



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

MARCH 6, 2022 • 8:00 a.m.
 WASHINGTON HEIGHTS, MANHATTAN
 #RisingNYRR • #WashHeights5K

KEY

- Start**
Stage 1
- Start**
Stages 2 and 3
- Finish**
Stage 1
- Finish**
Stages 2 and 3
- Course route**
Stage 1
- Course route**
Stages 2 and 3
- Number pickup**
- Bag check**
- Toilets**
- Medical aid**
- Family reunion**
- Bus pickup**

SCHEDULE

8:00 a.m.	Stage 3 Boys and Girls	1500m
8:20 a.m.	Stage 2 Boys and Girls	1500m
10:15 a.m.	Stage 1 Boys and Girls	Various distances by age