

RunThrough USA

NEW YORK FLUSHING MEADOWS 5K, 10K & HALF MARATHON

SUNDAY 15TH NOVEMBER 2026

EVENT GUIDE

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RunThrough USA

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

RunThrough USA

TRAVEL

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

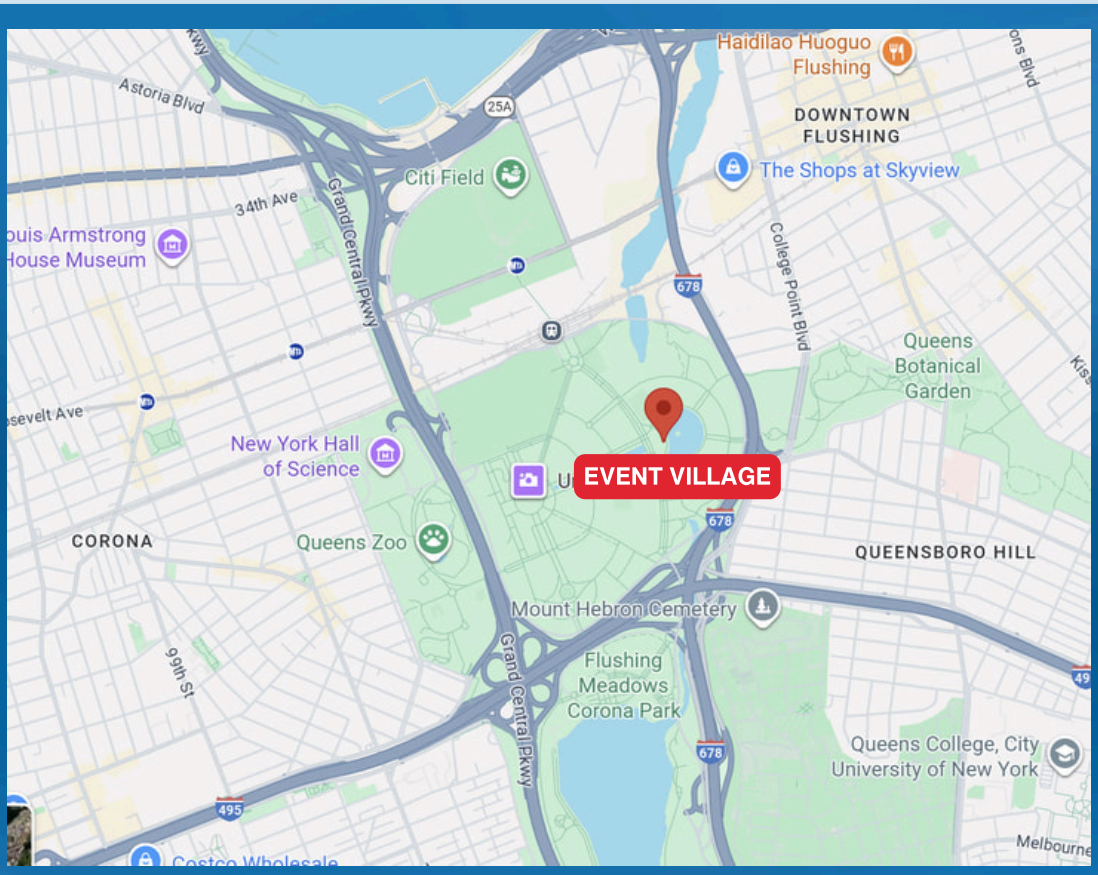
Please arrive early and car share where possible. As with many sporting events, please anticipate parking spots filling up quickly.

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:

- 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.



CLICK HERE FOR MAP TO THE EVENT VILLAGE

RACE PACK

START TIMES

HM	8:00am
10K	8:45am
5K	8:45am

RACE PACK COLLECTION TIMES

HM	6:30-7:30am
10K	7:15-8:15am
5K	7:15-8:15am

- On arrival make your way down to the registration desks.
- Your number will be assigned on the day.
- Attach your number to the front of your shirt or shorts (we recommend safety pins or magnets).
- Please ensure your bib is on display at all times.
- Your timing chip will be attached to the back of your race bib, please do not tamper with or try to remove this.



Bib number

Tear off Baggage Label

Timing Chip (on back of bib)

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

FACILITIES

Toilets ✓

Refreshments ✓

Parking nearby ✓

Spectators Welcome ✓

TOILETS

There will be portable toilets in the event village that will be passed on every lap of the course.

BAG DROP

- Please limit the number of belongings you bring to the event.
- Informal bag drop is within the event village for those who need it.
- 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, race staff & members of the public.

- Refrain from demeaning, discriminatory or harassing behaviour and speech.

- Be mindful of your surroundings and your fellow participants.

-Help us keep the course pleasant for everyone by refraining from pushing, spitting and littering.

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 Blue High-vis jackets!) Or if you prefer you can email us at info@runthrough.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.

START TIMES

HM	8:00am
10K	8:45am
5K	8:45am

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.

HM Runners will wear yellow bibs (mini lap + 4 laps)
10k Runners - will wear blue bibs (2 laps)
5k Runners - will wear red bibs (1 lap)

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.

Due to the nature of a lapped course we ask that you remain to the right of the path at all times unless otherwise instructed by signage or a marshal. This will allow for anyone needing to overtake to have a clear path on your left and ensure not only your safety but allow for the best experience throughout the race.

We promise our city and state agencies in pre-planning that we will help give the Park and paths back as clean, if not cleaner, than it was when we arrived. Please help us achieve this goal!

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

Please note there is 3.5 hours due to venue restrictions, if you take longer than this please email in to discuss your options.

FLUID STATIONS

There will be water provided every lap of the race.
Please help yourself to the bottles 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.

LOOK OUT FOR THE LITTER ZONE SIGNAGE!







COURSE MAP

1 LAP



CLICK FOR 5K & 10K INTERACTIVE MAP

CLICK FOR HM INTERACTIVE MAP

5K RUNNERS - 1 LAP
10K RUNNERS - 2 LAPS
HM RUNNERS -MINI LAP + 4 LAPS



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.



THE MEDAL



EVENT MERCH

If you have purchased an event t-shirt with your race entry you can collect this either before or after the race within the event village.

Please remember to collect your shirt on race day as we are not able to arrange post event delivery.

There will be a limited number of t-shirts for sale on event day but they will be offered on a first come first saved basis.



RESULTS & PHOTOS

PHOTOS

Click the camera to visit the page!

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

SOCIAL MEDIA

runthroughusa

Click the icons to visit our pages!

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



Click to see our FAQ's or chat to our AI assistant for instant answers, or request to speak with a member of our team if you need further support.

RESULTS AVAILABLE AT WWW.RUNTHROUGHUSA.COM

RUNTHROUGH RANKINGS

Find your times, follow your progress and watch the small wins add up across the RunThrough community at www.RunThroughRankings.com

RunThrough USA

GET INVOLVED!



Here at RunThrough we are always looking for likeminded people to join our community.

WWW.RUNTHROUGHUSA.COM


STRUCTURE
INSPIRATION
SUPPORT
GUIDANCE
TREK
190
TREK
35
TAKE YOUR RUNNING TO NEW LEVELS
REAL COACHES FOR REAL RUNNERS.
RunThrough Coach