














AT THE NYRR MINDFUL 5K

MAY 4, 2024
FLUSHING MEADOWS CORONA PARK
#RisingNYRR

KEY

-  **Dashes**
Stage 1
-  **Start and finish**
Stages 2 and 3
-  **Course route**
Stage 3
-  **Course route**
Stage 2
-  **Medical aid**
-  **Family reunion**
-  **Number pickup**
-  **Bag check**
-  **Toilets**
-  **Volunteer check-in**
-  **Souvenir pickup**
-  **Corrals**
-  **Buses**

SCHEDULE

9:00 a.m.	Stage 3 – Corrals A, B, C, and D	1 mile
9:20 a.m.	Stage 2 – Corrals E and F	½ mile
9:30 a.m.	Stage 2 – Corral G	½ mile
9:40 a.m.	Stage 2 – Corral H	½ mile
10:15 a.m.	Stage 1	Various distances