

# STAGES 2 & 3



## AT THE NYRR MINDFUL 5K

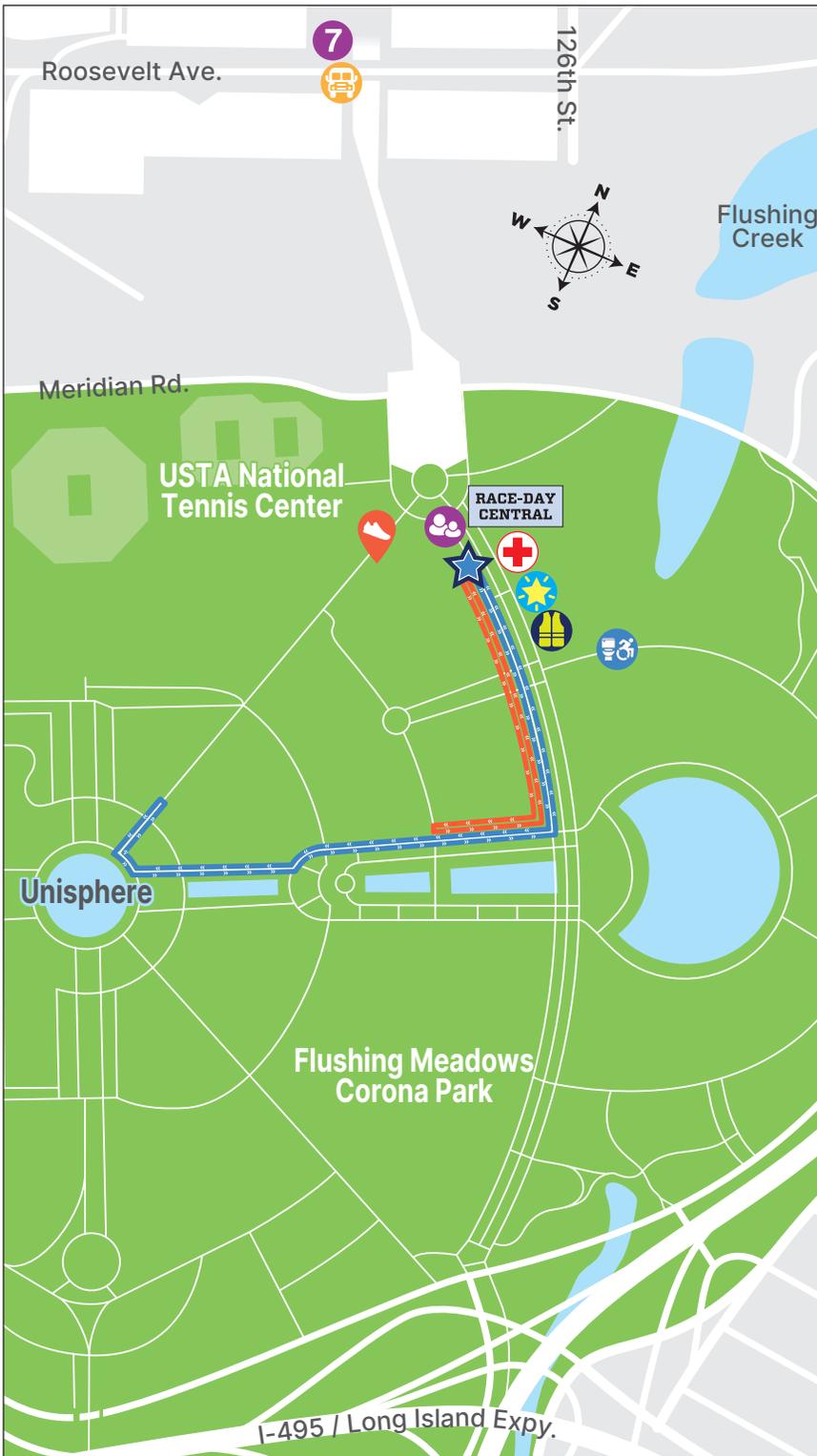
MAY 3, 2025  
FLUSHING MEADOWS CORONA PARK  
#RisingNYRR

### KEY

-  **Start and finish**  
Stages 2 and 3
-  **Course route**  
Stage 3
-  **Course route**  
Stage 2
-  **Medical**
-  **Family reunion**
-  **Toilets**
-  **Volunteer check-in**
-  **Inspiration station**
-  **Corrals**
-  **Buses**

### RACE-DAY CENTRAL

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



### SCHEDULE

<b>9:00 a.m.</b>	Stage 3 – Corrals A, B, C and D	1 mile
<b>9:20 a.m.</b>	Stage 2 – Corrals E and F	½ mile
<b>9:30 a.m.</b>	Stage 2 – Corral G	½ mile
<b>9:40 a.m.</b>	Stage 2 – Corral H	½ mile