

















AT THE NYRR VAN CORTLANDT PARK CROSS COUNTRY #3

NOVEMBER 19, 2023
VAN CORTLANDT PARK
#RisingNYRR



KEY

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

SCHEDULE

10:00 a.m.	All stages	Activities open
10:00 a.m.	Stage 3	2 miles
10:30 a.m.	Stage 2	1.5 miles
11:00 a.m.	Stage 1	Various distances