








# STAGE 1






## AT THE NYRR CROSS COUNTRY SERIES #1

SEPTEMBER 28, 2025  
VAN CORTLANDT PARK  
#RisingNYRR

### KEY

-  **Finish**  
Stage 1 and Adults
-  **Stage 1 Course**
-  **Toilets**
-  **Medical**
-  **Family Reunion**

### RACE-DAY CENTRAL

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

Please note that dashes for age groups within Stage 1 will start on a rolling schedule; refer to the estimated start times.

### SCHEDULE

<b>9:30 a.m.</b>	All stages	Activities open
<b>10:45 a.m.</b>	All stages	Activities close
<b>10:50 a.m.</b>	Age 2	50 feet
<b>10:53 a.m.</b>	Ages 3-4	150 feet
<b>10:57 a.m.</b>	Age 5	300 feet
<b>11:05 a.m.</b>	Age 6	450 feet
<b>11:08 a.m.</b>	Age 7	550 feet
<b>11:12 a.m.</b>	Age 8	650 feet
<b>11:15 a.m.</b>	Ages 9-11	800 feet