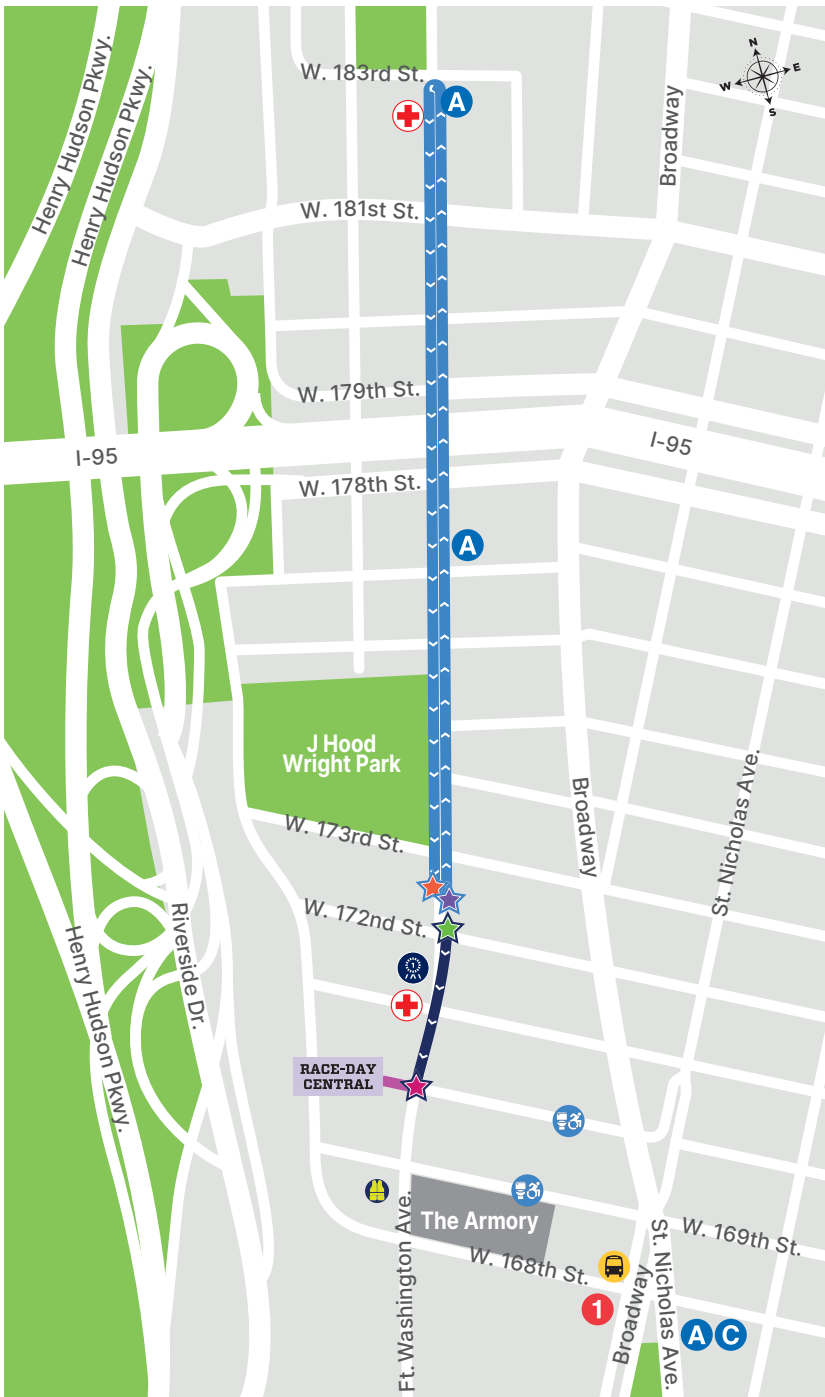




## AT THE WASHINGTON HEIGHTS SALSA, BLUES, AND SHAMROCKS 5K

MARCH 3, 2024  
WASHINGTON HEIGHTS, MANHATTAN  
#RisingNYRR



### KEY

- Start**  
Stage 1
- Start**  
Stages 2 and 3
- Finish**  
Stage 1
- Finish**  
Stages 2 and 3
- Course route**  
Stages 1
- Course route**  
Stages 2 and 3
- Toilets**
- Medical aid**
- Family reunion**
- Bus pickup**
- Post-race amenities**
- Volunteer check-in**

### RACE-DAY CENTRAL

- Number pickup
- Souvenirs
- Bag check

### SCHEDULE

<b>8:00 a.m.</b>	Stage 3	1 mile
<b>8:20 a.m.</b>	Stage 2	1 mile
<b>10:15 a.m.</b>	Stage 1	Various distances

On race day, number pickup will be available from 6:30 a.m. to 8:00 a.m. for Stages 2 and 3 and from 8:45 a.m. to 10:15 a.m. for Stage 1.