



Saturday, October 5th

Bell Home and Hardware Bib Pickup: 4pm/6pm-

47-28 Bell Blvd

**10% OFF ALL PURCHASES AT BELL HOME AND HARDWARE
(Through Sunday, October 6th)**



Sunday, October 6th

Bayside 10K and QDR 30K Fall Marathon Tune-Up Race Day Essentials

>>6:00AM-6:30AM- Bib Pickup/Baggage Starts at Crocheron Park

6:45AM- All Fluid Bottles Must Be Checked in At Registration!

7:00AM- Bayside 10K and QDR 30K Fall Marathon Tune-Up Starts

10:00AM- Kids of Queens Victory Mile (Around Baseball Field)

RACE MORNING REGISTRATION

10K- \$30

30K- \$40

Transportation to Crocheron Park: We recommend taking the LIRR to Bayside. There are stops along Woodside and Main Street, transferrable to the 7 Train. You can also take the Q13 bus from Main Street to Bell Blvd and 33rd Road.

Driving: There is ample parking at the address listed below. It would be wise to arrive early to secure the spots closest to the Registration Table. There is also plenty of street parking along 35th Avenue and surrounding Bell Blvd.

**RACE HUB- Crocheron Park Parking Lot
214- 34th Avenue, Bayside NY 11361**

At the Race Hub, give us the number assigned to you by Elitefeats. Once you receive your number, you may leave your bags with us and make your way to the Public Restrooms or Portable Toilets (in case the Restrooms are not open yet). We advise arriving extra early to check in your bag (and/or fluid), use restrooms and warm-up.

The Course:

**Bayside 10K & 30K
Course Map**



This is a major victory for the Queens Running Community. We are connecting a Park to the Streets, and then a Greenway in one go! Following a loop of Crocheron Park (a little under a mile), runners will head down and make a right turn in the

direction of the Joe Michaels Mile. Please make sure to thank the NYPD that will be on-site and clearing the roads for us!

If there is one spot that will require concentration, it's the descent from the ramp onto to the Joe Michaels Mile. You'll make a right turn, and then make an immediate left to head NORTH. Without reaching Fort Totten, runners will then turn around and head south, passing Bayside Marina and the ramp before reaching the Southern Turnaround under the LIRR overpass before Northern Blvd.

By then, you'll be well on your way to completing your 5th Mile of the Loop, carefully return to the ramp, and get set to climb back up to Crocheron Park. This is the hilliest bump of the loop. Once you've completed your first loop (and only if it's the Bayside 10K), continue onward for your 2nd and 3rd loops!

****If you are only completing 2 Loops, please notify the Elitefeats Staff****

New Feature- Bottle Check-In

Every runner gets the Elite Athlete Treatment!

Runners must apply a label/sticker with your assigned Bib Number from Elitefeats (you will receive an email on Friday or Saturday with this information) on your bottle and check it in near our Registration Table **no later than 6:45AM**. You may pick up your bottle or have a Volunteer hand it off on your 1st or 2nd completion of your 10K Loop.

*Please be mindful of any trash you may leave behind. The NYPD and Parks Department have been highly cooperative and we would appreciate leaving Bayside in the same condition as when we arrived.

**Post Race After Party- [OSP One Station Plaza Beer Garden and Eatery](#)
213-10 41st Avenue
11am-1pm
(\$20 Happy Hour- Mixed Drinks, Miller High Life and Bud Draft)**



PHOTOS

As always, photos are courtesy of our good friends at Horse and Duck Studio. Their website, horseandduckstudio.com will have Race Photos up during the week of October 7th (Instagram: [@horseandduckstudio](https://www.instagram.com/horseandduckstudio)).

Weather: The weather, as current forecasts indicate, calls for weather in the Low to Mid 60s. There will be shade in Crocheron Park, but make sure to wear sunscreen for the stretches along the Joe Michaels' Mile.

If you have any questions, you can always email qdrunners@gmail.com and follow our real time stories on our very [active Queens Distance Runners Instagram!](#)

Thank you for your support, see you on Sunday!
The Queens Distance Runners