you finishing). You will also be able to see your Chip time (the exact time from when you cross the start line to your finish). The difference between times may be due to it taking a few minutes to get everyone over the start line.

Your category is determined by your age. Under 35 is classed as a senior and 35+ is listed as Vets in 5-year increments.

This will further be categorised as Female, Male or Open (non-binary, or those who prefer not to say)

What is the minimum age for this event?

5k - no minimum age | 10k - 15 years | Half Marathon- 17

Is there a time restriction to complete the race?

Yes, due to venue restrictions there is a cut off in place, please contact us at info@runthroughusa.com if you think you will take longer than 3hrs to complete the half marathon, or 2hrs for the 10k so we can make arrangements for you.

I can no longer make the event, can I get a refund?

We are sadly unable to refund or transfer your entry within 14 days of the race. Your race pack and everything associated with your entry fee has already been paid for by this time. We'd love for you to run virtually and we can post out your medal and goodies!

Can I transfer my entry to a friend or swap distances?

We are sadly unable to transfer your entry or edit associated details within 14 days of the race as your race pack and everything associated with your entry have now been processed.

Will there be a fluid station on the course?

Yes! There will be 1 fluid stations on the 5k, 2 on the 10k and 4 on the half marathon, please help yourself to the cups provided as you pass these stations.

Am I allowed to wear headphones?

Headphones are not permitted unless bone conducting. Should you choose to wear these, please keep the volume low and remain aware of your surroundings and marshal instructions.

When will I get the add-on Event T-shirt I ordered with my entry?

This will be available to collect at race pack collection. Please have your email confirmation ready to show to our staff.

Where should I park for the event?

There is ample street and free parking in the local area. Please arrive early to secure a spot.

Where is the best place to spectate?

We advise staying within the event village to be sure you catch the finish! You're welcome to walk around the course, however, if you're following the race route, please be respectful of other runners.

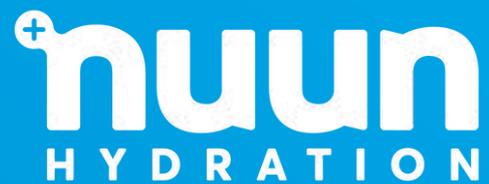
Will there be a prize giving?

There isn't a prize giving for this event, however, please share your successes with us on social media! We love seeing how you got on!

Check out our podium and photo wall to get your celebratory pictures!



**Supported
by...**



BROOKS

