



FOREST PARK RUNNERS CLASSIC 4 MILE ROAD AND TRAIL RACE



SUNDAY MAY 28, 2023 AT 10:00 AM -RAIN OR SHINE

DATE, TIME & LOCATION:

Sunday, May 28, 2023
Victory Field Track located at corner of Woodhaven Blvd. & Myrtle Ave. in Queens, NY
Bib Pickup,
Race Day Registration.
Baggage Check at the track **from 7:45 AM until 9:45 AM.**
Race Starts: 10:00 AM sharp

ENTRY FEE:

Pre-entry **\$35.00.**
Online registration closes Saturday, May 27 at 4:00PM
Mailed-in applications postmarked by Monday, May 22, 2023
Race day **\$45.00 until 9:45AM**

T-SHIRT:

GUARANTEED to all pre-entrants.
Race day entrants, while supplies last.

GO TO OUR WEBSITE:

www.forestparkrunners.org
Get directions, race results, race photos, downloadable application.
Online registration at:
www.RunSignup.com

COURSE:

4 mile out and back loop through and around the beautiful trails and roads of Forest Park. Start and finish on the track at Victory Field. Two Miles on road and two miles on trails. Split times at each mile.
Multiple water stops and PowerGel along the course.

PARKING:

At Forest Park Bandshell lot
Local Streets, arrive early

Chip Timing and Race Results:

Start to Finish Corporation
https://www.start2finish.com

Raffles: One male and one female Raffle worth \$100.00 each from *Zensah* compression accessory.
Post-Race, Must be present to win.



AWARDS & TROPHIES:

\$100.00 CASH to the **1st overall** male and female.
\$75.00 to the **2nd overall** male and female.
\$50.00 to the **3rd overall** male and female.
Plus Jumbo Trophies to Overall winners above.

AGE-GROUP TROPHIES to 1st, 2nd, 3rd, M/F

Age groups are: 14 and under, 15 to 19, 20 to 29, 30 to 39, 40 to 49, 50 to 59, 60 to 69, 70 and over.
NO duplication of awards.

Post-Race REFRESHMENTS:

Bagels, Apples, Bananas, *Gatorade* and *PowerBar*
While supplies last.
Post-Race Water



For further information contact:

Forest Park Runners Club:
E-Mail: info.forestparkrunners@gmail.com

NOT PERMITTED:

Strollers, Baby Joggers, Skates, Roller Blades, Skateboards, Bicycles, Pets.

Public Transportation:

Subway:
J to Woodhaven Blvd, north on Woodhaven Blvd.
Buses:
Woodhaven Blvd. buses Q11, Q21, Q52/Q53 SBS
Myrtle Ave bus Q55, Jamaica Ave bus Q56



Make checks payable and mail to:

Forest Park Runners
P.O. Box 210321
Woodhaven, N.Y. 11421

T-Shirt - Circle One

S M L XL

May 28, 2023

Official use only

Last Name (Please Print) First Name Age Sex Date of Birth

Street Address City State Zip

E-Mail Address Club Affiliation Phone

In consideration of the foregoing, I the undersigned, for myself, my heirs, my executors, and administrators, waive and release any and all rights and claims for damages I have against the Forest Park Runners Club, the City of New York Parks & Recreation, and the above named sponsors and any and all sponsors, their representatives and successors, as a result of my participation in the Forest Park Classic 4 mile Road & Trail Race. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event and my condition has been verified by a licensed medical doctor. Further, I hereby grant full permission to use any photographs, motion pictures, video tape, recordings, or any other record of the event for any legitimate purpose.

Signature Date Parent's Signature (if under 18)