

**BROADWAY ULTRAMARATHON SOCIETY**

*presents the 10th edition*

**PAJAMA ROMP 6-HOUR**

**John Golden Park & Crocheron Park  
SATURDAY, JULY 23, 2022**

**Bayside (Queens), NY  
5:00 PM Start**

With the cooperation of the N.Y.C. Department of Parks & Recreation (Queens Division) & Sanctioned by USATF  
**a New York Ultra Running Grand Prix event**

**COURSE:** The event will be conducted on two loops; Day Loop & Night Loop.

**Day Loop:** About a one mile loop on macadam footpaths until about 8:15 PM; loop is mainly flat with a rise here & there.

**Night Loop:** a.k.a. the "lighted loop" on approximate .7 mile circuit among Park lights starting at dusk until the Race Finish.

**CHECK-IN:** Pick up race packet at John Golden Park adjacent to the comfort station & ballfields starting at 4:00 PM.

**AUTO DIRECTIONS:**

**From Grand Central Parkway & Long Island Expressway:** Clearview Expressway North to Exit #6A "35th Avenue". After exit, turn RIGHT onto 35th Avenue. Go about .4 mile to Bell Blvd. (Amoco & BP stations). Turn LEFT onto Bell Blvd. Then go 2 blocks to turn RIGHT (after Shin Kwang Church) onto 33rd Road. Go about .3 mile to end of road (Tennis House). Make LEFT onto 215th Place & go almost one block and turn RIGHT into parking lot.

**From Throgs Neck Bridge:** Clearview Expressway South to Exit #6A "35th Avenue". After exit, turn LEFT onto 35th Avenue. Go about .5 mile to Bell Blvd. Follow above directions from there.

**TRANSIT DIRECTIONS:** Long Island Rail Road (Port Washington Line) 718-217-5477 - please CONFIRM schedule with LIRR

Leave Penn Station: 3:18 PM    Leave Woodside: 3:29 PM    Arrive Bayside: 3:47 PM

Leave Penn Station: 3:48 PM    Leave Woodside: 3:59 PM    Arrive Bayside: 4:17 PM

**Return Trip:**                      Leave Bayside: 11:59 PM    Arrive Woodside: 12:16 AM    Arrive Penn Station: 12:27 AM

Walk NORTH on Bell Blvd. to RIGHT onto 33rd Road (after Shin Kwang Church & 2 blocks past 35th Avenue) & then straight for about 3 blocks to Tennis House. Walk is about a mile. Cab at Bayside Station is no longer there.

**Alternative:** "Q13" Bus from Main Street Flushing to Bell Blvd & 33rd Road. Buses leave every 10 minutes & ride is about 30 minutes.

**FACILITIES:** Come dressed to run. Comfort Station at Start/Finish area. There also may be additional facilities.

**AID STATION:** One station per loop providing water, Gatorade, defizzed cola & some food snacks. Please bring what you may need.

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

**ILLUMINATION:** The "Night Loop" or lighted loop will be on safe paths with Park lights providing illumination. There may be other illumination. We still suggest that you may want to bring a head lamp or portable flashlight.

**WEATHER:** If there is lightning in the area, all runners will be removed from the loop until it's safe, but the clock will continue.

**AWARDS:** to Top Three. Medals to other Finishers.

**NYUR GRAND PRIX:** Points only to finishers who have completed the marathon distance or longer.

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

**ENTRY PROCEDURE:** \$50.00 for each participant

**Field limited to 70 with an entry deadline of Saturday, July 16 2022 or whichever comes first.**

**Mail entry & check:**                      **BROADWAY ULTRA SOCIETY**  
Richard Innamorato  
P.O. Box 1239  
Long Island City, NY 11101

**Additional Information:**                      [shoeboxlew@gmail.com](mailto:shoeboxlew@gmail.com)  
917-620-3431

**RACE SWAG:** Imprinted pajama shorts to each "pre-entrant"

**PAJAMA ROMP 6-HOUR**

**SATURDAY, JULY 23, 2022**

Waivers to be completed later

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

**STREET ADDRESS:** \_\_\_\_\_

**CITY, STATE & ZIP ADDRESS:** \_\_\_\_\_

**CELL PHONE #:** \_\_\_\_\_ **PJ SIZE:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **DOB:** \_\_\_\_\_

**E-MAIL ADDRESS:** \_\_\_\_\_

**EMERGENCY CONTACT NAME:** \_\_\_\_\_ **HIS/HER PHONE NUMBER:** \_\_\_\_\_

*THE BROADWAY ULTRAMARATHON SOCIETY RESERVES THE RIGHT TO ACCEPT OR REJECT ANY ENTRY.*