



## DAMON RUNYON 5K AT YANKEE STADIUM RUN/WALK FOR CANCER RESEARCH

### The Runyon 5K Route

- START LINE on the 100 level concourse, near Section 120
- Run/walk two laps around the 100 level concourse
- After second lap, near Section 126, turn left at concessions, then take ramp to sub-zero level
- Run/walk through the sub-zero level
- Exit the sub-zero level between the Bullpen and Monument Park, turn right onto warning track
  - Water stop located at entrance to/exit from warning track
- Run/walk two laps around the warning track that circles the field
  - Smile for the cameras – brightroom photographers will line the warning track and you'll be featured on the center field video board!
- Exit warning track to the right, return to sub-zero level
- Run/walk back through sub-zero level, then turn left toward right field stairs
- Climb 103 steps to 200 level concourse
- Run/walk the length of the 200 level concourse toward left field stairs (near Section 234)
  - Water stop located near Premio stand at Section 217
- Climb 64 steps to 300 level concourse
- Run/walk the length of the 300 level concourse
  - Water stop located across from Sections 426/427
- At Section 310, turn right down ramp near Gate 6, then take ramp down to the Great Hall
- Run/walk short distance through Great Hall (**please stay to your right, course continues**)
- Turn right up the Great Hall stairs to 200 level concourse
- Climb 55 steps to 200 level concourse
- Run/walk the length of the 200 level concourse toward left field stairs (near Section 234)
  - Water stop located near Premio stand stand at Section 217
- Climb 64 steps to 300 level concourse
- Run/walk the length of the 300 level concourse
  - Water stop located across from Sections 426/427
- At Section 310, turn right down ramp near Gate 6, then take ramp down to the Great Hall
- Run/walk short distance through to FINISH LINE in Great Hall (**please stay to your left to finish**)