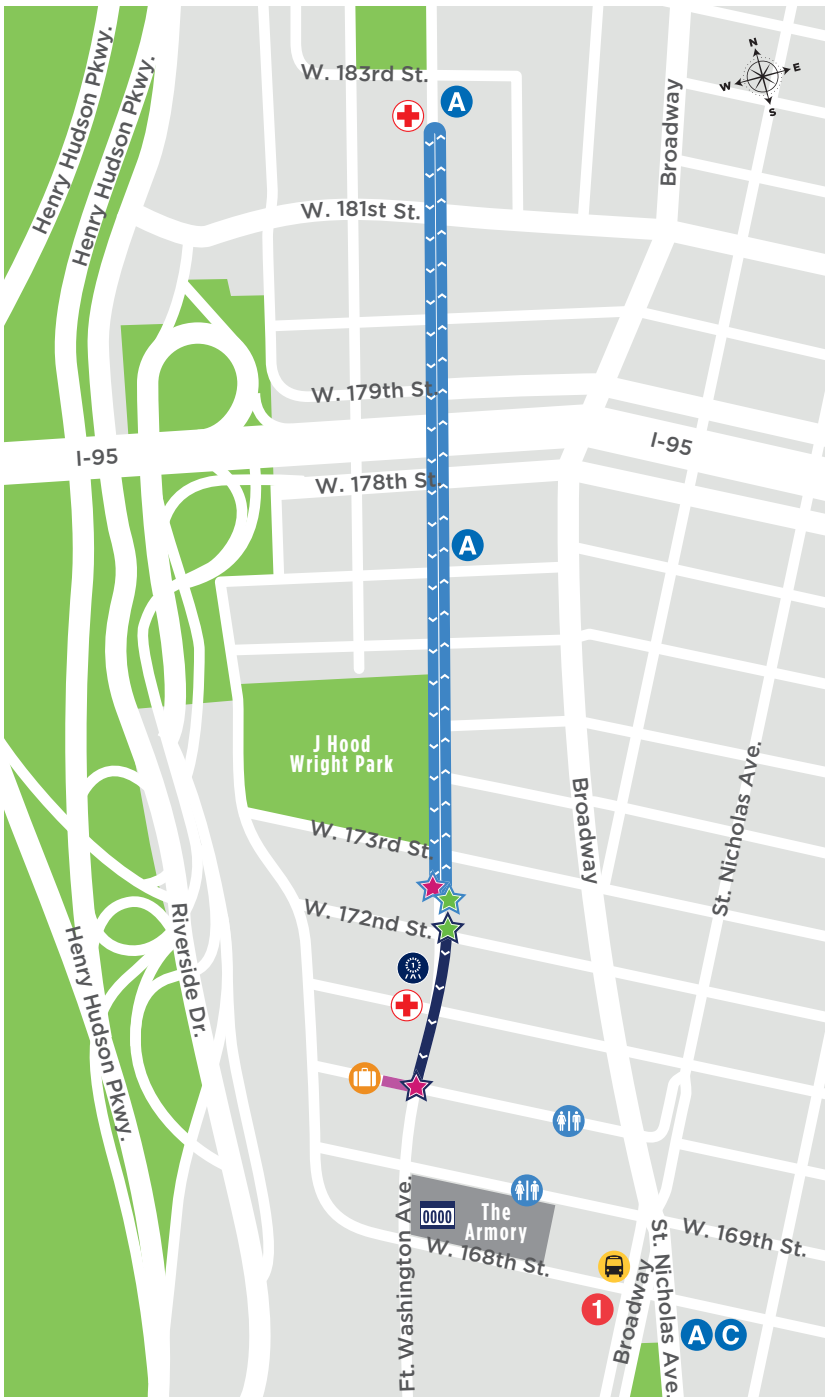




AT THE WASHINGTON HEIGHTS SALSA, BLUES, AND SHAMROCKS 5K

MARCH 5, 2023
WASHINGTON HEIGHTS, MANHATTAN
#RisingNYRR



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**
- Post-race amenities**

SCHEDULE

8:00 a.m.	Stage 3	1,500 meters
8:20 a.m.	Stage 2	1,500 meters
10:15 a.m.	Stage 1	Various distances

On race day, number pickup will be available from 7:00 a.m. to 8:00 a.m. for Stages 2 and 3 and from 9:00 a.m. to 10:15 a.m. for Stage 1.