



DECEMBER 9, 2023 • 8:00 A.M.  
3.1 MILES • PROSPECT PARK  
#NYRRFrosty5K



### KEY

- Start**
- Finish**
- Mile markers**
- Course route**
- Water stations**
- Toilets**
- Medical aid**
- Rising New York Road Runners** at the Frosty 5K

### RACE-DAY CENTRAL

- Number pickup**
- Bag check**
- Toilets**
- Volunteer check-in**
- Water station**

### ELEVATION CHART (NOT TO SCALE)

