

BROADWAY ULTRA SOCIETY
presenting the 7th edition of the "Ass Series"

**SORRY ASS TRAIL MIX-UP
ADVENTURE RUNS**

50 kilometers (31.07 miles)

30 kilometers (18.64 miles)

SATURDAY, JUNE 1, 2019

8:00 AM START

Forest Park; Queens, NY

A NEW YORK ULTRA RUNNING GRAND PRIX EVENT

SANCTIONED BY USATF

****With cooperation by the NYC Department of Parks & Recreation (Queens Division)****

EVENT DESCRIPTION: There are two low-key races: a 30K and 50K trail/road run. You DO NOT have to declare what distance you are running. All participants, even eventual 50K finishers, will receive an official time & place in the 30K. There only will be one "official" start.

CHECK-IN: In Forest Park on Memorial Drive at the intersection of Myrtle Avenue and Park Lane South starting at 7 AM.

PRE-EVENT FACILITIES: At the Jackson Pond Playground Comfort Station on Myrtle Avenue or Portable Toilets by the Staging Area.

AUTO DIRECTIONS:

Jackie Robinson Parkway Westbound - From Queens & Long Island: (connects with the Grand Central Parkway and the Van Wyck Expressway south) to Exit #6 "Metropolitan Ave". After exit ramp, LEFT (east) onto Metropolitan Avenue. Go .3 mile (3rd traffic light) and then make RIGHT onto Park Lane South. Proceed another .4 mile (road will bend right); after passing 112th Street, park on right side of street.

Jackie Robinson Parkway Eastbound - From Brooklyn: Exit #5 "Myrtle Avenue, Woodhaven Blvd." Exit ramp will bear right, then RIGHT turn onto Myrtle Avenue (toward Woodhaven Blvd.) STRAIGHT on Myrtle Ave passing Woodhaven Blvd for 1.1 miles to Check-In intersection. Look for parking on right side of Myrtle Avenue just before Park Lane South (adjacent to playground & comfort station).

TRANSIT DIRECTIONS:

"E" & "F" subways to "Kew Gardens-Union Turnpike" Station. Exit on south side of subway station. Take Q37 bus to Park Lane South & Myrtle Ave. Bus ride is 1.25 miles and takes only about 5-10 minutes. Bus leaves Kew Gardens every 20 minutes (00, 20 & 40 on the hour). Or take taxi or Uber. "J" or "Z" subways to "111th Street" Station. Walk north on 111th Street for .3 miles; turn LEFT at Myrtle Ave & go about 300 yards to Park Lane South. **Footnote:** Please call 718-330-1234 or 511 for any service changes. Or check the MTA *The Weekender* online. Especially with the "J & Z".

RACE LOOP:

A 5K loop on a variety of paved & trail terrain. Paved surface is about 1.1 miles mainly on asphalt park drives. The trail sector is about 2 miles in scenic woodsy surroundings. The trail is very runnable but will still include rocks, boulders, wood chips, roots and leaves. But cannot be considered "technical" but still challenging. The overall race loop is rolling with a 250-yard significant climb.

AID: Two stations per loop providing water, Gatorade, defizzed cola, food snacks and medical supplies. There also will be nearby portable toilets.

RACE OBJECTIVES: 50K - complete 10 loops 30K - complete 6 loops.

SCORING: Manual loop counting and timing will be provided. Please make sure to comply with the bib number procedure. Thank you.

AWARDS: All with the "ass" design.

30 Km: Modest awards to each finisher. **50 Km:** Distinctively design awards to not only top finishers but also to all finishers.

GRAND PRIX: New York Ultra Running (NYUR) Grand Prix points will be awarded based on place of finish overall & age group in the 50K.

POST-EVENT: Refreshments and awards will be distributed adjacent to the Staging Area.

ENTRY PROCEDURE:

Online: <https://ultrasignup.com> (starting on March 20).

By Mail: Send completed waiver with fee to: Broadway Ultra Society; PO BOX 1239; Long Island City, NY 11101

\$50.00 for each pre-entrant received by May 23, 2019.

\$60.00 for late or post entry after May 23. (No guarantee of shirt or desired size)

SPECIAL PERK: Decorative dri fit race shirt to each pre-entrant.

Additional Info: Please contact 917-620-3431 or e-mail at rich1239@nyc.rr.com;

SORRY ASS TRAIL MIX-UP

SATURDAY, JUNE 1, 2019

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 (30 kilometers and 50 kilometers) required distances. And I take full responsibility despite whatever health or medical conditions I may have before, during and after the said 30K or 50K distance events.

NAME: _____ **SIGNATURE:** _____

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

SHIRT SIZE: _____ **CELL PHONE #:** _____ **USATF #:** _____

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

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

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