

BROADWAY ULTRA SOCIETY

presents the

FAT ASS TRAIL MIX-UP

SUNDAY, DECEMBER 21, 2014

9:00 AM START

50 kilometer & thirty k runs

Alley Pond Park

Queens, NY

Sanctioned by USATF-New York with the cooperation of the NYC Department of Parks & Recreation (Queens Division).

Event Description & Details: There are the two low-key races: a 30K & 50K trail & road run. You DO NOT have to declare what distance (30K or 50K) you are running. All participants, even eventual 50K finishers, will receive an official time & place in the 30K. There only will be one "official" start.

Check in: By the Alley Pond Park Picnic Area Comfort Station adjacent to the Adventure Center area starting at 7:45 AM.

Facilities: Suggest you come dressed to run. Restrooms are available starting at 8:00 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 LEFT onto Winchester Blvd and go about .1 mile thru two overpasses & then a LEFT at the 3rd overpass. There should be two large green Parks banners. Take entrance for .2 mile to parking area.

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; go about .2 mile and follow above directions.

TRANSIT DIRECTIONS: LIRR Hempstead Line: Call LIRR at 511 to confirm
Lv. Penn Station: 7:42 AM & Lv. Woodside: 7:54 AM (Change at Jamaica; Lv: 8:05 AM); Lv. Atlantic Terminal: 7:43 AM
AR. Queens Village: 8:14 AM

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: You may also take Q46 Bus from "Union Turnpike" subway station to (and back) directly to Alley Pond Park at Winchester Blvd. site. About 1/2 mile walk from bus stop to race site.

Morning Loop: A 3.67-mile trek on a combination of paved (macadam) paths and trails. The proportion is about 2 miles paths and 1 3/4 mile trail in a park & woody surroundings. The paved paths are rolling with inclines and declines. Most of the trail portion is wide, very runnable with a surface of wood chips and leaves. There is a 1/2 mile section that is uphill with rocks, roots, dips, log steps and narrow in spots.

*****Special Note: Suggest you wear trail shoes or shoes with good traction.**

Afternoon Loop: After 5+ completed loops of the "morning loop" to equate 30 kilometers, then a 1.79-mile loop in and around the Alley Springfield & Alley Picnic areas on macadam footpaths with two significant inclines.

AID: There are two stations on the morning loop. The Finish Line Station will provide water, Gatorade, defizzed cola, food snacks and medical supplies. The "course station" will just provide all drinks and some energy snacks. There will be just one the Finish Line Station & its supplies on the afternoon loop

TIME LIMITS: 6 Hours for 30K and 8 Hours for 50K. The latter time limit will be enforced.

AWARDS:

30K: Special awards to top three finishers for each gender. Modest awards to each finisher.

50K: Distinctively design awards to not only top finishers but also to all finishers.

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

PRE-ENTRY PROCEDURE: \$25.00 for all entries received by Thursday, December 18, 2014; \$30.00 for all late and post entrants.

Send entry & check payable to: BROADWAY ULTRA SOCIETY
P.O. Box 1239
Long Island City, NY 11101
Additional Information: 917-620-3431

Entry can be also processed through <https://ultrasignup.com> @ \$25.00 must be processed by Thursday, December 18

SPECIAL PERK: Special commemorative ski cap with BUS logo to each pre-entrant.

FAT ASS TRAIL MIX-UP

SUNDAY, DECEMBER 21, 2014

I, on behalf of my heirs and administrators, waive and release the Broadway Ultra Society (BUS), the NYC Department of Parks and Recreation, USA Track & Field (USATF-New York), New York Ultra Running, the New York State County of Queens and 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 all or any part of the duration of the said (30 kilometers and 50 kilometers) required distances.

NAME: _____ **SIGNATURE:** _____

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

USATF #: _____ **CELL PHONE #:** _____ **HOME PHONE #:** _____

DOB: _____ **AGE:** _____ **e-MAIL ADDRESS:** _____

IN CASE OF EMERGENCY CONTACT: _____ **PHONE #** _____