

STAGES 2 & 3



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

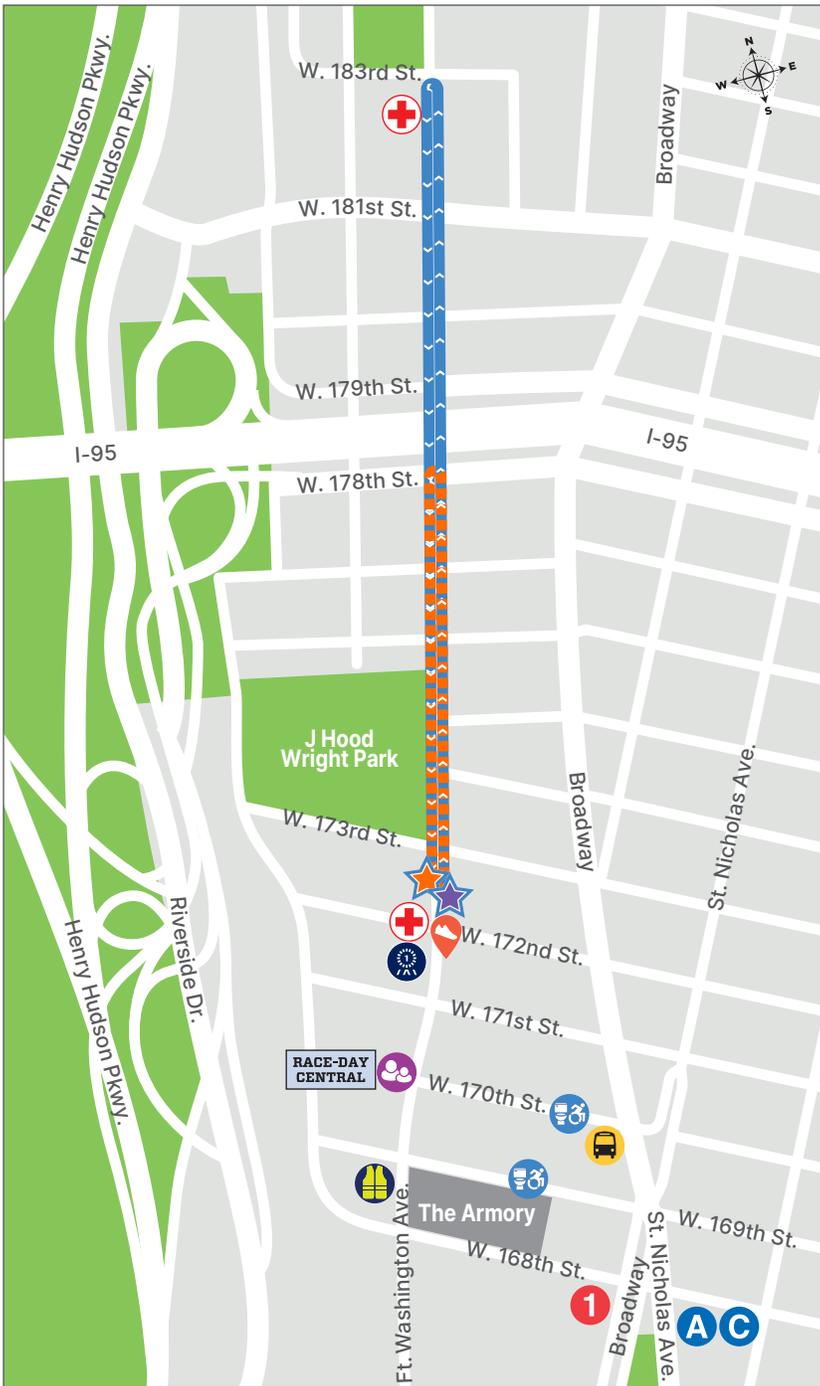
MARCH 1, 2026
WASHINGTON HEIGHTS,
MANHATTAN • #RisingNYRR

KEY

- Start**
Stages 2 and 3
- Finish**
Stages 2 and 3
- Course Route**
Stage 3
- Course Route**
Stage 2
- Corrals**
- Toilets**
- Medical**
- Family Reunion**
- Bus Pickup**
- Post-Race Amenities**
- Volunteer Check-In**

RACE-DAY CENTRAL

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



SCHEDULE

8:00 a.m.	Stage 3	Corrals A–D	1 Mile
8:20 a.m.	Stage 2	Corrals E–H	½ Mile

On event day, number pickup will be available from 6:30 a.m. to 8:00 a.m. for Stage 3. For Stage 2, number pickup will be available from 6:50 a.m. to 8:20 a.m.