



# NEW YORK ULTRARUNNING

In Conjunction With  
The Greater Long Island Running Club Broadway Ultra Society  
Richmond Rockets, Staten Island Taconic Road Runners Club Complex Sports  
Presents

## NYUR 3-Hour Award Race

and

## 17<sup>th</sup> Annual Awards Lunch

To Honor the 2019 New York Ultra Running Grand Prix Award Winners

**Sunday, December 8, 2019**

**Crocheron Park – Tennis House**

**215<sup>th</sup> Place, Bayside - Queens**

**3 Hour Race Start – 9:00 am**

Cost For Race & Lunch: Only \$15 if Pre-registered by December 2

\$20 Late and Post Entries

7:45 am – 8:55 am - Race Registration

Lunch Immediately Follows the Race inside the Tennis House

Race Awards to Top Finishers

### For Information:

**Richie Innamorato**

917-620-3431

rich1239@nyc.rr.com

### Directions

**From Grand Central Parkway & Long Island Expressway:** Clearview Expressway North to Exit #6A “35<sup>th</sup> Avenue”. After exit, turn RIGHT onto 35<sup>th</sup> Avenue. Go about .4-mile to turn LEFT onto Bell Blvd (BP Station). Then go 2 blocks to turn RIGHT onto 33<sup>rd</sup> Road (after Shin Kwang Church). Go about .3-mile to end of road (Tennis House). Make LEFT onto 215<sup>th</sup> Place & go one block and RIGHT into parking lot.

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**From Throgs Neck Bridge:** Clearview Expressway South to Exit #6A “35<sup>th</sup> Avenue”. After exit, turn LEFT onto 35<sup>th</sup> Avenue. Go about .5 to turn LEFT onto Bell Blvd. Follow above directions.

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LIRR (718-217-5477) to Bayside Station. LV Penn Station: 7:18 AM or 7:48 AM (29-minute ride). Mile walk north on Bell Blvd to RIGHT onto 33<sup>rd</sup> Road. Then straight for about 3 blocks to end of road & Tennis House. Or Kelley’s Car Service at Station (718-229-4141).

NYUR AWARDS RACE AND LUNCH – December 8, 2019

Check Payable To: BROADWAY ULTRA SOCIETY (BUS)

Mail To: **Broadway Ultra Society**

**PO Box 1239**

**Long Island City, NY 11101**

\_\_\_\_\_ Race and Lunch (\$15)

\_\_\_\_\_ Lunch only (\$5)

Name \_\_\_\_\_

Address \_\_\_\_\_

Telephone \_\_\_\_\_

Email \_\_\_\_\_