

OMNIBUS
presents the
VALLEY STREAM RUNS

6-HOURS

3-HOURS

SATURDAY, NOVEMBER 22, 2025

Hendrickson Park - Valley Stream, NY

8:30 AM/9:30 AM Starts

Sanctioned by United States Track & Field (USATF) & with cooperation of the Village of Valley Stream, NY

*****Check-Ins:** Adjacent to the Katherine Everson Playground in Hendrickson Park. Six-Hour participants check-in from 7:30 AM to 8:25 AM. Three-Hour entrants check-in (please not before) from 8:35 AM to 9:30 AM.

*****Event Description::** There are 2 races & 2 starts. The 6-Hour start at 8:30 AM. And the 3-Hour begin at 9:30 AM.

*****Course:** 1.453-mile flat loop on smooth asphalt pedestrian paths. 18 loops is the marathon distance.

*****Auto Directions:** Southern State Parkway (Westbound from Long Island) to Exit 15S "Corona Avenue - Valley Stream". After exit, make RIGHT onto North Corona Avenue. Proceed for approximately one mile to RIGHT onto Merrick Road. Go one block and then make RIGHT into Hendrickson Park lot at entrance.

Southern State Parkway (Eastbound from Brooklyn, Queens, etc.) to Exit 14 "Fletcher Ave - Valley Stream". After exit, make RIGHT at traffic light. Road will become Fletcher Avenue. Go about .8 mile to LEFT onto Merrick Road. Then an immediate LEFT into parking lot.

*****NOTE:** Park in the east end of the lot. Make sure to obtain a parking pass at Check-In to be placed in vehicle.

*****Transit Directions:** Long Island Railroad (LIRR) - Far Rockaway Line (718-217-5477) to "Valley Stream" Station. You can leave from Grand Central Station & Penn Station. Below are departure times & arrival at Valley Stream
LV Grand Central: 6:48 AR Valley Stream 7:24 AM; LV 7:39 AM AR 8:15 AM; LV 7:56 AM AR 8:42 AM
LV Penn Station: 6:45 AR Valley Stream 7:24 AM; LV 7:06 AM AR 7:42 AM; LV 7:36 AM AR 8:15 AM; LV 8:06 AM AR 8:42

*****NOTE:** Above schedules may change by November. On some trains, you have to change at Jamaica. Exit platform & walk north (away from Sunrise Highway) on S Franklin Street about 1/2 mile. Cross Merrick Road. Go 3 more blocks & enter Park from side entrance on LEFT at W Melrose Street.

*****Race Scoring:** Manual scoring method. Bib Numbers must be VISIBLE at all times.

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

POST RUN REFRESHMENTS: There will food and drink items after each event.

*****AWARDS:** Male 6-Hour Winner: Stanley Friedlander Award: Female 6-Hor Winner: Donna Hahl Award: Distinctive Awards to those who completed the marathon distance or more. Medals to other participants.

*****ENTRY PROCEDURE:** \$40.00 for 6-HOUR pre-entry (up to 11/15/25) \$35.00 for 3-HOUR pre-entry

*****SWAG:** Each pre-entrant for both events will receive embroidered Omnibus Ski Cap
\$50.00 for late and post entry for both events. (No SWAG guaranteed)

*****Online Entry:** Race application can be processed through *UltraSignup*.

*Online through ZELLE to 917-620-3431
phone # should take you to account of Broadway Ultra Society/Richard Innamorato*

By Mail: Send waiver & fee to: Richard Innamorato; 851 Manhattan Avenue #3; Brooklyn, NY 11222

*****ADDITIONAL INFO:** 917-620-3431 shoeboxlew@gmail.com

VALLEY STREAM RUNS (6-HOUR & 3-HOUR)

SATURDAY, NOVEMBER 22, 2025

I, on behalf of my heirs and administrators, waive and release Omnibus, the Broadway Ultra Society (BUS), New York Ultra Running, United States Track and Field (USATF), the Village of Valley Stream, the New York County of Nassau, State of New York, UltraSignup 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(s). I attest I am physically fit to run/walk the duration of the said times I chose: 6-hours or 3-hours.

ENTERING: 6-HOUR (\$40): _____ or 3-HOUR (\$35): _____

NAME: _____ **SIGNATURE:** _____

STREET ADDRESS: _____

CITY, STATE & ZIP: _____

DOB: _____ **CELL #:** _____ **E-MAIL:** _____

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

WE RESERVE THE RIGHT TO ACCEPT OR REJECT ANY ENTRY