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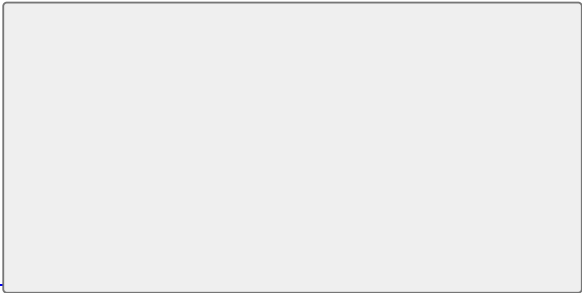
To reset the password associated with your account, please enter your email address below and click Reset Password. A link to reset your password will be emailed to you shortly.

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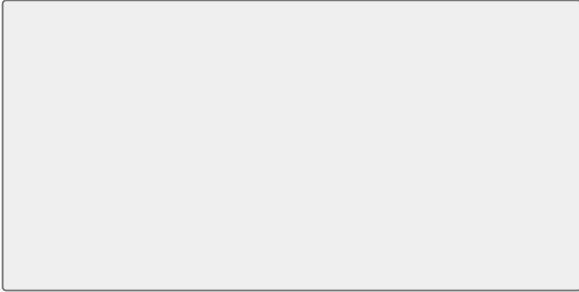
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Update

Due to the ongoing coronavirus (COVID-19) situation, all in-person NYRR events and programs are canceled through August 15. Visit [this page](#) for more details.



How Meditation Can Improve Your Physical and Mental Health

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NYRR Staffers Write Letters of Support to New York City

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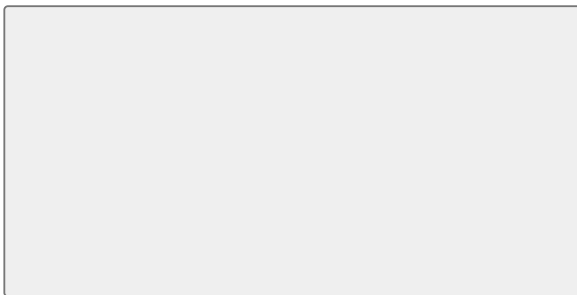
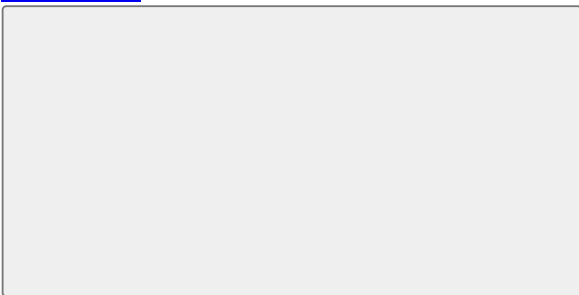
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NYRR Coaches on Running Safely During a Pandemic

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Race Calendar

June 2020

7
[Sun](#)

[Rising NYRR at the NYRR Queens 10K - Stage 1 \(Ages 2-11\)](#)

[Cancelled](#)
13
[Sat](#)

[Rising New York Road Runners at the NYRR New York Mini 10K - Stage 2 \(Ages 8-18\)](#)

[Cancelled](#)

[13](#)

[Sat](#)

[Rising NYRR at the NYRR Mini 10K - Stage 3 \(Ages 12-18\)](#)

[Cancelled](#)

[28](#)

[Sun](#)

[Achilles Hope & Possibility 1 Mile Walk by TD Bank](#)

[Cancelled](#)

[28](#)

[Sun](#)

[Achilles Hope & Possibility Kids' Races by TD Bank with Rising NYRR - Stage 1 \(Ages 2-11\)](#)

[Cancelled](#)

[FULL RACE CALENDAR](#)

[FULL EVENTS CALENDAR](#)

Our Mission

New York Road Runners, whose mission is to help and inspire people through running, serves 670,000 runners annually through races, community runs, walks, training, virtual products, and other programming. Our free youth programs and events serve 250,000 kids nationally. NYRR's premier event is the TCS New York City Marathon.

- **\$45 M**
Raised for charity in 2018
- **670,000**
Runners served annually
- **53,635**
2019 TCS New York City Marathon Finishers

[Learn More](#)

Replay with sound



00:00 /

Move play head

Rising NYRR

Rising New York Road Runners gives children of all ages, skill levels, and abilities, the power and encouragement to become their best selves through running.

