

BROADWAY ULTRA SOCIETY

presents the

QUEENS FAT ASS 50K RUN

and

30-Kilometer Sprint

SATURDAY, DECEMBER 22, 2012
Alley Pond Park

8:35 AM START
Queens, NY

Sanctioned by Metropolitan Athletic Congress with the cooperation of the NYC Department of Parks & Recreation.

COURSE: A challenging 5K "lollipop" loop on macadam and blacktop in wooded surroundings in Alley Pond Park. The "stem" is a hilly out n' back segment on the Vanderbilt "Motor Parkway" with a rolling loop on footpaths around the Alley Picnic and Alley Springfield areas.

CHECK-IN: At the Alley Pond Park Fieldhouse (adjacent to tennis area) on Winchester Blvd north of Union Turnpike starting at 7:30 AM.

AUTO DIRECTIONS: From NYC, Brooklyn & Queens: Grand Central Pkwy (GCP) east to Exit #23 "Cross Island Pkwy, Alley Park, Winchester Blvd.". Bear RIGHT to exit at Winchester Blvd. Turn RIGHT onto Winchester Blvd & immediate RIGHT into Park lot.

From Long Island: Northern State Pky west to start of GCP. Exit #23 "Cross Island Pkwy, Union Turnpike". Stay STRAIGHT on exit "offshoot" for a good stretch. You may see an exit sign saying "Alley Park", but that exit is closed. Keep staying straight to exit at Union Turnpike. After exit, turn LEFT at the light onto Union Tpke. Go about .5 mile to LEFT onto Winchester Blvd & LEFT into lot.

TRANSIT DIRECTIONS: LIRR Hempstead Line: Call LIRR at 718-217-5177 to confirm

Lv. Penn Station: 7:40 AM (Change at Jamaica; Lv: 8:05 AM) Lv. Atlantic Terminal: 7:42 AM AR. Queens Village: 8:14 AM

Note: Must check box on waiver if using LIRR service.

Exit QUICKLY at the east end (front of train) of "Queens Village" station onto Springfield Blvd. You will be picked up to be transported to the Park. We will not start the run without you, but BE READY TO GO when you arrive at the Park

Note #2: You may also take Q46 Bus from "Union Turnpike" subway station to take you directly to Alley Pond Park at Winchester Blvd.

FACILITIES: Suggest you come dressed to run. There will be restroom facilities near the Start/Finish Area at the Park Fieldhouse. There also may be restroom facilities accessible on the race loop in the Alley Picnic and Alley Springfield areas.

AID: One station per loop providing water, Gatorade, defizzed cola, food snacks and medical supplies.

TIME LIMIT: 8 Hours. Please be advised that all race services will shut down at that time (will be dark then) no matter what.

AWARDS: 50K -- Distinctive awards to top Male and Female finishers. An award to each finisher.

30K -- Top 3 Males and Females. Age Group Winners in 50-59, 60-69, 70-79, 80&up.

POST RACE: Refreshments will be served to runners and their guests after the event near the Start/Finish Area.

PRE-ENTRY PROCEDURE: 50K Entrants -- \$20.00 for pre-entrants; \$30.00 for post entry

30K Entrants -- \$15.00 for pre-entrants; \$20.00 for post entry

Send entry & check payable to:

BROADWAY ULTRA SOCIETY

P.O. Box 1239

Long Island City, NY 11101

Additional Information:

917-620-3431

rich1239@nyc.rr.com

50K SPECIAL PERK: Ski cap with BUS logo designed by David Luljak and Barbara Christen to 50K starters.

QUEENS FAT ASS 50K RUN

SATURDAY, DECEMBER 22, 2012

I, on behalf of my heirs and administrators, waive and release the Broadway Ultra Society (BUS), New York Ultra Running (NYUR), the NYC department of Parks & Recreation, USA Track & Field, Metropolitan Athletics Congress, the New York State County of Queens 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. I attest I am physically fit to run/walk any part or the duration of the 50 kilometer distance.

NAME: _____ SIGNATURE: _____

STREET: _____ CITY/STATE/ZIP: _____

50K: _____ 30K: _____ HOME PHONE #: _____ CELL PHONE #: _____

DOB: _____ AGE: _____ TAKING LIRR? _____ USATF# _____

eMAIL ADDRESS: _____

In Case of Emergency: CONTACT _____ PHONE # _____

BROADWAY ULTRA SOCIETY RESERVES THE RIGHT REGARDING ENTRY PROCESSING.