



## New York Harriers Dash to the Finish Line 5K – Race Strategy

### Mile 1

The first mile is often crowded and filled with tourists. Don't panic. Do get to the outside and find as clear a running path as possible. Be patient and minimize your zigging and zagging—the course should free up some once you get to Grand Central. The first mile trends uphill, so don't worry if that, plus the crowding, means your first mile is a little slow.

### Mile 2

This mile is almost completely flat. As you head up 6<sup>th</sup> Avenue, revel in the open road and feed off the energy of running through the streets of NYC. Now's the time to nail your goal pace and start to push it a little bit if you can, making sure you save some for Central Park.

### Mile 3

You hit the mile 2 marker right after you turn left into Central Park at Grand Army Plaza and run up that hill. Once you reach the top, you're in very familiar territory. Glide down that hill and start to turn up the intensity as you round the lower edge of the park. Once you pass Columbus Circle, you've got just over a 1/4 mile to go. Lift those knees, pump those arms, and give it everything you've got as you work that last hill.

ELEVATION CHART (NOT TO SCALE)

