



# STAGE 1



## AT THE WASHINGTON HEIGHTS SALSA, BLUES, AND SHAMROCKS 5K

MARCH 1, 2026  
WASHINGTON HEIGHTS,  
MANHATTAN • #RisingNYRR

### KEY

- Start**  
Stage 1
- Finish**  
Stage 1
- Course route**  
Stage 1
- Toilets**
- Medical**
- Family reunion**  
Stage 1
- Bus pickup**
- Volunteer check-in**
- Post-race amenities**

### RACE-DAY CENTRAL

- Registration**
- Souvenirs**
- Baggage**

On event day, number pickup will be available from 8:30 a.m. to 10:00 a.m. for Stage 1.

### SCHEDULE

<b>9:45 a.m.</b>	Age 2	75 Feet
<b>9:55 a.m.</b>	Age 3	150 Feet
<b>10:00 a.m.</b>	Age 4	250 Feet
<b>10:05 a.m.</b>	Age 5	350 Feet
<b>10:10 a.m.</b>	Age 6	450 Feet
<b>10:15 a.m.</b>	Age 7	550 Feet
<b>10:20 a.m.</b>	Age 8	650 Feet
<b>10:25 a.m.</b>	Ages 9-11	700 Feet