

## SCHEDULE

10:00 a.m.	Age 2	75 feet
10:05 a.m.	Ages 3-4	150 feet
10:10 a.m.	Age 5	300 feet
10:15 a.m.	Age 6	450 feet
10:20 a.m.	Age 7	550 feet
10:25 a.m.	Age 8	650 feet
10:30 a.m.	Age 9-11	750 feet








# STAGE 1






## AT THE NYRR MINDFUL 5K

MAY 3, 2025  
FLUSHING MEADOWS CORONA PARK  
#RisingNYRR

### KEY

-  Dashes  
Stage 1
-  **Medical**
-  Family reunion
-  **Toilets**
-  **Volunteer check-in**
-  **Inspiration station**
-  **Buses**

### RACE-DAY CENTRAL

-  **Registration**
-  **Baggage**
-  **Souvenir**