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Opinion Column

In a world so divided, every November, athletes of all ages, abilities, and backgrounds gather in New York to participate in the annual New York City Marathon, one of the sparse events that can bring so many individuals together in today's increasingly polarized society.

The 2025 TCS New York City Marathon not only celebrates the completion of 26.2 demanding miles, it also sparks the idea that unity is still among us.

This year's NYC marathon saw individuals of all walks of life, from parents pushing strollers and first-time runners navigating their way through the hilly course, to elderly runners, charity teams, and essential workers, who all put aside their differences and united through determination.

Researchers at the University of Nevada have found that marathon runners who are a part of a community develop a stronger sense of community attachment and, in turn, experience a greater quality of life. According to a study published in UNLV's Hospitality Faculty research in June of 2021.

The 2025 NYC Marathon, along with hundreds of others, helped to provide a structured setting for interaction, acting as a common ground for all those to celebrate this collective achievement.

The New York City Marathon seeks diversity and inclusion throughout all fields and race groups.

A reporter from Spectrum News shared Monday that around 55,000 people participated, and a total of 150 countries were represented on the start line Sunday morning.

The 2025 New York City Marathon will continue to bring together people of all backgrounds and skill levels to break new records and raise awareness for various causes while achieving cohesion and unity through the power of sports during a difficult time.