

**BROADWAY ULTRA SOCIETY**

presents the

**QUEENS 50K RUN**

**SATURDAY, MAY 28, 2011**  
**Alley Pond Park**

**9:00 AM START**  
**Queens, NY**

Sanctioned by Metropolitan Athletic Congress with the cooperation of the NYC Department of Parks & Recreation.  
*NEW YORK ULTRA RUNNING GRAND PRIX EVENT*

**COURSE:** A 3.45-mile out-and-back pedestrian loop on the Vanderbilt "Old Motor Parkway" in Alley Pond Park. The terrain is rolling with two significant hills.

**CHECK-IN:** At the Alley Pond Park fieldhouse (adjacent to tennis area) on Winchester Blvd north of Union Turnpike starting at 8:00 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 Pky 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: 7:40 AM (Change at Jamaica; Lv: 8:05 AM) Lv. Atlantic Terminal: 7:42 AM AR. Queens Village: 8:14 AM

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

Exit 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.

**Note #2:** You may also take Q46 Bus from Union Turnpike subway station to take you directly to the 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.

**AID:** Three stations per loop providing water, Gatorade & defizzed cola. The Start/Finish station will also provide food snacks and medical supplies.

**AWARDS:** Distinctive awards to top finishers in both genders. An award to each finisher.

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

**PRE-ENTRY PROCEDURE:** \$20.00 for BUS, GLIRC, Staten Islanders, Taconic RR & Alley Pond Strider Members  
\$25.00 for all Non-Members. Post-entry for all - \$30.00

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

**Additional Information:**  
917-620-3431  
[rich1239@nyc.rr.com](mailto:rich1239@nyc.rr.com)

**SPECIAL PERK:** Ultra race apparel item to each starter.

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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 I am physically fit to run/walk any part or the duration of the 50 kilometer distance.

**NAME:** \_\_\_\_\_ **SIGNATURE:** \_\_\_\_\_

**STREET:** \_\_\_\_\_ **CITY/STATE/ZIP:** \_\_\_\_\_

**USATF #:** \_\_\_\_\_ **HOME PHONE #:** \_\_\_\_\_ **CELL PHONE #:** \_\_\_\_\_

**SHIRT SIZE:** \_\_\_\_\_ **DOB:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **TAKING LIRR?** \_\_\_\_\_

**eMAIL ADDRESS:** \_\_\_\_\_

**In Case of Emergency: CONTACT** \_\_\_\_\_ **PHONE #** \_\_\_\_\_

*BROADWAY ULTRA SOCIETY RESERVES THE RIGHT REGARDING ENTRY PROCESSING.*