



Race Day Essentials

Adult Bib Pickup and Race Day Registration- 7AM-7:45AM

7:55AM- Women's Heat

8:15AM- Men's Heat

8AM-8:30AM- Kids of Queens Bib Pickup

8:35AM- Elite Heat (Women and Men)

8:45AM- Queens Community Champions and Kids of Queens

The Supper Room Post Race Brunch- 9:30AM

[Online Registration](#) will close Later Today

Race Day Registration: \$25

Transportation: We recommend taking the 7 train to Mets-Willets Point to get within an 8 minute walk to the Queens Unisphere (Approximately). Once you get down the boardwalk entering the park, you'll see flags lined up and to the right you'll see the Unisphere in the distance.

For those Driving: Prepare to arrive before 7AM as the NY Dragon Boat Festival is also taking place. From West and midtown Manhattan: Take the Midtown Tunnel to the Long Island

Expressway. Use Exit 22B, Grand Central Parkway West. Exit the Grand Central Parkway at the first exit, Tennis Center (9P), turn right and follow signs to Museum.

From Brooklyn: via Brooklyn Queens Expressway (BQE) to Long Island Expressway (LIE) Eastbound, to exit 22B Grand Central Parkway West. Exit the Grand Central Parkway at the first exit, Tennis Center (9P), turn right and follow signs to Museum.

From North and RFK Bridge: via Grand Central Parkway East, Take Exit 9E (Citi Field, BJK National Tennis Center). Stay in the right lane and exit at Northern Blvd, Citi Field exit. At light, turn right. Follow signs to Queens Museum (pass both Citi Field and the BJK National Tennis on left). Queens Museum will be on the left.

From East and Long Island: via Long Island Expressway (LIE) to Grand Central Parkway West. Exit the Grand Central at the first exit, Tennis Center (9P), turn right and follow signs to Museum.

Note: According to mta.info, service is normal on the 7 line on Saturday.

RACE HUB

At the Race Hub, tells us the number assigned to you by Elitefeats. We will hand you a Corona Mile Drawstring Backpack and you can check your bag nearby. We will have portable restrooms under the New York State Pavilion. (100 Meters from the Finish Line)

Course Maps



KEY

- Course
- 1/2 Mile Markers
- Water
- 7 Transportation
- R Restrooms
- P Parking
- ★ Race Central
Bib Pickup
Race-Day Registration
Baggage



The Course is USATF Certified and remains unchanged from last year. Feel free to take loops around during your warm-up carefully. Listen to Volunteers and be mindful of the heats. **If anyone is caught assisting another running during their race, they will not receive a result. Specifically: Do not jump in and pace a friend.**

The first quarter starts with a left swerve around the Queens Unisphere and heads up to the USTA Tennis Center for the one, and only turn of the entire race.

The second quarter takes you over the Hall of Science bridge, there is a 15 foot ascent and you'll see the ½ Mile Clock.

The third quarter is completely flat as you're running between the Queens Zoo and Terrace on The Park. GPS signal regularly jams specifically in this area, our suggestion is to reinvest in your strength and not even bother looking at the watch! Note that there will be two small patches of cobblestones as you approach the end of the third quarter.

The last quarter rewards each runner with a 16 foot drop. You'll see the New York State Pavilion (Otherwise known as the Men in Black Spaceships) and the finish line off in the distance. Make your last strides count! Rejoin us and help yourselves to a taste of the Lemon Ice King of Corona and make sure to join us as we support the remaining heats of the day.

At 8:25AM, we ask that all participants of the Women's and Men's Heat remain off the course and gather around the last 100 Meters of the course as we prepare to send off, and welcome back our 2019 Corona Mile Elite Heat!

These athletes are extraordinary people that perform at incredible levels while making a living in the grind of NYC. With exception to the Queens Marathon, the Corona Mile is the only event to feature such a proud collection of esteemed athletes. As our events grow, and make their way into our Neighborhoods, our Elite Athletes will continue to inspire the Local NYC Running Community and the next generation of runners.

ELITE RACE LINEUP

8:35AM START

Men

Angel Ortega- Queens Distance Runners

Nate Weber- Queens Distance Runners

Sammy Adwarka- Queens Distance Runners

Jose Donado- Queens Distance Runners

Luis Porto- Central Park Track Club

Birhanu Kemal- West Side Runners, Ethiopia

John Butler- Strides NYC, Last Year's Runner Up

Al Hoyt- Defending Champion, North Brooklyn Runners

Women

Gabby Avila- Henwood Hounds
Jess Chen- Dashing Whippets
Jessica Donohue, Elitefeats
Kaitlyn DiBello, North Brooklyn Runners
Tizita Bogale, West Side Runners, Ethiopia
Linda Daniels- Distance Project NYC, Last Year's Runner Up
Jen Dagan- Defending Champion, President of Elitefeats

8:45AM- Queens Community Champions and Kids of Queens
Headlined by State Senator Jessica Ramos, this heat is meant to take a select few that assist the local community tirelessly and start them off with our next generation of runners. For many of these kids, it will be their 1st experience participating in an event with so much positive reinforcement within their park. We hope you'll stick around and share this moment with us.

Post-Race Brunch- 9:30AM
Asadero La Fogata
***Free Beverage with Purchase of Food!**
108-40 Corona Ave, Flushing



PRIZES

- At 9AM, we will announce Top 3 Winners of the Women's and Men's Open Heats, followed by the Elite Women's and Men's Winners.**
- On Thursday, August 8th, an email will go out to AG Open Winners for customized plaques!**

PHOTOS

As always, photos are courtesy of our good friends at Horse and Duck Photo. Their website, horseandduckstudio.com will have Race Photos up during the week of August 5th.

(Instagram: [@horseandduckstudio](https://www.instagram.com/horseandduckstudio)).

We're very grateful to bring the Mile back! This is our only Mile that we organize (expect an announcement shortly regarding our Forest Park 10 and 5 Miler), and we expect to bring the Corona Mile to our streets, soon.

Weather seems to be complying, there is a chance of a shower or storm at 10AM. It would be wise to bring an umbrella or windbreaker, just in case we get caught in any precipitation. Following your day with us, make sure to thank any and all Volunteers of the event (most whom are locals), the Lemon Ice King of Corona, and Horse and Duck Studio. 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 all for your support, see you Tomorrow!
The Queens Distance Runners