

BROADWAY ULTRA SOCIETY

presents the

BUS 6-Hour Run

SUNDAY, MARCH 30 2014
Alley Pond Park

8:45 AM START
Queens, NY

Sanctioned by Metropolitan Athletic Congress with the cooperation of the NYC Department of Parks & Recreation.
a New York Ultra Running Grand Prix event

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

*****Short Loop:** All runners will be transferred to a "shorter loop" (approx .8 mile) during the last 45 minutes of event.

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 Tpk. 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: 7:45 AM (Change at Jamaica; Lv: 8:08 AM) Lv. Atlantic Terminal: 7:45 AM AR. Queens Village: 8:16 AM

Note: Must check box on waiver if using LIRR transport service and applies for pre-entrants.

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: Cannot guarantee transport back to LIRR station. There are NYC buses to station or 1.6-mile trek back.

Note #3: You may also take Q46 Bus from "Union Turnpike" subway station to (and back) 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.

AWARDS: Special Awards to Top Finishers: Award to Each Runner who completed a marathon or more.

POST RACE ACTIVITIES: A lunch provided by New York Ultra Running (NYUR) served in Fieldhouse at 2:45 PM.

ENTRY PROCEDURE: \$37.00 for BUS, GLIRC & Taconic RR Members & Staten Island Residents \$45.00 for non Members

*****Entry Deadline:** Pre-Entry should be received by Thursday, March 27, 2014

*****Late & Post Entry:** \$50.00 for all (No guarantee of race shirt)

Five Dollars of your entry will be contributed to New York Ultra Running.

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

RACE PERK: Commemorative shirt to each pre-entrant.

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SUNDAY, MARCH 30, 2014

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 six (6) hour time span.

NAME: _____ **SIGNATURE:** _____

STREET: _____ **CITY/STATE/ZIP:** _____

SHIRT SIZE: _____ **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.