



NYRR
WASHINGTON HEIGHTS 5K
SALSA, BLUES, AND SHAMROCKS
NEW YORK ROAD RUNNERS

MARCH 6, 2022 • 9:00 A.M. • 3.1 MILES
#WashHeights5K

KEY

- Start
- Finish
- Mile markers
- Course route
- Number pickup at the New Balance Track and Field Center at the Armory
- Water station
- Toilets
- Medical aid
- Run Club Cheer zone
- Rising New York Road Runners at the Washington Heights Salsa, Blues, and Shamrocks 5K

RACE-DAY CENTRAL

- Bag check
- Water station
- Toilets
- Volunteer check-in

