



HOBOKEN 5K & 10K

SATURDAY 17TH OCTOBER 2026

EVENT GUIDE



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AND OFFERS**



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

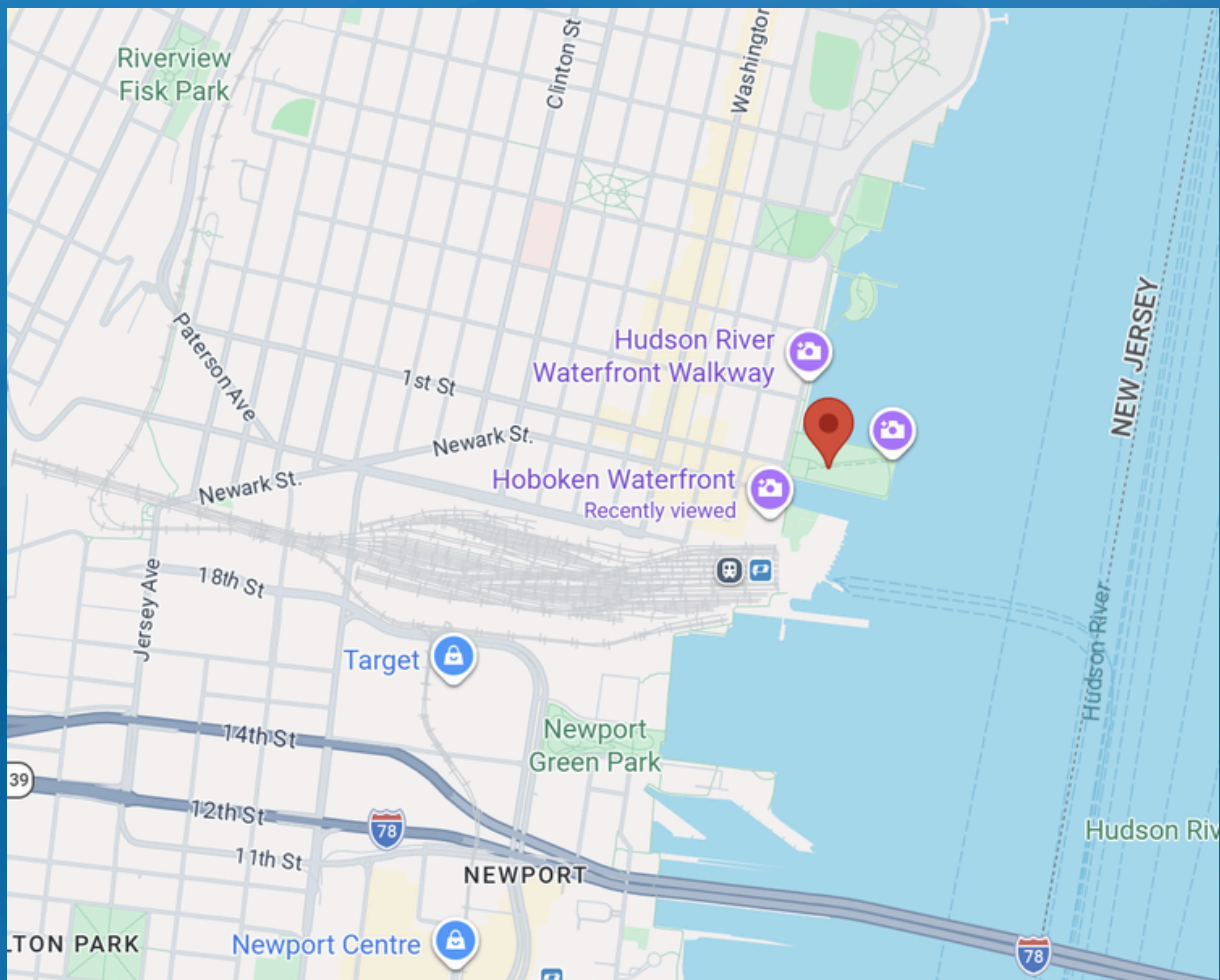


TRAVEL

**Address: Hoboken Waterfront, Pier A Park / Sinatra Drive, 100 Sinatra Dr,
Hoboken, NJ 07030**

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

- Travel By Car:** There is limited parking nearby on the the surrounding streets. Please note there is no parking on Frank Sinatra Drive due to road closures. On arrival please follow the signs to the event village. Please arrive in plenty time, as the Event Village is a short walk from the parking areas.
- Travel By public transport:** You can take the PATH to Hoboken — Pier A Park is just a few minutes' walk from the station. If using public transport, please plan your route in advance as early morning services may be limited.



[CLICK HERE FOR MAP TO THE EVENT VILLAGE](#)

RACE PACK



PRE-RACE DAY BIB PICKUP

Pre-Race Bib Collection

Times:

Fleet Feet Hoboken
604 Washington St,
Hoboken, NJ 07030

Friday 16th October
3:00-7:00pm

RACE START TIMES

10K - 9:00AM

5K - 9:10AM

- Your number will be assigned on the day you pickup
- we recommend coming the Friday before to avoid lines in the morning of the race.
- Attach your bib to the front of your shirt with safety pins provided at bib pickup.
- Your timing chip is on the back of your bib



Bib number

*Tear off
Baggage Label*

**Your timing chip is on the back of your
race 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 within the event village.

