

BROADWAY ULTRA SOCIETY
presents the
FAT ASS TRAIL MIX-UP

SUNDAY, DECEMBER 21, 2014

9:00 AM START

50 Kilometer & Thirty K Runs

~~Forest Park~~ **ALLEY Pond Park**

Queens, NY

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

Event Description: There are the two low-key races: a 30K trail run and 50K trail & road run.

Event Details: 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: At the main tent (adjacent to Victory Field) located on Forest Park Drive between Woodhaven Blvd. & Myrtle Avenue starting at 7:45 AM

Facilities: Suggest you come dressed to run. Restrooms at ~~two Victory Field Parkhouses on Woodhaven Blvd. starting at 8:00 AM.~~

AUTO DIRECTIONS: **New directions coming soon.** Jackie Robinson Parkway - Brooklyn Bound (connects with Grand Central Parkway East South) to Exit #4 "Forest Park Drive, Myrtle Avenue, Woodhaven Blvd". After exit, make RIGHT turn then another RIGHT onto Myrtle Avenue. Proceed on Myrtle for .7 mile to Woodhaven Blvd. Make RIGHT on Woodhaven & go one block to a RIGHT onto Forest Park Drive. Park in lot on right near band shell or "legally" on the adjacent streets.

Jackie Robinson Parkway - from Brooklyn. Exit #5 "Myrtle Avenue, Woodhaven Blvd". After exit, bear right to a RIGHT onto Myrtle Avenue. Go .3 mile to RIGHT on Woodhaven Blvd. Follow above directions to parking.

Long Island Expressway to "Woodhaven Blvd" exit. South on Woodhaven for about 2.5 miles to Forest Park Drive (see above).

TRANSIT DIRECTIONS: "J" subway to "Woodhaven Blvd" station. Walk north on Woodhaven Blvd .6 mile on right side to the Park. You can take LIRR to Jamaica Station to access the "J"; only 4 subway stops to Woodhaven from the LIRR Jamaica station.

"E", "F" & "R" subways to Forest Hills (71st Street-Continental Ave) station. Take cab (about \$10) to Woodhaven & Forest Park Drive.

Course(s): **New course description coming soon!** There will be two loops: one trail in nature and the other is paved.

Trail Loop: An approximate 4.5-mile trek mainly on a combination of blue, orange and yellow trails. Very runnable with a few inclines and declines. The base surface is combination of wood chips, some dirt sand & twigs, eroded macadam, some natural steps and a few "logs" to hurdle. *****Special Note: Suggest you wear trail shoes or shoes with good traction.**

Paved Loop: A 3-mile loop in and around Forest Park on park drives and the perimeter Park Lane South sidewalk. The terrain is rolling with two noticeable inclines and the surface is 70% asphalt and 30% smooth cement.

AID: There are two stations on the trail loop providing water, Gatorade, defizzed cola, food snacks and medical supplies. There will be three aid stations on the paved loop providing the same as above.

TIME LIMITS: 8 Hours

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.

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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 # _____

BROADWAY ULTRA SOCIETY RESERVES THE RIGHT REGARDING ENTRY PROCESSING.