

BROADWAY ULTRA SOCIETY
presenting the 5th edition of the "Ass Series"

**SMART ASS TRAIL MIX-UP
ADVENTURE RUNS**

50 kilometers (31 miles +)

30 kilometers (18 miles +)

SUNDAY, AUGUST 19, 2018

8:00 AM START

Forest Park; Queens, NY

A NEW YORK ULTRA RUNNING GRAND PRIX EVENT

SANCTIONED BY USATF

With cooperation by the NYC Department of Parks & Recreation (Queens Division)

EVENT DESCRIPTION: There are two low-key races: a 30K and 50K trail/road run. You DO NOT have to declare what distance 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: In Forest Park on Memorial Drive at the intersection of Myrtle Avenue and Park Lane South starting at 7 AM.. The location is about .7 mile east of Woodhaven Blvd.

PRE-EVENT FACILITIES: At the Jackson Pond Playground Comfort Station on Myrtle Avenue or Portable Toilets by the Staging Area.

AUTO DIRECTIONS:

Jackie Robinson Parkway Westbound - From Queens & Long Island: (connects with the Grand Central Parkway and the Van Wyck Expressway south) to Exit #6 "Metropolitan Ave". After exit ramp, LEFT (east) onto Metropolitan Avenue. Go .3 mile (3rd traffic light) and then make RIGHT onto Park Lane South. Proceed another .4 mile (road will bend right); after passing 112th Street, park on right side of street.

Jackie Robinson Parkway Eastbound - From Brooklyn: Exit #5 "Myrtle Avenue, Woodhaven Blvd." Exit ramp will bear right, then RIGHT turn onto Myrtle Avenue (toward Woodhaven Blvd.) STRAIGHT on Myrtle Ave passing Woodhaven Blvd for 1.1 miles to Check-In intersection. Look for parking on right side of Myrtle Avenue just before Park Lane South (adjacent to playground & comfort station).

TRANSIT DIRECTIONS:

"E" & "F" subways to "Kew Gardens-Union Turnpike" Station. Exit on south side of subway station. Take Q37 bus to Park Lane South & Myrtle Ave. Bus ride is 1.25 miles and takes only about 5-10 minutes. Bus leaves Kew Gardens every 20 minutes (00, 20 & 40 on the hour). Or take taxi or Uber. "J" or "Z" subways to "111th Street" Station. Walk north on 111th Street for .3 miles; turn LEFT at Myrtle Ave & go about 300 yards to Park Lane South.
Footnote: Please call 718-330-1234 or 511 for any service changes. Or check the MTA *The Weekender* online. Especially with the "J & Z".

RACE LOOP:

An approx. 5K loop on a variety of paved & trail terrain. Paved surface is about 1.1 miles mainly on asphalt park drives. The trail sector is about 2 miles in scenic woodsy surroundings. The trail is very runnable but will still include rocks, boulders, wood chips, roots, wood steps and leaves. But cannot be considered "technical" but still challenging. The overall race loop is rolling with a 200-yard significant climb.

AID: Two stations per loop providing water, Gatorade, defizzed cola, food snacks and medical supplies. There also will be nearby portable toilets.

RACE OBJECTIVES: 50K - complete 10 loops 30K - complete 6 loops.

SCORING: Manual loop counting and timing will be provided. Please make sure to comply with the bib number procedure. Thank you.

AWARDS: All with the "ass" design.

30 Km: Modest awards to each finisher. **50 Km:** Distinctively design awards to not only top finishers but also to all finishers.

GRAND PRIX: New York Ultra Running (NYUR) Grand Prix points will be awarded based on place of finish overall & age group in the 50K.

POST-EVENT: Refreshments and awards will be distributed adjacent to the Staging Area.

ENTRY PROCEDURE:

\$40.00 for each pre-entrant received by August 12, 2018.

Entry to be processed through <https://ultrasignup.com> (Note: Other entry arrangements can be made; please contact below)

\$50.00 for late entry after August 12. (No guarantee of shirt or desired size)

Additional Info: Please contact 917-620-3431 or e-mail at rich1239@nyc.rr.com;

SPECIAL PERK: Decorative race shirt to each pre-entrant designed by David Luljak & Barbara Christen.

We reserve the right to accept or reject any entry.