



DECEMBER 9, 2023 • PROSPECT PARK
#RisingNYRR

**AT THE
NYRR FROSTY 5K**

SCHEDULE

8:00 a.m.	Stage 1	Various distances
8:45 a.m.	Stage 3	1 mile
9:10 a.m.	Stage 2	1 mile

The 1-mile Stage 2 and 3 runs will start on Center Drive heading east toward East Drive, turn right onto East Drive heading south to East Lake Drive, make a U-turn at East Lake Drive, and then head back to the finish line.



KEY

Start Stage 1	Course route Stage 1	Family reunion	RACE-DAY CENTRAL Number pickup Bag check Volunteer check-in Souvenirs
Start Stages 2 and 3	Course route Stages 2 and 3	Medical aid	
Finish	Corrals Stages 2 and 3	Toilets	