



MAY 3, 2025 • 8:00 A.M.  
#NYRRMindful5K

## KEY

-  [Start](#)
-  [Finish](#)
-  **Course route**
-  **Fluid stations**
-  **Toilets**
-  **Baggage**
-  **Medical**
-  [Zen Zone](#)
-  **Volunteer check-in**
-  [Rising New York Road Runners](#)  
at the NYRR Mindful 5K
-  **Walking path**  
Subway to Race-Day Central

## RACE-DAY CENTRAL

-  **Toilets**
-  **Registration**

## ELEVATION CHART (NOT TO SCALE)

