



# CROSS COUNTRY

NOVEMBER 21, 2021  
 VAN CORTLANDT PARK  
 #RisingNYRR



KEY	
	<b>Start</b> Stage 1
	<b>Finish</b> Stage 1
	<b>Start</b> Stage 2
	<b>Start</b> Stage 3
	<b>Finish</b> Stages 2 and 3
	<b>Number pickup</b>
	<b>Stage 1 course</b>
	<b>Stage 2 course</b>
	<b>Stage 3 course</b>
	<b>Bag check</b>
	<b>Toilets</b>
	<b>Family reunion</b>
	<b>Bus pickup</b>
	<b>Medical aid</b>

## SCHEDULE

<b>9:00 a.m.</b>	Stage 3	1.5 miles run
<b>9:00 a.m.</b>	All stages	Fitness Activities Open
<b>9:30 a.m.</b>	Stage 1	Distance varies by age
<b>9:30 a.m.</b>	Stage 2	1 mile run