

For The Love of Queens 5K

The 1st Queens Distance Runners Race Event of the year has finally arrived! **You are receiving this email as you have Registered “For The Love of Queens”, set for Tomorrow Morning.** With a returning race option, the Relay 10K, “For The Love of Queens” will be an exciting kick-off to the 2020 QDR Calendar!

Race Essentials

Bib Pickup Starts- 8AM, near The Queens Unisphere

5K/ Relay Starts- 9AM

Kids of Queens- 10:30AM (Free of Charge)

Contact: gdrunners@gmail.com

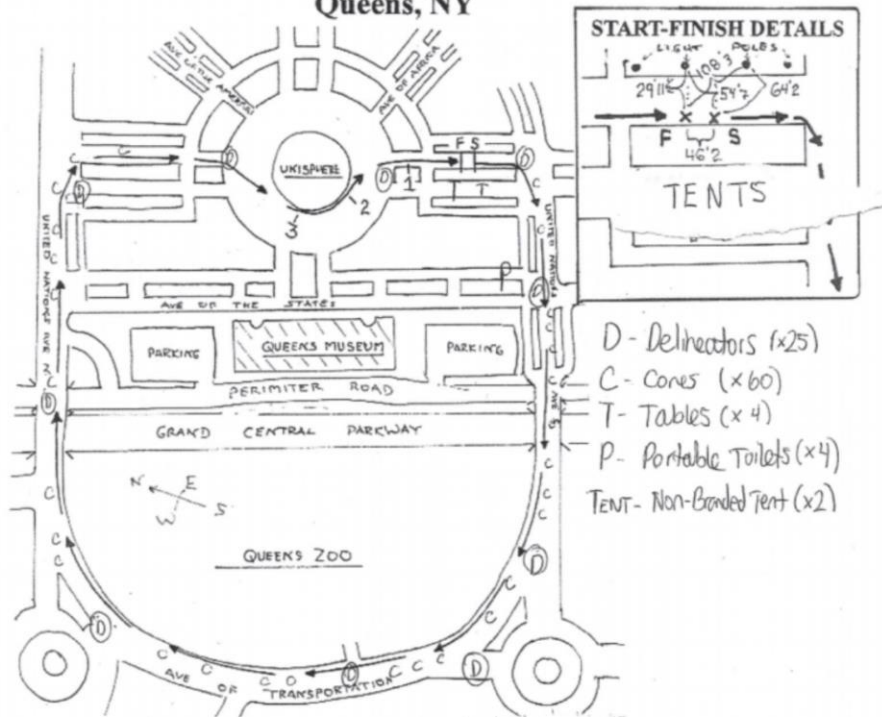
Misc Information

1. We will have portable toilets about 100 Meters from the Start/Finish. In addition, Bathrooms are either across the south overpass by the baseball field (about a 5 minute walk), or back at the 7 Train station underpass (about a 7 minute walk)
2. Bib Pickup starts at 8AM, and baggage drop is just a couple of meters aside.
3. If you would like specific music (keep it clean!), you may follow @stgypro on Instagram and DM him any requests you would like to have blasted during the event.
4. Parking: If you are driving, you can set your GPS for the Queens Museum. Both lots will be open and it's just a matter of a few meters from the start line. You can also park at the Flushing Aquatic Center (131-04 Meridian Roosevelt ad, Flushing NY), this leaves you about half a Mile from the Queens Unisphere.
5. -Remember, there are two separate races starting at the same time, the 5K and the 10K Relay- there will be a baton for most teams, and the **2nd relay partner must report to the exchange zone once their partner has completed the 2nd Loop. It is 5K for one runner followed by the baton exchange and a 5K for the second runner.**
6. The last 10 Meters of the Loop will be dedicated to the Exchange zone for Relay Runners on the left side of the Timing Mat. If you are NOT in the relay, you are asked to finish on the right side of the road so folks in the relay won't be congested.
7. At 10AM, Race Winners of the 5K, and Relay will be announced along with Age Group Winners of the 5K. Only the Top 3 Teams of the Men's, Women's and Co-Ed Divisions will be placed.
8. 10:30am- The Kids of Queens! Stick around along the course and support the next generation of runners as they take on their first mile of the year!
9. There will be a beautiful Medal waiting for all finishers of “For The Love of Queens”.
10. Followed by some Hot Cocoa!
11. **Please bring plenty of layers, we will direct you quickly to baggage following your race, please do your best to remain off the course once you finish.**

MAP ON NEXT PAGE

QDR 5k

Flushing Meadows Corona Park
Queens, NY



Course Details

There are only two turns per loop (6 in total), two gentle bumps across the overpass ramps, Unisphere cobblestones and some wind as you pass the Queens Zoo may serve to slow you down. We changed the direction of traffic from last year so the Queens Zoo and Terrace on the Park plays a role in blocking wind as you head North and potentially may enjoy a tailwind as you approach the Unisphere and Start/Loop/Finish Line. Besides that? You'll have the green light on a course that only fluctuates in elevation a full 9 feet. The quiet swerve around the Queens Zoo as the animals (the ones that run the show in the background) wake up is a perfect build up to the ramp that descends back towards the Unisphere approach.

HORSE & DUCK PHOTOS ON NEXT PAGE



Thank you for registering "For The Love of Queens"!

See you bright and early in the AM!

Your Friends at Queens Distance