

The Great New York 100 Mile Running Exposition

Additional information, May 28, 2012

Aid Stations

I am planning the following aid stations at the following mileage points:

Dyckman Fields (9.4)
Pelham Bay Park (21.1, 25.1)
Sound View Park (31)
World's Fair Marina (40.7)
Alley Pond Park (50.8)
Unisphere (58)
Aqueduct (64.5)
Rockaway Beach (72)
Jacob Riis Park (75)
Brighton Beach (81.7)
Bensonhurst Park (85.3)
Leif Ericson Park (90.6)
Borough Hall (95.6)

If I get enough volunteers, I'll add an aid station or two in the first half of the course.

Food

I've mentioned that the aid stations will basically only have water and Gatorade. I may try to add fruit, salty foods, or some other food to at least one or two aid stations, but basically you will have to carry your own nutrition or buy it along the way. There are delis, grocery stores, convenience stores, fast food places, etc. along the course, but here is a better idea of where they are.

Mile 0-25: There are few food opportunities directly on the course in the first 25 miles. There is a BP convenience store on 233 St. (about 15.7 miles) just before you cross the Bronx River Parkway. At about 18.5 miles after you enter the Pelham Parkway Greenway at White Plains Rd. (near the elevated subway), there are some delis and a Dunkin Donuts.

Mile 25-46: There are many stores along Middletown Rd. (26-26.5 miles), especially at White Plains Rd. before you enter the bike path. There are also plenty of shops on Garrison Ave. (32-33 miles), one or two at 31st St. in Queens, near the elevated subway (mile 37.4), and a few scattered along Willets Point Blvd. (mile 44.2-45.6).

Mile 46-75: There aren't many places along the course through the park corridor, except a convenience store at Main St. in Flushing (56.8 miles). Not long after leaving Flushing Meadows, you'll find food at the Kew Gardens intersection (60.8 miles), a few choices along 108 Ave. at the cross streets (62.1-63.8 miles) and lots of stuff on Cross-Bay Blvd (65-66 miles). Some small shops in Broad Channel (mile 70) are your last chance for a while.

Mile 75-100: You'll find more shops on Brighton Beach Ave. (81.5 miles), and lots of places on 4th Ave. in Brooklyn, many of which should be open late or all night (90-94 miles) and Court St. as well (95.5 miles). There are of course other shops scattered throughout, but be aware that long stretches of the course that run through parks may not have much food available, particularly the Queens stretch from miles 45.7-60.7.

Water

Besides aid stations, you will pass by many drinking fountains in the parks. Just about every park and playground you pass will have a drinking fountain. Significant exceptions where there is no water

nearby are Randall's Island (mile 35-36) and the Brooklyn waterfront greenway along the Belt Parkway (85.3-89.7 miles).

Restrooms

I've marked on the course map where there are park facilities that should be open when you pass by. Generally park facilities are open from 8 am to 6 pm, but that may vary. There are also convenience stores, McDonald's, Dunkin Donuts that will probably have facilities that you can use. In some cases you will just have to do what you have to do.

Markings

The course will be marked with arrows painted on the ground. There will be a few spots where I won't want to paint, such as the Rockaway and Coney Island boardwalks. Besides aid station volunteers there to help you, exit points will be marked somehow, likely either with chalk or signage. Details will be given before the race. Van Cortlandt Park will be marked race morning with chalk arrows on paved pathways and flour on the trails.

The first section may not be marked at all, assuming you can find your way up Broadway to Columbus Circle and Central Park, while you will still be close together. Central Park may be minimally marked, just making sure you exit at the right spot.

The final 2.5 miles through Manhattan, the markings might be hard to see on crowded sidewalks. I might put signs on poles instead. Stay tuned for further info. Also, from 14th St. Union Square to the finish at 44th St. you will be on Broadway the entire way, but there are tricky intersections at 23rd and 34th Sts. Don't worry about markings here and just be sure to continue on Broadway, which bears left at both intersections, crossing where you can when you have the lights.

Finally, I don't dare mark the bridges themselves, as rules are very strict and they are closely monitored. The walkway entrances will be clearly marked, but you won't see arrows on the bridges themselves. Please don't make any wrong turns. ;-)

Drop Bags

Each runner will be allowed one drop bag for extra clothes or food, or whatever. It would be wise to have warmer clothes available at night. It can be breezy along the water.

Your drop bag can be dropped at one of the following aid stations: Unisphere (mile 58), Aqueduct (64), Rockaway Beach (71), Jacob Riis Park (75). Please bring it to the start with your name and the aid station marked clearly on it. It will be brought to the finish line as soon as possible after the aid station closes.

Cutoff

I've mentioned that there will be a 12-hour cutoff at 50 miles. Since the 51 mile aid station, in Alley Pond Park, is a long way from any subway, I'm revising that to say there is a 14-hour cutoff for 58 miles – the Unisphere, since it is close to the subway. I can't say that this will be enforced to the exact minute, but if you come in after that and look like you're struggling, please be understanding if you're asked to leave the course. Being a first-time event, I don't want the volunteers to be worrying about people spread out too much along the course at night.

After the 58 mile point, you will have at least 14 hours to complete the last 42 miles. That's three miles per hour (20 minutes per mile). If you are visibly struggling to keep that pace, please be understanding if you are asked by volunteers to leave the course.

Finish

There will be no big banner or marking at the finish, but being Times Square, we'll do what we can to get the crowd to cheer you in! After you finish, you will receive your finisher's award and you will be directed to the Broadway at Times Square hotel, where I've reserved a room. It's at 129 W. 46 St., just off 7th Ave. Your bag will be there, and you can rest and clean up (please bring your own towel). Be aware that this is one room with one bed with other runners coming through, so don't count on sleeping the whole night there.

There will not be any awards ceremony or post-race breakfast. You can hang out as long as you want, to enjoy Times Square, cheer in other runners, or rest up.

Safety

Remember most of all to take safety seriously. 100 miles is a long, long ways and after running a long time you might not always make the best decisions. Primary safety concern is crossing the streets. Even if cross streets have a stop sign or red light, drivers don't always stop, especially in Queens (sorry, Queens people, but it's true). And most of the last 10 miles is on streets. Be careful!

Of course, your health is also a primary concern. For some of you this is your first 100-mile race. Don't push it. I want you all to finish, and I know you can, but on a given day, it just might not be in the cards.

Overall, remember that while this is a great physical challenge, it is meant to be fun – an exposition, a running tour of the city. It's not meant to be a highly competitive event. Remember the one key word – PATIENCE! Have patience by taking the time to buy food along the way when you need it, have patience crossing the streets, and have patience at the aid stations (making sure the volunteers mark you down).