

BROADWAY ULTRA SOCIETY

presents the

HALF ASS TRAIL MIX-UP

SUNDAY, DECEMBER 3, 2017

9:15 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: At the Alley Pond Park Fieldhouse (adjacent to Tennis Center) on Winchester Blvd. starting at 7:45 AM.

Facilities: Suggest you come dressed to run. Restrooms are available at the Field House.

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 and then an immediate RIGHT into the Alley Field House parking 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 Tpke. Go about .5 mile to LEFT onto Winchester Blvd; then LEFT into parking lot.

TRANSIT DIRECTIONS: LIRR Hempstead Line: Call LIRR at 718-217-5477 or 511 to confirm below schedule. It may change. Lv. Penn Station: 7:42 AM & Lv. Woodside: 7:54 AM (Change at Jamaica; Lv: 8:05 AM); Lv. Atlantic Terminal: 7:45 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 (probably by a yellow BARN van) 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 Field House at Winchester Blvd.

Race Loop: A 4:15-mile circuit on a combination of paved (macadam) paths and trails. The proportion is about 65% paved & 35% trail in a park and woody surroundings. The paved paths are challenging with inclines and declines. Most of the trail portion is very runnable with a surface of dirt, wood chips and leaves. There is a 1/2 mile (technical) section with uphill also with rocks, roots, dips, log steps and narrow in spots.

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

Race Objectives: 50K - complete 7 loops. 30K - complete 4 loops. (Note: The first loop will include added distance & will be 6.17 miles.)

AID: The Finish Line Station will provide water, Gatorade, defizzed cola, food snacks and medical supplies.

TIME LIMITS: 6 1/2 Hours for 30K and 8 Hours for 50K. The latter time limit will be administered.

AWARDS:

30K: 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 Alley Fieldhouse.

PRE-ENTRY PROCEDURE: \$50.00 for all entries received by Wednesday, November 22, 2017; \$60.00 for all late and post entrants (if availability).

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

Additional Information:

Entry can be also processed through <https://ultrasignup.com> --- Please note that UltraSignup deadline may be sooner than said date.

SPECIAL PERKS: Commemorative long-sleeve race shirt and BUS ski cap 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. And I take full responsibility despite whatever health or medical conditions I may have before, during and after the said 30K or 50K distance events.

NAME: _____ **SIGNATURE:** _____

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

SHIRT SIZE: _____ **TAKING LIRR?:** _____ **CELL PHONE #:** _____ **USATF #:** _____

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

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

*****BROADWAY ULTRA SOCIETY RESERVES THE RIGHT REGARDING ENTRY PROCESSING.**