



AT THE NYRR VAN CORTLANDT PARK CROSS COUNTRY #1

SEPTEMBER 24, 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**
- Medical aid**

SCHEDULE

10:00 a.m.	All stages	Activities open
10:00 a.m.	Stage 3	1.5 miles
10:20 a.m.	Stage 2	1 mile
10:45 a.m.	Stage 1	Various distances