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# NYCRUNS

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**i** NYCRUNS produces running events that exceed the standards of the biggest events in the world while providing the atmosphere of a true community race. We're honored to serve the NYC running community & are proud to welcome people from all over the world. [See Less](#)

**i** Based in Brooklyn, NYCRUNS produces approximately three dozen running events annually for the more than 50,000 athletes who cross our finish line. The... [See More](#)

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<http://www.nycruns.com/>

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**NYCRUNS** 3h ·

We are proud to announce that starting at this week's NYCRUNS Manhattan Ice Cream Social 5K & 10K, we'll be incorporating non-binary and gender non-conforming athletes into all aspects of the registration and scoring process. This will be the case going forward for all our races.

What this means in short is the following.

- You can register as a non-binary athlete. If you have currently selected Male or Female, you may change this on your NYCRUNS profile... [See More](#)





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We've seen them all. 🤔

👍❤️ 331

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Upcoming Events

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THIS SATURDAY AT 8:30 AM EDT

**NYCRUNS Manhattan Ice Cream Social 5K & 10K**

Governors Island  
Fitness · Hosted by NYCRUNS

☆ Interested



SAT, AUG 28 AT 8 AM EDT

**NYCRUNS Brooklyn Ice Cream Social 5K & 10K**

Prospect Park  
Fitness · 46 guests

☆ Interested



SAT, SEP 18 AT 8 AM EDT

**NYCRUNS Ladies First Half Marathon & 5K**

Shore Road  
Fitness · 12 guests

☆ Interested



👍❤️ 64

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Amy Sea

Thank you! That is awesome! I will definitely continue to support your races and am looking forward to the Big Apple Half Marathon in December

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👍❤️ 2

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NYCRUNS

Yesterday at 3:04 PM · 🌐

We think it's fair to say that runners love their running jargon almost as much as they love running itself (maybe). Who has looked at a training plan and felt utterly perplexed by some of the terms or workouts?

Whether you are just getting started, want a refresher, or just love to talk words, this is for you!

Tomorrow (Tuesday, August 3rd) at 12:00 PM, join Training 360's Head Coach John on Instagram Live to WIN YOUR RACE. Let's talk tempos, long runs, speedwork, and mor... [See More](#)





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**NYCRUNS**  
 Yesterday at 10:25 AM ·

Check out this awesome course flyover! And we thought we couldn't get more excited...  
<https://www.youtube.com/watch?v=LwQJidc3QLU>



YOUTUBE.COM  
**NYCRUNS Brooklyn Marathon & Half Marathon Course Flyover**

26  4 Comments

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**Tricia Core Arsis**  
 Can't wait!!!!

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1 Reply

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