

# RACE NUMBER INSTRUCTIONS For Wheelchairs and Handcycles



## Bands/Background

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 color and letter on your race bib indicates your start time and which start line you will be crossing. Entrants with blue colors and the letter "W" will start from the blue start at 8:30 a.m.; entrants with blue colors and the letter "H" will start from the blue start at 8:55 a.m.; entrants with orange colors and the letter "W" or "H" will start from the orange start at 8:55 a.m.\*

## Number Label

The sticker affixed to your race bib 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 2010 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 eight 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

# D-TAG INSTRUCTIONS

For Wheelchairs and Handcycles

The race will be scored using the ChronoTrack timing system. You will wear a timing device on your chair that will be “read” by mats. The timing device, called a D-Tag, is attached to your race number. You must remove the D-Tag from your race number and attach it to your chair prior to the race, following the instructions. This tag is secured to your chair using an adhesive strip. The tag is disposable; it will not be collected after the race.

**All participants in this race must wear the D-Tag in order to have their finish recorded.** No tag, no time.

Written directions will be posted online at [www.ingnycmarathon.org](http://www.ingnycmarathon.org). If you need personal assistance with learning how to use the D-Tag, please visit the New York Road Runners booth at the expo.

For additional information from ChronoTrack, please visit [www.chronotrack.com/for-athletes](http://www.chronotrack.com/for-athletes).

## Split Times

Race results will include your:

- Net finish time (from the moment you cross the starting line), used to establish order of finish
- Split times: 5K, 10K, 15K, 20K, half-marathon, 25K, 30K, 35K, and 40K, plus every mile beginning with mile 8.



1. Remove the tag and directions from your race number.



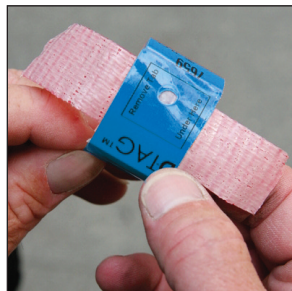
2. Fold along perforation and tear D-Tag from directions. Crease D-Tag along fold lines.



3. Remove paper tab under marked black area.



4. Overlap and align holes, forming a loop; press firmly to adhere.



5. Place tape through D-Tag and adhere to the “flat side” of D-shape, **taking care not to cover silver antenna.**



6. For pushrim chairs, tape\* firmly to lead-wheel fork.



7. For handcycles, tape\* firmly to handcycle frame.

\*You may use your own tape or the adhesive strip provided with your number.