

BROADWAY ULTRA SOCIETY

1978 - 2022

presents the inaugural

QUEENS 60 KILO

and

30-Kilometer Sprint

SUNDAY, NOVEMBER 20, 2022
Alley Pond Park

9:00 AM START
Queens, NY

Sanctioned by Metropolitan Athletic Congress with the cooperation of the NYC Department of Parks & Recreation.

COURSE: A challenging paved 5K "lollipop" loop on macadam and blacktop in wooded surroundings in Alley Pond Park. The "stem" is a hilly out-and-back segment on the Vanderbilt "Motor Parkway" with a rolling loop on footpaths around the Alley Picnic & Alley Springfield areas. **60K - 12 loops.....30K - 6 loops. You do not have declare beforehand what distance you are doing.**

CHECK-IN: At the Alley Pond Park Fieldhouse (adjacent to tennis area) on Winchester Blvd north of Union Turnpike starting at 7:15 AM.

AUTO DIRECTIONS: From NYC, Brooklyn & Queens: Grand Central Pkwy (GCP) east to Exit #23 "Cross Island Pkwy, Alley Park, Winchester Blvd.". Bear RIGHT to exit at Winchester Blvd. Turn RIGHT onto Winchester Blvd & immediate RIGHT into Park lot.

From Long Island: Northern State Pkwy west to start of GCP. Exit #23 "Cross Island Pkwy, Union Turnpike". Stay STRAIGHT on exit "offshoot" for a good stretch. You may see an exit sign saying "Alley Park", but that exit is closed. Keep staying straight to exit at Union Turnpike. After exit, turn LEFT at the light onto Union Tpke. Go about .5 mile to LEFT onto Winchester Blvd & LEFT into lot.

TRANSIT DIRECTIONS: LIRR Hempstead Line: Call LIRR at 718-217-5177 to confirm
Lv. Penn Station: 7:42 AM (Change at Jamaica; Lv: 8:05 AM) Lv. Atlantic Terminal: 7:43 AM AR. Queens Village: 8:14 AM

Note: Must check box on waiver if using LIRR service.

Exit QUICKLY at the east end (front of train) of "Queens Village" station onto Springfield Blvd. You will be picked up to be transported to the Park. We will not start the run without you, but BE READY TO GO (use bathroom facilities on train) when you arrive at the Park

Note #2: You may also take Q46 Bus from "Union Turnpike" subway station to take you directly to Alley Pond Park at Winchester Blvd.

FACILITIES: Suggest you come dressed to run. There will be restroom facilities near the Start/Finish Area at the Park Fieldhouse. There also may be restroom facilities accessible on the race loop in the Alley Picnic and Alley Springfield areas.

AID: One station per loop providing water, Gatorade, defizzed cola, food snacks and medical supplies.

TIME LIMIT: The event will shut down at 5:00 PM. Please be advised all race services will shut down at that time (will be dark then).

EARLY START: At 7:30 AM for "60K" participants. But be aware that you will have to take care of your own needs until the official start.

AWARDS: 50K -- Distinctive awards to top Male and Female finishers. An award to each finisher.
30K -- An award to each finisher.

POST RACE: Refreshments will be served to runners and their guests after the event near the Start/Finish Area.

ENTRY PROCEDURE: Pre-entry -- \$45.00. \$60.00 for all Late & Post Entry (no guarantee of shirt).

Send entry & check payable to: BROADWAY ULTRA SOCIETY
P.O. Box 1239
Long Island City, NY 11101

Additional Information: 917-620-3431 shoeboxlew@gmail.com
Entry may be later processed via UltraSignup

RACE PERK: Special commemorative race apparel designed by David Luljak & Barbara Christen.

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I, on behalf of my heirs and administrators, waive and release the Broadway Ultra Society (BUS), New York Ultra Running (NYUR), the NYC department of Parks & Recreation, USA Track & Field, Metropolitan Athletics Congress, the New York State County of Queens and all their representatives and all persons associated with the event for any claims of injuries and/or death suffered by me in the said event. I attest that I will not participate if I may have COVID symptoms or have been around anyone with COVID symptoms within 14 days prior to event date (11/20/22). I also attest that I am physically fit to run/walk any part or the duration of the said distance(s).

NAME: _____ **SIGNATURE:** _____

STREET: _____ **CITY/STATE/ZIP:** _____

CELL PHONE #: _____ **TAKING LIRR?** _____

DOB: _____ **AGE:** _____ **USATF#** _____

email ADDRESS: _____

In Case of Emergency: CONTACT _____ **PHONE #** _____

BROADWAY ULTRA SOCIETY RESERVES THE RIGHT REGARDING ENTRY PROCESSING.