[DISCOVER ALL OF RISING NEW YORK ROAD RUNNERS](#)

Photos & Stories

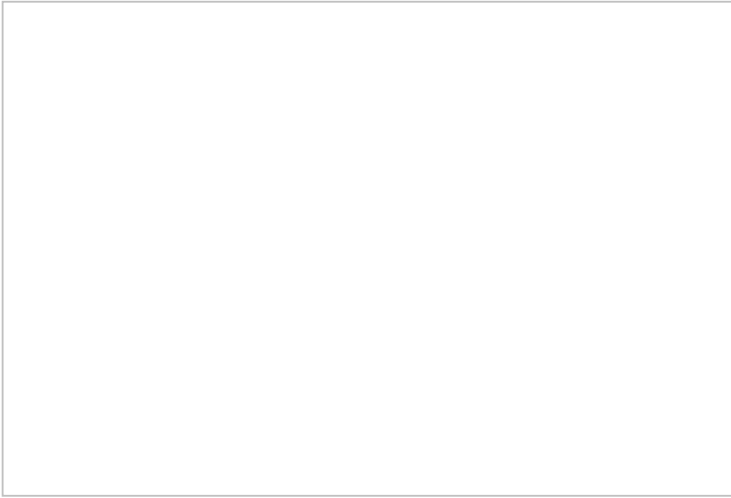
[ALL PHOTOS AND STORIES](#)

 [A street view of Marlborough Road between Beverly Road and Cortelyou Road in Brooklyn](#)

[STORIES](#)

[Global Running Day in a Local Way: Route #1](#)

To celebrate the 2020 NYRR Virtual Global Running Day 1M, we'll be posting one new local one-mile route each day of the race. Our first route connects the two closest subway stations in the entire NYC system.



[STORIES](#)

[How to Cope With Pandemic Stress \(When Running Isn't Enough\)](#)

Many of us run to help calm our minds. But during the COVID-19 pandemic, our identities as runners have shifted, and we have taken on more stress. NYRR Coach Priya Seshan has some tips for being kind to yourself during these complicated times.

 [Poland Spring water and runner foot](#)

[STORIES](#)

[Safe and Healthy Hydration Outdoors This Summer](#)

Read our expert tips on staying hydrated on your outdoor runs in warm, humid weather.

 [Runner socially distancing along waterfront.](#)

[STORIES](#)

[**Uniting for a Global Celebration of Running with the NYRR Virtual Global Running Day 1M**](#)

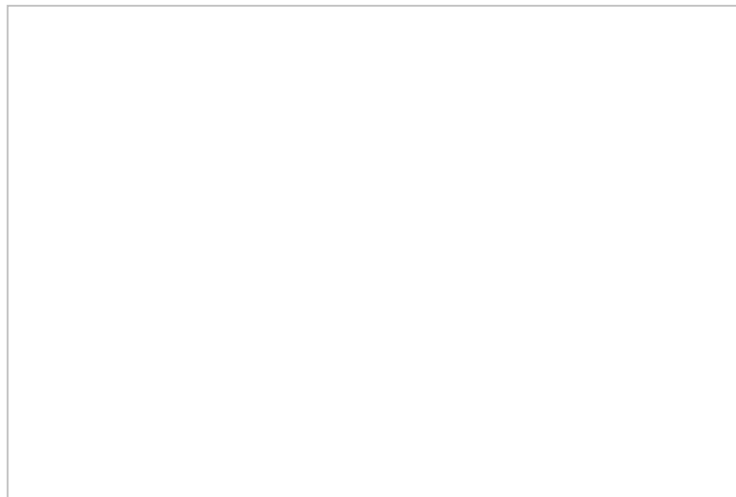
Advice on tackling NYRR's Virtual Global Running Day 1M, from fuel and hydration to post-race celebration!

 [Meb Keflezighi running the New York City Marathon against the city skyline](#)

[STORIES](#)

[**“It Will Be Amazing to See New York Come Back”: Meb Keflezighi Tells Why He Believes in NYC, Now More Than Ever**](#)

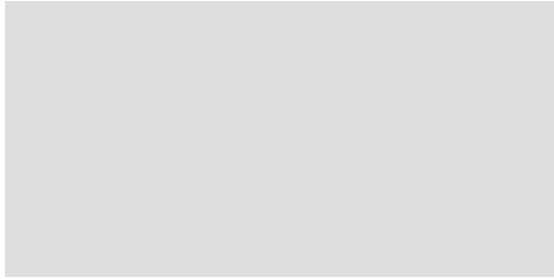
Meb Keflezighi, 2009 New York City Marathon champion and NYRR Team For Kids Ambassador, wrote a letter of support to New York City, which is still an epicenter of the global COVID-19 pandemic.



[STORIES](#)

[NYRR Staffers Write Letters to NYC](#)

NYRR staffers write letters of support to New York City, still an epicenter of the global COVID-19 pandemic, and its running community that they all miss.



New York Road Runners, whose mission is to help and inspire people through running, serves 670,000 runners of all ages and abilities annually through races, community runs, walks, training, virtual products, and other running-related programming. Our free youth programs and events serve 125,000 kids in New York City's five boroughs and 250,000 kids nationally.

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NYRR *RUNCENTER*

[320 West 57th Street](#)
[New York, NY 10019](#)



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