



NEW YORK ULTRARUNNING

In Conjunction With
The Greater Long Island Running Club Broadway Ultra Society
Richmond Rockets Taconic Road Runners Club

Presents

NYUR 3-Hour Award Race and 12th Annual Grand Prix Awards Lunch

To Honor the 2013 New York Ultra Running Grand Prix Award Winners

Sunday, March 30, 2014

Alley Pond Park

Winchester Blvd; Bayside, Queens

3 Hour Race: Start – 11:45 am

Cost For Race and Lunch: Only \$12 if Pre-registered by March 27
Race limited to just 24 entries - \$15 for Late and Post Entries (if availability)
11am-11:40 am - Race Registration
Lunch Immediately Follows the Race
Race Awards to Top Finishers

For Information:

Rich Innamorato	917-620-3431	rich1239@nyc.rr.com
Bob Sherman	516-578-4501	BOBLUV2RUN@aol.com

Directions

Grand Central Parkway (GCP) eastbound 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 Alley Pond Park lot.

Northern State Parkway westbound to GCP to Exit 23 “Cross Island Pkwy, Union Turnpike”. Stay STRAIGHT on “offshoot” for a good while to exit at Union Turnpike. After exit, LEFT onto Union Turnpike; go about .5 mile to LEFT onto Winchester Blvd then LEFT into Park lot.

LIRR to Queens Village Station. Approximately 1.6-mile trek to Park or various NYC buses. Q46 Bus from Union Turnpike subway station directly to Winchester Blvd & Union Turnpike. Call LIRR at 718-217-5477 for info or call 917-620-3431.

NYUR AWARDS RACE AND LUNCH – March 30, 2014

\$12 Check Payable To: Broadway Ultra Society

Mail To: BUS Box 1239 Long Island City, NY 11101

_____ Race and Lunch _____ Race Only _____ Lunch Only (just \$5)

Name _____ DOB _____

Address _____

Cell phone _____ Email _____