

STAGES 2 & 3



AT THE NYRR FROSTY 5K

DECEMBER 13, 2025
PROSPECT PARK
#RisingNYRR

KEY

-  [Start and Finish](#)
-  [Course Route](#)
-  [Corrals](#)
-  [Family Reunion](#)
-  [Medical](#)
-  [Cheer Zone](#)
-  [Bus Pickup](#)

RACE-DAY CENTRAL

-  [Registration](#)
-  [Baggage](#)
-  [Volunteer Check-In](#)
-  [Souvenirs](#)
-  [Toilets](#)



SCHEDULE

8:45 a.m.	Stage 3	Corrals A, B, C, & D	1 mile
9:10 a.m.	Stage 2	Corrals E & F – Ages 12–18	1 mile
9:35 a.m.	Stage 2	Corral G – Ages 10–11	1 mile
10:00 a.m.	Stage 2	Corral H – Ages 8–9	1 mile