



THE
runyon 5K

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

PRESENTED BY



THE RUNYON 5K ROUTE – THIS YEAR, THE THIRD TIME’S A CHARM!

The entire Runyon 5K route is *inside* Yankee Stadium, and includes concourses, ramps, stairs, and the warning track! Here is a description of the route:

- START LINE on 100 level concourse, near Section 120
- Run/walk **three laps around 100 level concourse** [you will pass the Pepsi Food Court on your left three times]
- After third lap, near Section 131, turn left DOWN Gate 2 Exit stairs (slowly and carefully, please) and stay left to take ramp to 000 level
- Run/walk through 000 level
- Exit 000 level between the Bullpen and Monument Park, turn right onto warning track
 - Water stop located at entrance to/exit from warning track
- Run/walk **three laps around the warning track** that circles the field!
 - Smile for the cameras! You'll be featured on the centerfield video board!
- Exit warning track to the right, return to 000 level
- Run/walk through 000 level, then turn left to head up the right field stairs [Note: Low clearance in stairwell! If you are tall, please slow down and watch your head!]
- Climb 103 steps to 200 level concourse
- Run/walk length of 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 length of 300 level concourse
 - Water stop located across from entrance to Grandstand Seating at Sections 429/430

Note: For those familiar with the original route, the most notable changes happen next.

- Near Section 305, at the last staircase (you will see sign for EXIT RIVER AVE), take stairs DOWN (slowly and carefully, please) to 200 level
- Run/walk most of the length of the 200 level concourse toward left field
 - Water stop located near Premio stand at Section 217
- Turn LEFT at Section 230 [follow “TO FINISH ←” sign] down ramp
- Take ramp down to Gate 2 Exit on 075 level [Note: Low clearance on ramp! If you are tall, please slow down and watch your head!]
- Turn right once down ramp but stay to your left to climb 14 steps up to 100 level
- Turn left back onto 100 level concourse
- Run/walk partial length of 100 level concourse toward Section 109/110
- At Section 109/110, turn LEFT toward Gate 6 Exit / Great Hall
- Run/walk short distance through to the **FINISH LINE** in the Great Hall