














MAY 4, 2024 • 8:00 A.M.
#NYRRMindful5K



KEY

-  [Start](#)
-  [Finish](#)
-  **Course route**
-  **Fluid stations**
-  **Toilets**
-  [Number pickup](#)
-  **Bag check**
-  **Medical aid**
-  [Rising New York Road Runners](#)
at the NYRR Mindful 5K
-  [Meditation tent](#)
-  **Walking path**
Subway to Race-Day Central

RACE-DAY CENTRAL

-  Toilets
-  Volunteer check-in

ELEVATION CHART (NOT TO SCALE)

