

BROADWAY ULTRA SOCIETY

presents the 6th annual

PAJAMA ROMP

SATURDAY, JULY 23, 2016

Fort Totten - Queens

5:00 P.M.

6 hours

Sanctioned by United States Track & Field (USATF) and with the cooperation of the NYC (Queens) Department of Parks & Recreation
a new york ultra running grand prix event

*****Check-In:** At "the Chapel" on Totten Avenue & Murray Avenue. About 1/4 mile walk from parking lot starting at 3:45 PM.

*****Facilities:** There is a comfort station in the parking lot with ample facilities & other restroom facilities in the Fort 1/4 mile from Chapel.

*****Auto Directions:** Cross Island Parkway (CIP): connects with LIE and Belt, Grand Central and Southern State Parkways

CIP North - Exit #32 "Bell Blvd" (Before Throgs Neck Bridge). After exit, make RIGHT at light; go 100 yards to LEFT into parking lot.

CIP South - Exit #33 "Bell Blvd - 295 South/Clearview Expwy". After exit, turn LEFT at light and proceed into left lane. (Most traffic will go right.) Go thru underpass and proceed about .5 mile to LEFT onto Fort Totten Road. Go about 300 yards to LEFT into parking lot.

From New Jersey: Take RFK (Triboro) Bridge to Grand Central Pkwy to Whitestone Expwy to CIP South & follow above directions.

From Bronx, Connecticut & Westchester: Take Bronx-Whitestone Bridge and exit onto CIP South & follow above directions.

*****Transit Directions to Fort:** LIRR (Port Washington Line) to "Bayside Station"

LV: Penn Station (PS): 2:48 PM Woodside (WS): 2:59 PM AR: Bayside: 3:17 PM --- LV: PS: 3:18 PM WS: 3:29 PM AR: Bayside: 3:47 PM

#Q13 BUS from Bell Blvd & 42nd Avenue by Bayside Station directly to Fort Totten Gate - leaves every 10 minutes (a 15-minute bus ride).

Also Kelly's Car Service (718-229-4141) located adjacent to Bayside Station.

*****Note:** Please call the LIRR at 718-217-5477 and the MTA at 511 or 718-330-1234 to be informed about any weekend service advisories.

*****Transit Information FROM Fort:** Arrangements will be made to transport such entrants from Fort Totten to mass transit connections.

*****Course Description:** A 1.3-mile loop on blacktop roadways with rolling terrain. The loop also will provide views of Little Neck Bay, the Long Island Sound, the Throgs Neck Bridge and illuminating horizon of the Manhattan Skyline.

*****Race Scoring:** Event will be electronically scored by *EliteFeats*. All entries will be required to wear a "scoring chip" as instructed.

*****AID & FACILITIES:** Water, Gatorade, defizzed cola, food snacks, medical supplies will be provided.

Restroom facilities on course but not at staging area. Located .9-mile on the race loop.

*****AWARDS:** Special Awards to Top Finishers: Award to Each Runner who completed a marathon or more.

*****GRAND PRIX:** New York Ultra Running (NYUR) Grand Prix points will be awarded based on place of finish and distance completed.

*****POST RACE ACTIVITIES:** Pizza & soft drinks will be distributed near Finish Line Area. The award ceremony will be conducted there.

*****RACE RECORDS:** Tommy Pyon - 48.34 miles (2011) and Sky Canaves - 42.11 miles (2013)

*****ENTRY PROCEDURE:** \$60.00 for BUS Members \$70.00 for non BUS Members

Approved late entries (No PJ shorts guarantee) - \$75.00

*****SPECIAL PERK:** Each pre-entrant will receive imprinted pajama shorts designed by David Luljak & Barbara Christen.

*****Note:** All entries in general SHOULD BE RECEIVED by July 16, 2016. Late entries will be accepted ONLY if there is availability.

The entry limit has increased from previous years but there still will be a "ceiling" type number. Please enter early. Thanks.

*****Manual Entry:** Entry & check payable to: **BROADWAY ULTRA SOCIETY**

PO Box 1239

Long Island City, NY 11101

*****Online Entry:** Race application can be processed through *Ultra Signup* starting May 15.

*****ADDITIONAL INFO:** 917-620-3431

rich1239@nyc.rr.com

PAJAMA (6-HOUR) ROMP

SATURDAY, JULY 23, 2016

I, on behalf of my heirs and administrators, waive and release the Broadway Ultra Society (BUS), New York Ultra Running (NYUR), United States Track and Field (USATF), New York City Department of Parks and Recreation, the City of New York, the Borough of Queens, Fort Totten, EliteFeats, Ultra Signup 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 the duration of six (6) hours.

NAME: _____ **SIGNATURE:** _____

STREET ADDRESS: _____

CITY, STATE & ZIP: _____

USAT&F #: _____ **CELL PHONE #:** _____ **TAKING MASS TRANSIT?** _____

DOB: _____ **AGE:** _____ **SHORTS SIZE:** _____ **E-MAIL:** _____

IN CASE OF EMERGENCY CONTACT: _____ **PHONE #** _____

****WE RESERVE THE RIGHT TO ACCEPT OR REJECT ANY ENTRY****