These toilets will be close to the 10k lapping point.

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

10K **9:00am**

5K **9:10am**

WARM UP & RACE START

We will have a warm up in the event village 15 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.

DURING THE RACE

There will be marshals all around the course as well as distance signs and arrows.

10k Runners - will wear blue bibs (2 laps)

5k Runners - will wear red bibs (1 lap)

With spectacular views of the Manhattan skyline, a road-closed course and smooth, pace-friendly terrain, this event is perfect for runners of all abilities, whether you're chasing a personal best, taking on your first race or simply enjoying a memorable day of running.

Expect a professionally organized race experience, a welcoming atmosphere and an unforgettable finish overlooking one of the world's most famous city skylines.

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 venue 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 2 hours due to venue restrictions, if you expect to take longer than this please email in to discuss your options.

FLUID STATIONS

5k runners - 1 x fluid station

10k runners - 2 x fluid stations

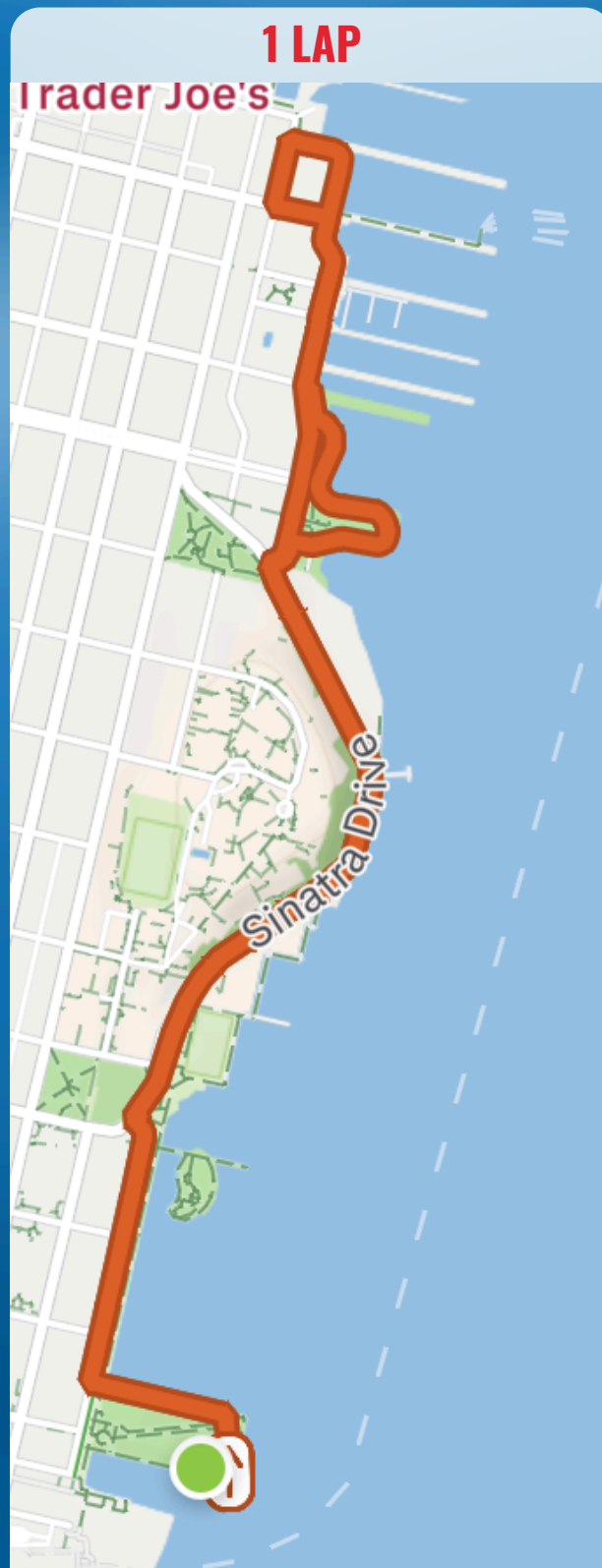
Please help yourself to the bottles provided as you pass these stations.

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



[CLICK FOR 5K
INTERACTIVE MAP](#)

[CLICK FOR 10K
INTERACTIVE MAP](#)



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 during the packet pick-up or on event day within the event village.

Please remember to collect your shirt during packet pick up 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 served basis.



RESULTS & PHOTOS

PHOTOS

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

Click the camera to visit the page!



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

STRUCTURE

INSPIRATION

SUPPORT

GUIDANCE

TAKE YOUR RUNNING TO NEW LEVELS

REAL COACHES FOR REAL RUNNERS.





GET INVOLVED!



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

WWW.RUNTHROUGHUSA.COM