

RUNNERS RULES

This year's rules are a little different. Know what you can and can't have with you on race day.



YES

NO



Runners may carry these items on race day. All such items will be subject to inspection at any time.

ONE FANNY PACK

No larger than 5x15x5 inches, to carry food, medicine, identification, cell phone, keys, or other similar small items.



ARMBAND

Can carry a cellular phone or small camera

STANDARD MANUFACTURED "FUEL BELT"

Bottle must be one liter or smaller



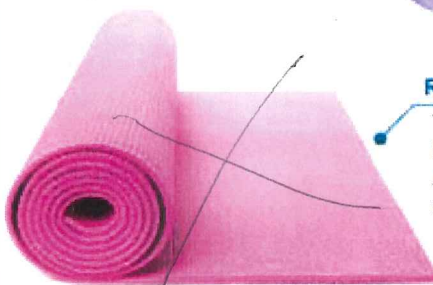
BLANKET OR TOWEL

Worn around the shoulders like a cape or held loose, but not in a bag. Must be left at the Athletes' Village staging area



ROLLED-UP YOGA MAT

To sit on before the race. Must be left at the Athletes' Village staging area



HEADPHONES

Discouraged, but permitted



On race day, runners will be prohibited from carrying any of these items when entering or within any Marathon venue

LARGE BAGS

- Backpacks or any similar items carried over-the-shoulder
- Handbag of any size
- Personal hydration systems (such as CamelBak®, Thor®, etc)
- Weight vests or any sort of vest with pockets (Note: lightweight running vest are allowable)
- Suitcases and rolling bags

CERTAIN CONTAINERS

Including glass or any container capable of carrying more than one liter of liquid



COSTUMES

Those covering the face or any non-form-fitting, bulky outfits extending beyond the perimeter of the body



SELFIE STICKS

Including any extendible equipment that may hold a camera or recording device



PROPS

Including sporting equipment, military, and fire/gear. Signs or flags larger than 4x17 inches, and flags