

# RACE NUMBER INSTRUCTIONS For Wheelchairs and Handcycles



## Bands/Background

The bands on your race bibs will be either blue or orange. The background color of your number will be white. Your number will be preceded by either a "W" (wheelchair) or "H" (handcycle). The band color and letter on your race bib indicates your start time and which start line you will be crossing. Entrants with blue band colors and the letter "W" will start from the blue start at 8:20 a.m.; entrants with blue band colors and the letter "H" will start from the blue start at 8:45 a.m.; entrants with orange band colors and the letter "W" or "H" will start from the orange start at 8:45 a.m.

## Number Label

The sticker affixed to the left of your race number contains information about you as specified in your race application. If there are any serious errors in this information, visit the Help Desk at the expo to make a correction.

- Name
- Gender
- Age
- Country of residence
- Race number
- D-Tag number
- Bus pass for bus to AWD staging area at the start

## Race Number Instructions

All Wheelchair/Handcycle entrants in the ING New York City Marathon 2009 must wear official entry numbers. Each entrant will receive in his/her race packet: two standard race bibs and three helmet numbers. **Helmets MUST be worn by all Wheelchair/Handcycle entrants, and all race bib numbers must be fully visible at all times (not cut, folded, or obscured), or entrants risk disqualification.**

## Attaching Your Number

Before attaching your race bibs, please **fill out your medical information on the back in case of emergency**. Then, attach the race bibs to your shirt/jacket or chair, one in the front and the other in the back, using the four pins provided in your race packet or other secure means of attachment. Also attach the helmet numbers, which are self-adhesive, to the front and each side of your helmet.

\* Times are subject to change. Check [www.ingnycmarathon.org](http://www.ingnycmarathon.org) for updates.

See reverse for D-Tag instructions