

NIGHT CRAWL

SATURDAY, MARCH 25, 2017

Kissena Park - Flushing, Queens

4:00 PM Start

6 hours

Sanctioned by United States Track & Field (USATF) and with the cooperation of the NYC (Queens) Department of Parks & Recreation
a new york ultra running grand prix event

*****Check-In:** Adjacent "the Boathouse" near intersection of 164th Street & Oak Avenue starting at 2:45 PM. Please park legally on street.

*****Facilities:** There is a comfort station in the Boathouse area, but please still come dressed to run.

*****Auto Directions:** LIE East to Exit #24 "Kissena Blvd.". After exit, proceed STRAIGHT on LIE Service Road for .6 mile to turn LEFT onto 164th Street. Go .8 mile to Oak Avenue; make U-TURN and park adjacent to Kissena Park.

***LIE West to Exit #25 "Utopia Parkway - 164th Street". After exit, STRAIGHT on LIE Service Road for about .75 mile to RIGHT onto 164th Street. Follow above LIE East directions to Oak Avenue.

***Grand Central Parkway East (connects with Jackie Robinson Parkway from Brooklyn) to Exit #16 "Parsons Blvd.". After exit, go STRAIGHT on GCP Service Road for .5 mile to LEFT onto 164th Street. Then go 2.3 miles to Oak Avenue.

From New Jersey: Take RFK (Triboro) Bridge to Grand Central Pkwy to LIE East & follow above directions.

From Bronx, Connecticut & Westchester: Take Throgs Neck Bridge to Clearview Expy South to LIE West & follow above directions.

*****Transit Directions:** LIRR (Port Washington Line) to "Broadway Station"

LV: Penn Station: 2:18 PM LV: Woodside: 2:29 PM AR: Broadway: 2:42 PM --- LV: PS: 2:48 PM WS: 2:59 PM AR: Broadway: 3:12 PM

Walk one mile south on 162nd Street to Park and Boathouse area.

*****Note:** Please call the LIRR at 718-217-5477 to be informed about any weekend service advisories.

*****Course Description:** A 1.42-mile loop on macadam footpaths. Mainly flat terrain with 2 climbs (one very steep but short). The loop is well illuminated & will consist of a "lower bowl" & "upper bowl" with scenic views of Kissena Lake and Queens.

*****AID & FACILITIES:** Water, Gatorade, defizzed cola, food snacks, medical supplies will be provided.

Restroom facilities full time at Boathouse & other facilities by tennis courts (one mile on loop) but may only be accessed during daylight hours.

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

*****GRAND PRIX:** New York Ultra Running (NYUR) Grand Prix points will be awarded based on place of finish and distance completed.

*****POST RACE ACTIVITIES:** Refreshments will be distributed near Finish Line Area. The award ceremony will be conducted there.

*****ENTRY PROCEDURE:** \$50.00 for BUS Members \$60.00 for non BUS Members

*****SPECIAL PERK:** Each pre-entrant will receive imprinted lounge bottoms designed by David Luljak & Barbara Christen.

*****Note:** Pre-entries SHOULD BE RECEIVED by March 15, 2017 to be guaranteed race apparel. Late and post entries will be accepted if there is availability but will not receive race apparel.

*****Manual Entry:** Entry & check payable to: **BROADWAY ULTRA SOCIETY**

PO Box 1239

Long Island City, NY 11101

*****Online Entry:** Race application can be processed through *Ultra Signup starting February 20*.

*****ADDITIONAL INFO:** 917-620-3431 rich1239@nyc.rr.com

NIGHT CRAWL 6-HOUR

SATURDAY, MARCH 25, 2017

I, on behalf of my heirs and administrators, waive and release the Broadway Ultra Society (BUS), New York Ultra Running (NYUR), United States Track and Field (USATF), New York City Department of Parks and Recreation, the City of New York, the Borough of Queens, Ultra Signup and all their representatives and all persons associated with the event for any claims of injuries and/or death suffered by me in said event. And also take full responsibility of addressing any health issues of mine during said event. I attest I am physically fit to run/walk the duration of six (6) hours.

NAME: _____ **SIGNATURE:** _____

STREET ADDRESS: _____

CITY, STATE & ZIP: _____

DOB: _____ **AGE:** _____ **CELL PHONE #:** _____ **USAT&F #:** _____

E-MAIL: _____ **PANT SIZE:** _____ **EVENT INFO:** _____

HOW DID YOU HEAR OF EVENT?

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