

BROADWAY ULTRA SOCIETY

presents the

ANNIVERSARY RUN

celebrating 40 years of BUS

SATURDAY, JUNE 3, 2017

8:15 AM START

**40 MILES & 40K RUNS
and marathon**

Alley Pond Park

Queens, NY

Sanctioned by USATF with the cooperation of the NYC Department of Parks & Recreation (Queens Division)

Event Description & Details: There are two races: a 40K & 40 Miles road runs. You DO NOT have to declare what distance you are running. All participants, even eventual 40-Mile finishers, will receive an official time & place in the "40K". There only will be one "official" start.

Marathon Split: There also will be an "added" recording of times and places at the marathon (26.2 mile) location; about a mile & 1/2 further from the 40K mark on the course loop, but only 3/10 mile from the race staging area.

Check in: Adjacent to the Alley Pond "Springfield" comfort station starting at 7:00 AM, located on 76th Avenue just east of Springfield Blvd.

Facilities: Suggest you come dressed to run. Restrooms are available.

*****Auto Directions:** Long Island Expressway (LIE) EAST to Exit #29 "Springfield Blvd. After exit, proceed on LIE service road to RIGHT onto Springfield Blvd. Go about .8 mile to LEFT onto 76th Avenue, then turn LEFT into parking lot of Park.

*****LIE WEST to Exit #29 "Springfield Blvd. After exit, turn LEFT onto Springfield Blvd. Follow above LIE EAST directions to Park.**

*****Grand Central Parkway (GCP) EAST to Exit #22 "Union Turnpike". After exit, proceed straight to traffic light; turn LEFT onto Union Turnpike. Proceed on Union Tpk. to turn RIGHT onto Springfield Blvd. Go .3 mile to RIGHT onto 76th Avenue & LEFT into lot.**

*****GCP WEST to Exit #23 "Cross Island Pkwy, Union Turnpike, Alley Park". Only exit at the end of "the ramp" at Union Turnpike.**

Turn RIGHT at light onto Union Turnpike; then turn RIGHT onto Springfield Blvd. Follow above GCP EAST directions to Park.

TRANSIT DIRECTIONS: LIRR Hempstead Line: Call LIRR at 718-217-5477 or 511 to confirm below schedule. It may change.

Lv. Penn Station: 6:42 AM; Lv. Woodside: 6:54 AM (Change at Jamaica; Lv: 7:05 AM); Lv. Atlantic Terminal: 6:42 AM --- AR Queens Village 7:14 AM

From LIRR to Race Site: Exit towards the front of the Queens Village Station & a yellow BARN truck will transport you to race site.

Disclaimer: If mass transit entrants are too numerous, you may have to take Q27 bus at corner of Springfield Blvd & Jamaica Ave.

The Q27 bus runs every 6 minutes on Saturdays & ride is 10 minutes or less. Event will wait until LIRR entrants from 6:42 train will arrive.

Race Loop: A 3.08-mile circuit on paved (macadam) paths. Loop can be challenging with series of roller coaster inclines and declines in a park and woody surroundings. Loop is about 70% shady.

Race Objectives: 40K - complete 8 loops; 40 miles - complete 13 loops; "marathon" - complete 8 loops plus 1.58 miles.

AID: 3 Stations per loop providing water, Gatorade, defizzed cola & food snacks. Finish Line Station will also have medical supplies.

TIME LIMITS: 8 Hours for 40K and marathon; 9 hours & 45 minutes for 40 Miles. The latter time limit will be administered.

AWARDS: 40K: Modest awards to each finisher. 40 Miles: Distinctively design awards to each finisher

POST RACE: Refreshments will be served to runners and their guests adjacent to the Finish Line.

ENTRY PROCEDURE: \$40.00 for BUS Members: \$50 for non-BUS Members. Late & Post Entries may be accepted.

Send entry & check payable to: BROADWAY ULTRA SOCIETY

P.O. Box 1239

Long Island City, NY 11101

Additional Information: 917-620-3431

Entry can be also processed through <https://ultrasignup.com>

SPECIAL PERKS to pre-entrants: Commemorative race shirt if received by May 26 and also commemorative mug if received by May 17.

ANNIVERSARY RUN (40K or Marathon or 40 Miles)

SATURDAY, JUNE 3, 2017

I, on behalf of my heirs and administrators, waive and release the Broadway Ultra Society (BUS), the NYC Department of Parks and Recreation, USA Track & Field (USATF-New York), New York Ultra Running, the New York State County of Queens and 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 all or any part of the duration of the said (40 kilometers, 26.2 mile marathon and 40 miles) required distances. And I take full responsibility despite whatever health or medical conditions I may have before, during and after the said mentioned distance events.

NAME: _____ **SIGNATURE:** _____

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

SHIRT SIZE: _____ **TAKING LIRR?:** _____ **CELL PHONE #:** _____ **USATF #:** _____

DOB: _____ **AGE:** _____ **E-MAIL ADDRESS:** _____

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

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