



Race Day Essentials

Adult Bib Pickup and Race Day Registration- 7AM-7:30AM

7:00AM- Bib Pickup Starts/at B94th Street and

8:00AM- Rockaway Beach 5K and 10K Start

9:15AM- The Kids of Queens

10AM- BEACH DAY!!

[Online Registration](#) will close this Evening!

RACE DAY REGISTRATION IS \$35 for the 10K and \$30 for the 5K

Transportation: We recommend taking the [Q53 Limited Express Bus](#) to Rockaway Beach Blvd and B96th Street. This leaves you within a two minute walk of the Start/Finish Line. You can take the Q53 bus from Woodside-61st Street, 74th Street- Broadway, the Queens Center Mall (along with the Q52 moving forward), Metropolitan Avenue, Myrtle Avenue, through Howard Beach, passing Broad Channel and then reaching The Rockaways. It's approximately a 40 Minute Ride from the Queens Center Mall.

You can also take the A Train to 98th Street (heading towards B116th Street) or 90th Street (heading towards Far Rockaway Mott Avenue). Both stations are within a 5 minute walk to the Start/Finish.

For those Driving: Input 155 Beach 95th Street, Rockaway Beach NY 11693 in your GPS. You'll arrive at a Parking Lot. **Spots will be limited, do your best to arrive well before 7AM.** Street Parking is limited along Shore Front Parkway.

[REGISTER TO VOLUNTEER](#)- GET YOUR NYRR +1 VOLUNTEER CREDIT WITH US

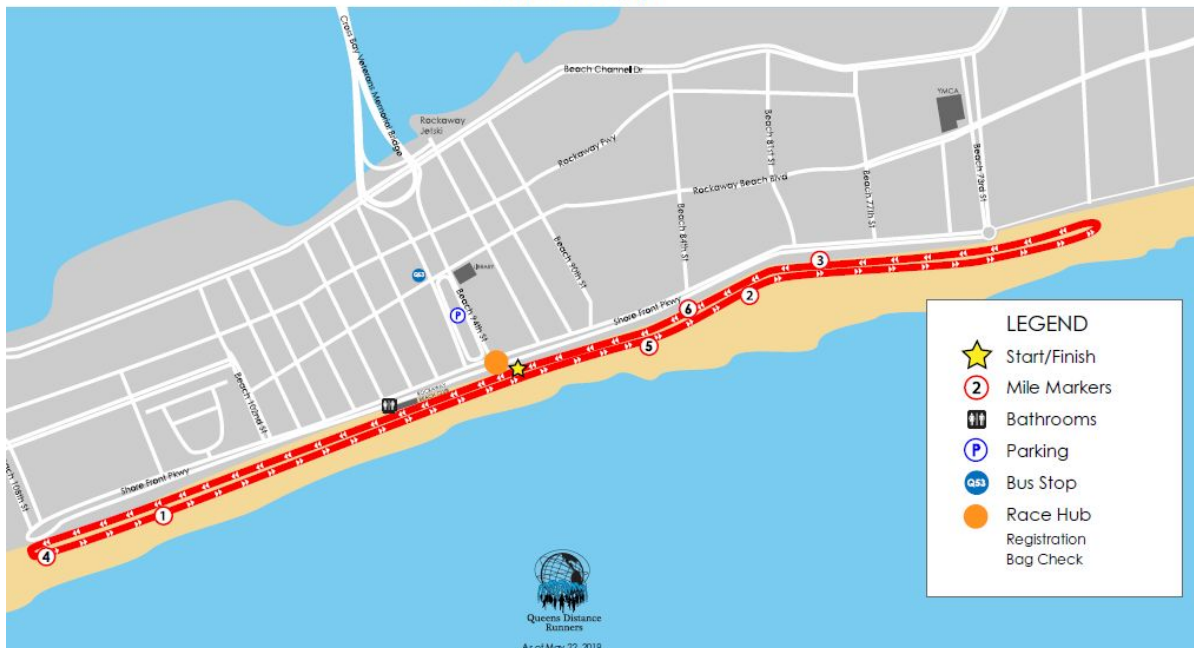
We are very grateful to the New York Road Runners, there was a very small window of opportunity for folks to get their +1 credit, using our Rockaway Beach 5K and 10K race. IF you register to Volunteer on our site, <https://qdrunners.org/volunteer/> and you have yet to get your +1, NYRR will honor your duties in The Rockaways! This is UNPRECEDENTED. If you know of anyone that needs their +1, this is their chance!

RACE HUB- B94th Street on The Boardwalk.

At the Race Hub, give us the number assigned to you by Elitefeats. (You'll receive a text message and email in the coming hours). Once you receive your number, you may leave your bags with us and make your way to the Public Restrooms on B96th Street. There are also restrooms on 86th, 97th and 106th Street. The course elevation ranges from 9 feet to 16 feet, respectively.



Course Map



B94 running WEST to B109, turnaround, run EAST to B73rd, turnaround and return to B94th. That's 1 5K Loop.

Do this one more time, and you've got your 10K.

There are also restrooms on 86th, 97th and 106th Street. The course elevation ranges from 9 feet to 16 feet, respectively. We will have plenty of Volunteers along the course, but be mindful that this is a public boardwalk, and while we have the permit for the event, there may be pedestrians and Boardwalk Employees walking across the path. Do your best to stay within course markings and making turns on B108th Street and B73rd Street.

*When you complete your race, please step away to the side of the boardwalk. There will be 10K runners arriving at the home stretch and the path must be clear. Here's a good place to immediately make your way towards.

Post-Race Ginger Lemonade!!
La Fruteria- B96th Street (Next to The Restrooms)
Show Your Bib at the Register



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 18th

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

There is a chance of AM Showers and possibly a Thunderstorm. **The race will proceed as planned**, and we suggest bringing an umbrella and a windbreaker in case of precipitation. Don't forget to bring sunscreen and plenty of beach gear, as the remainder of the morning calls for clearing skies :)

This is our very 1st Race at our favorite beach, we can't wait! 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 Tomorrow!
The Queens Distance Runners