

BROADWAY ULTRA SOCIETY

presents the

QUEENS 50K

SUNDAY, MARCH 28, 2010

Alley Pond Park

8:45 A.M. START

BAYSIDE, QUEENS, NY

Sanctioned by the MAC with the cooperation of the N.Y.C. Department of Parks & Recreation
a New York Ultra Running Grand Prix event

***Check-In: At Alley Springfield Comfort Station starting at 7:45 AM.

***Course Description: Loop is a "lollipop" circuit with a footpath loop around the Alley Springfield area and an out-back-stection on the Old Motor Parkway. The traffic-free loop is rolling on a combination of asphalt and macadam, and the loop distance is about 3.8 miles.

***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 Tpke. 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.

***Alley Springfield is not a familiar BUS staging area. Allow extra time to arrive.

***Parking: Alley Park lot on the north side of 76th Avenue.

***Transit Directions: Long Island Railroad (LIRR) - Hempstead Line (718-217-5477) to "Queens Village" Station.

LV Penn Station: 7:40 A.M. (change at Jamaica) LV Flatbush Avenue: 7:42 A.M. LV Jamaica: 8:05 A.M.

ARRIVE Queens Village: 8:14 A.M.

***Note: You will be picked up at the LIRR station (exit the front end) to be transported to the Park. But please first CALL 917-620-3431 to confirm.

AID & FACILITIES: Water, Gatorade, defizzed cola, food snacks, medical supplies & restroom facilities will be provided.

POST RACE & AWARDS: Special Awards to Top Finishers: Award to Each Finisher. Refreshments will be provided.

ENTRY PROCEDURE: \$20.00 for BUS, GLIRC & Taconic RR Members & Staten Island Residents \$25.00 for non Members \$30.00 for All post entries

SPECIAL PERK: Each starter will receive a commemorative BUS shirt designed by David Luljak & Barbara Christen

***Note: Late entries will not be guaranteed desired size.

Send entry & check payable to: BROADWAY ULTRA SOCIETY PO Box 1239 Long Island City, NY 11101

ADDITIONAL INFO: 917-620-3431 rich1239@nyc.rr.com

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I, on behalf of my heirs and administrators, waive and release the Broadway Ultra Society (BUS), NYC Department of Parks, New York Ultra Running, Metropolitan Athletic Congress, United States Track & Field, the City of New York, 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 the said 50-kilometer distance.

NAME: SIGNATURE:

STREET ADDRESS:

CITY, STATE & ZIP:

USAT&F #: HOME PHONE #: WORK PHONE #:

DOB: AGE: Tee SIZE: E-MAIL:

IN CASE OF EMERGENCY CONTACT: PHONE #

WE RESERVE THE RIGHT TO ACCEPT OR REJECT ANY ENTRY.