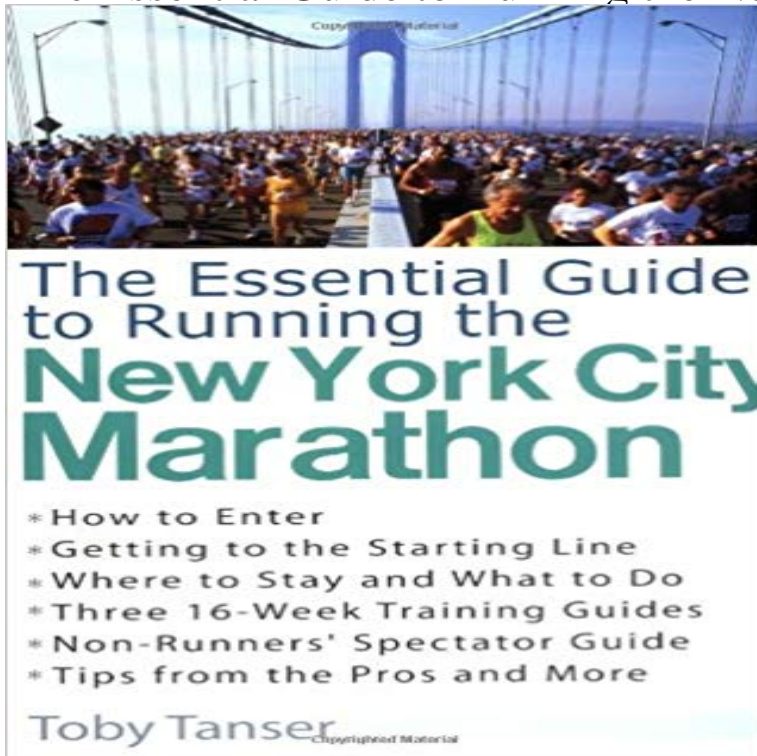


The Essential Guide to Running the New York City Marathon



This practical how-to guide helps take the stress out of planning for the marathon. Readers will find sections on every conceivable aspect of preparing for-and enjoying-the big day, including: How to Enter Three 16-week Training Guides The Top 14 Tips for Surviving in the City The Weather and What to Wear Hotels Volunteering The Race Expo Where to Run in NYC Getting to-and Surviving-the Start Best Bagel and Pizza Restaurants in the City Spectator Essentials The Course-for the Marathoner and for the Spectator NYC Sports Doctors Tips from the Pros

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