



# STAGE 1



## AT THE NYRR MINDFUL 5K

MAY 2, 2026  
FLUSHING MEADOWS CORONA PARK  
#RisingNYRR

### KEY

- Start**
- Finish**  
Stage 1
- Medical**
- Family Reunion**
- Toilets**
- Volunteer Check-In**
- Inspiration Station**
- Buses**

### RACE-DAY CENTRAL

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

### 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.	Ages 9-11	750 feet