



Thank you for registering - Race day is here! To make a successful and safe event for all please READ the full letter.

PUBLIC TRANSPORTATION For Public transportation please check out [this link](#)

GETTING YOUR BIB Virtual: Your bib will be mailed directly to you.

In-Person runners: Please see the event staff starting one hour before the event start time.

COURSE

[5M = 2 Loops](#)

[10M = 4 Loops](#)

[35M = 14 Loops](#)

Beautiful, tree-lined, paved paths in Forest Park Queens. Start & Finish near Victory Field and Woodhaven Blvd.

***IMPORTANT MESSAGE:** please run through the finish line mats on EACH loop for accurate split & finish times.
Official Marathon Split for 35M runners.

BATHROOMS Porto-John & NYC Parks Building available on race site.

HYDRATION

During the 5K: Water available halfway mark & Finishline.

Post Race for ALL: Bottled water and EnerGel Vitamin Infused Frozen Hydration near Finish line.



Grab & carry hydration ice bar. 2oz Ice Bar = 13oz fluid replacement. Caffeine/Stimulant/Gluten Free.

COVID If you answer YES to any of the following you are not allowed to attend the event:

- (1) COVID-19 symptoms in past 14 days.
- (2) Positive COVID-19 test in past 14 days.
- (3) Close/ proximate contact with confirmed/suspected COVID-19 case in past 14 days.

FACE COVERING Bring your face covering to wear when not racing – before and after your run/walk.

REMEMBER Upon completion of your run please spread out/observe social distancing and have your face covering with you.

*Please use the utmost care to be optically following social distance protocols so we may be invited back.
Parks personnel is paying attention to how we conduct ourselves - our actions impact the running community!*

For MORE INFO: <https://events.elitefeats.com/solstice21> Scroll past all registration info to the bottom of the page.

Have fun and be safe!

The Time Crew

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