



**AT THE
NYRR FROSTY 5K**

STAGE 2 & 3

DECEMBER 14, 2024 • PROSPECT PARK
#RisingNYRR

SCHEDULE

8:45 a.m.	Stage 3	Corrals A, B, C, & D	1 mile
9:10 a.m.	Stage 2	Corrals E & F – Ages 12–18	1 mile
9:35 a.m.	Stage 2	Corral G – Ages 10–11	1 mile
10:00 a.m.	Stage 2	Corral H – Ages 8–9	1 mile



KEY

- Start and finish**
- Course route**
- Medical**
- Cheer zone**
- Corrals**
- Bus pickup**
- Family reunion**

RACE-DAY CENTRAL

- Registration
- Souvenirs
- Baggage
- Toilets
- Volunteer check-in