

The Great New York 100 Mile/100 KM Running Exposition

Notes

Reminders

A few reminders from the original info sheet.

Aid stations will be minimal and will provide fluids approximately every 5 miles, but are not fully-stocked like most ultras. Some will have food, ice and other items, but be prepared to carry your own food, have it crewed, or buy it in stores you pass along the way. Bring cash with you.

Music players are not allowed on the course, day or night. This is for safety purposes. The course is on open streets, even long stretches of off-road bike paths have occasional road crossings, and you must be fully attentive to your surroundings.

Littering is absolutely prohibited. You will pass garbage cans everywhere.

Start

Please arrive at the start by at least 4:30am, 4:00 is even better, the earlier the better to get everyone checked in. You will receive your tshirt and a wrist band with your number on it. The start is at Broadway and 47th St., next to the TKTS booth, heading north on Broadway.

I realize that commuter lines might not run that early, and parking is prohibitive, but plan ahead

Safety

Safety is most important! A lot of the course is on off-road bike paths, but there are also many street crossings, some of which are very busy. Always be careful at crossings, even quiet streets. Drivers just might not be seeing you.

Likewise, your health is just as important. Remember this is an urban adventure more than a competitive race. Slow down, walk or rest if you feel you need to. It could be hot on race day, and a great deal of the course is exposed to the sun and wind. Dress smart and run smart.

Course

The course is the same as last year, but with some minor tweaks:

1. Just before entering Sound View Park (mile 30), you will take a few back alleys and passageways, which cut a small distance off street running and is more interesting.
2. Upon entering Randall's Island (mile 35), you will make an immediate left to take the new Hell Gate pathway. It's only a tiny bit longer, and is more protected and more interesting.
3. The Rockaway Beach boardwalk (mile 71) is still not rebuilt after hurricane Sandy, so you will have to take Shore Front Parkway to Beach 109 St., then Rockaway Beach Blvd. all the way into Jacob Riis Park. At Riis Park the course will go onto the promenade so you at least have a little bit of waterfront running there.
4. After crossing the Marine Parkway Bridge into Brooklyn (mile 76) there is construction work, so you will have to cross the highway onto the bike path, the cross back to get on the Belt pathway.
5. There is work being done at Plum Beach (mile 80) near the end of the Belt pathway. Signs say it is closed, but I was able to get through with no problem. I will continue to monitor the area, and hopefully no detour will be needed.
6. The Carroll St. Bridge across the Gowanus Canal (mile 93) is out for repairs, so you will take 4th Avenue 2 extra blocks to Union St., and take Union St. up to Court St.

Course marking

I'm going to be marking the course this year with yellow surveyor's tape on light poles, parking signs, park railings, etc., rather than arrows painted on the sidewalk. This I believe will be more visible and allow you to keep your heads up. Turns will be marked with yellow cards with "100" or "TGNY100"

printed on them, taped to poles. This will be a lot of work, but I think a much better experience for you (as long as the tape doesn't get removed), and I don't like spray-painting the city anyway.

There will be some exceptions. Some areas, notably Van Cortlandt Park, will have to be marked with chalk arrows on the ground on pavement and flour on the trail sections. The Coney Island boardwalk will not be marked, but I will mark where you turn off, just past the Parachute Jump (a very easy-to-see landmark). The first three miles up Broadway and into and through Central Park may not be marked, but stick to the West Drive in the park to the 110th St. exit, most of you know the way, the others can stick close together. I will mark the exit and the course after that.

All runners will also be given a printout of detailed turn-by-turn directions in a plastic bag to carry with them. This sheet will also have my contact information.

Food/Restrooms

The race will have no porta-potties rented. Park facilities are generally open from roughly 8 am – 6 pm, which should be good for Pelham Bay Park, Randall's Island, Alley Pond Park, Kissena Corridor Park and Flushing Meadows, depending on your speed. You will pass by many fast-food places and convenience stores where you can usually use their facilities.

Delis, convenience stores and fast-food places are located throughout the course to purchase food. But some parts of the course have lots of places:

- Middletown Road after leaving Pelham Bay Park (app. Mile 26-27)

- Cross-Bay Blvd in Howard Beach (mile 65-66)

- Brighton Beach (app. mile 81), including places open 24 hours

- 4th Ave. in Brooklyn (mile 90-93), including many places open 24 hours

And there are some longer stretches without stores nearby, especially off-road paths:

- The Queens park corridor from Little Bay Park (mile 45) to Flushing Meadows (mile 60), with at least one store on Main St (mile 57). There will be aid stations for fluids, but be prepared.

- The stretch from Broad Channel (mile 69) to Sheepshead Bay (mile 80)

- The Brooklyn waterfront path from miles 85-89.

Baggage

100KM entrants can have one bag transported from the start to the Forest Park finish line.

100 mile entrants can have one bag held for the finish line and one drop bag, which may be dropped at one of the following aid stations: Forest Park (100km - mile 62); Rockaway Beach (mile 71); Jacob Riis Park (mile 75); Sheepshead Bay (mile 81); Bensonhurst (mile 85). The main purpose is to allow you a change of clothes for night running. Please don't make the bags too big or heavy. Please mark your bags clearly with your name and where you want the bag to go.

All drop bags will be brought to the Times Square finish at the completion of the race (11:00 am Sunday). Please make every effort to stay or return to retrieve your drop bags. Any unclaimed bags will be brought to my house; contact me to arrange a pickup time.

Drops

If you must drop from the race, please tell an aid station volunteer if at an aid station, or text me at 646-549-0561 if getting on a subway or bus. Unless in serious distress, you will be responsible for your own transportation to the finish line, or home. Please carry a Metrocard with you! Finish line bags will be brought to Times Square at approximately 9 pm. If anything in your bag is urgently needed before then, please contact me. You will have my cell phone number with you.

100 mile entrants who complete 100km but not 100 miles will receive credit and a place and a certificate for 100km finish, whether or not you continue past 100km. 100 mile finishers will not be listed with 100km finishers.

Finish Line

100KM: 100km finishers will receive a certificate upon finishing. Trishul will also have food items for you. You are responsible for your own transportation. The nearest subway station (J train) is about ½ mile away.

100 mile: I've put my order in early this year, so I fully expect to have buckles ready for you at the finish line! The finish line is in the pedestrian plaza between 44th and 45th St, in front of Toys R Us. There is some construction in and around the Times Square pedestrian plaza, so the passage near the finish may be narrow and crowded with revelers, especially for faster runners who finish by midnight.

I have again reserved a room at the hotel Broadway@Times Square, on 47th St., between 6th and 7th Ave. Finish line bags will be here, and you can shower and rest. **Please bring your own towel!** There are more runners than last year, so please try not to linger too long if the room gets a little crowded, and please be respectful of other hotel guests who may just be finishing (or sleeping off) a night of partying as you finish your own adventure. Later finishers: I might have to rush you a little bit to make the noon check-out time.

Pre-race/Post-race

I currently have no pre- or post-race activities planned. If I'm not too busy with preparations on Friday, I might set up an informal, optional get-together where runners, pacers and friends can ask questions, pick up t-shirts, etc. Unfortunately I won't be able to set up any post-race activities, since I have to get back to work Sunday afternoon.