

**OMNIBUS**  
*(a satellite of the Broadway Ultra Society)*  
and  
"FAR"  
(created by Ultra Women Runners)  
presents the

**CITADEL CHALLENGE**

SUNDAY, NOVEMBER 19, 2023

*Fort Totten - Queens*

*9:00 A.M. Start*

**25 kilometers, 30 kilometers & 50 kilometers**

Sanctioned by United States Track & Field (USATF) and with the cooperation of the NYC (Queens) Department of Parks & Recreation

**\*\*\*Event Description:** There are three races: a 25K, a 30K & 50K road runs. You DO NOT have to declare what distance you are running. 50K finishers will receive official time & place in the 25K & 30K. 30K finishers will be also listed in 25K. There is only will be one "official" start.

**\*\*\*Check-In:** At Center for Women NY, 207 Totten Avenue across from Chapel starting at 7:30 AM. About 1/4 mile walk from parking lot.

**\*\*\*Facilities:** There is a comfort station in the parking lot. Portosans are at Staging Area & adjacent to Fort Totten Visitor Center.

**\*\*\*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): 6:44 AM Woodside (WS): 6:57 AM AR: Bayside: 7:15 AM --- LV: PS: 7:17 AM WS: 7:29 AM AR: Bayside: 7:47 AM

LV: Grand Central: 7:42 AM Woodside: 7:54 AM AR: Bayside: 8:12 AM

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

**\*\*\*Additional Transit:** Q13 or Q16 Bus from Flushing Main Street Subway Station to Fort Totten Gate. Ride can be 30-40 minutes.

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

**\*\*\*Course Details:** A 2.5K (1.55-mile) loop on macadam & blacktop roadways and occasional cement paths. The loop is rolling & will provide views of Little Neck Bay, the Long Island Sound & Throgs Neck Bridge. The loop also features a **911 Memorial**.  
10 Loops -- 25K; 12 Loops -- 30K; 20 loops -- 50K: **Time Limits: 8 hours 30 minutes.**

**\*\*\*Aid & Facilities:** Water, Gatorade, defizzed cola, food snacks, medical supplies will be provided plus restroom facilities.

**\*\*\*Awards:** Omnibus Medals to all finishers of 25K & 30K. Upgraded award for 50K Finishers.

**\*\*\*Refreshments:** Food & soft drinks will be on hand near the Staging Area.

**\*\*\*ENTRY PROCEDURE:** \$40.00 for Pre-Entrants \$50.00 for Late & Day of Race Entries (NO SWAG guaranteed)

**\*\*\*SWAG:** Each pre-entrant will receive imprinted item with new Omnibus logo.

**\*\*\*Note:** Pre-Entry SHOULD BE RECEIVED by November 16, 2023.

**\*\*\*Manual Entry: Check payable to: BROADWAY ULTRA SOCIETY**  
**Mail to:** Richard Innamorato  
851 Mahattan Avenue  
Brooklyn, NY 11222

**\*\*\*Online Entry:** Registration via *UltraSignup link:* <https://ultrasignup.com/register.aspx?did=108630>

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

**CITADEL CHALLENGE 25K, 30K, 50K**

**SUNDAY, NOVEMBER 19, 2023**

I, on behalf of my heirs and administrators, waive and release Omnibus, the Broadway Ultra Society (BUS), New York Ultra Running (NYUR), "FAR", 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, Center for the Women of New York (CWNY) and all their representatives and all persons associated with these events for any claims of injuries and/or death suffered by me in the said event. I am totally aware of any possible hazzards, including any kind of traffic, of the designated venue. I attest I am physically fit to run/walk all the required distances.

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

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

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

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

**DOB:** \_\_\_\_\_ **AGE:** \_\_\_\_\_ **E-MAIL:** \_\_\_\_\_

**IN CASE OF EMERGENCY CONTACT:** \_\_\_\_\_ **PHONE #** \_\_\_\_\_

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