











# STAGES 2 & 3






## AT THE NYRR MINDFUL 5K

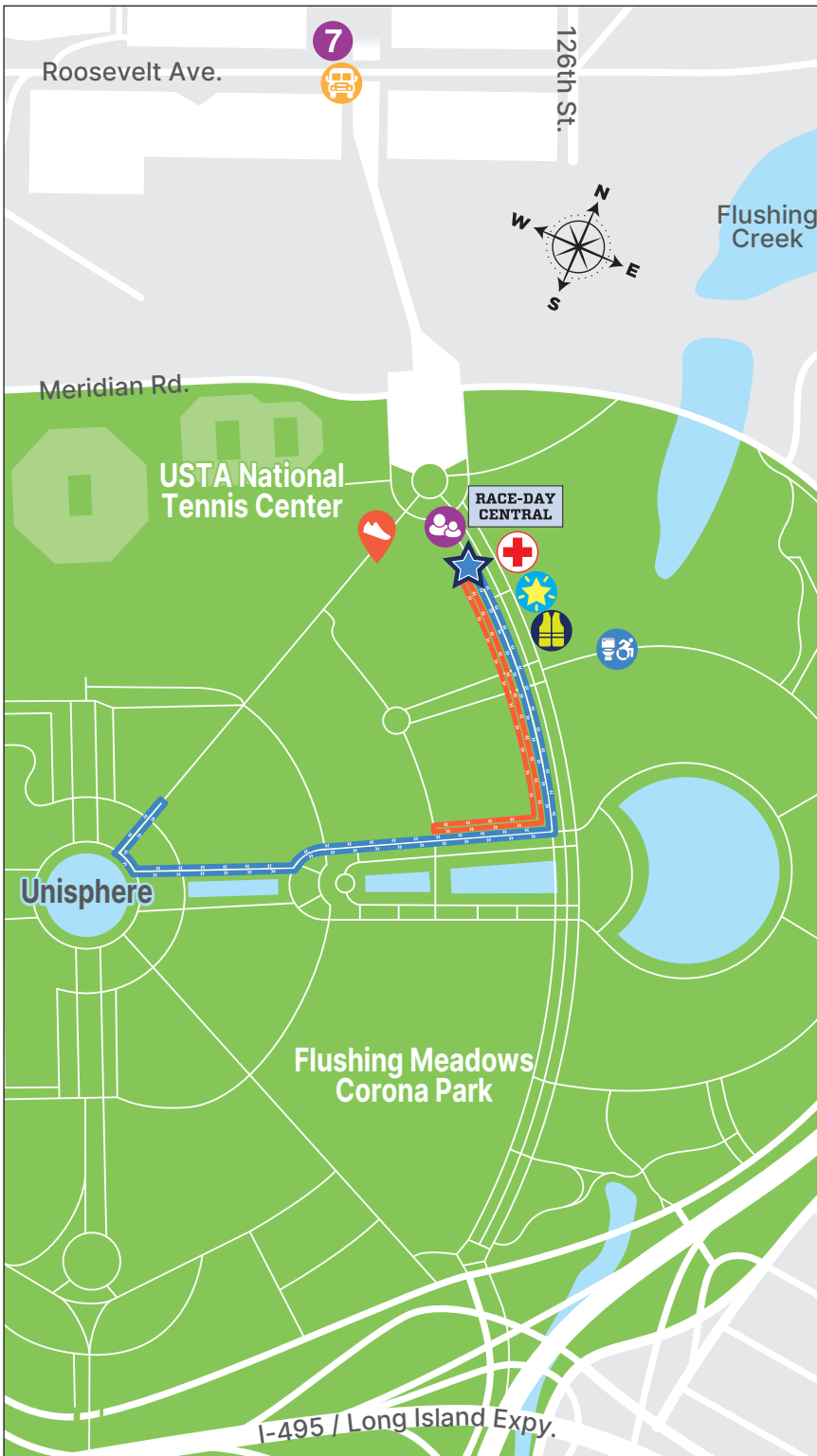
MAY 2, 2026  
FLUSHING MEADOWS CORONA PARK  
#RisingNYRR

### 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	(Ages 12–18)	½ Mile
<b>9:30 a.m.</b>	Stage 2 – Corral G	(Ages 10–11)	½ Mile
<b>9:40 a.m.</b>	Stage 2 – Corral H	(Ages 8–9)	½ Mile