

The Queens Distance Runners QDR HALF has finally arrived! You are receiving this email as you have been confirmed for a Race Appointment for the “QDR Half Marathon” set for Sunday, November 15.

We ask that you read this before sending us questions :)

****If you no longer plan to make it, please let us know immediately by replying to this email****

****If you believe you have COVID related symptoms, do not come****

****THERE IS NO RACE DAY REGISTRATION AND ALL SLOTS ARE FILLED****

****Report to the Start/Finish Line as soon as you Arrive to get your bib if you haven't received it yet****

****If you have your bib and already used the portable restroom (South of Unisphere by Men in Black Spaceships), please stand on the Socially Distant boxes/circles in front of the start to have your temperature taken.**

This will be a different race. It will be our 1st Organized event in “The New Normal”. The NYC Parks Department has put their trust in us that we can safely execute a Half Marathon in 3 Waves. Please understand that the main objective is to leave as minimal of an impact as possible on the park while providing a well marked course, so we do not have to depend on Volunteers.

This means that the Start/Finish Line area will be extremely limited besides the Timing Mat, cones to enforce social distancing. No live performances, no speeches, no pacers, no awards ceremony. It all comes down to your race, which is all we need.

As a reminder, there is NO BAGGAGE organized by the Start Area. This is a direct ask from the NYC Parks Department. (This entire operation was modified with conditions from Parks in order to receive the green light)

****For emergency only, if you need valuables to be held at a publicly undisclosed location away from the park, please REPLY to this email****

****FOR WAVE 1: PUBLIC RESTROOMS WILL NOT BE OPEN BY 7AM, USE THE PORTABLE RESTROOMS SOUTH OF THE UNISPHERE. PLEASE SANITIZE.**

WHEN YOU ARE READY TO “CHECK-IN” WITH YOUR BIB ON, REPORT TO THE SOCIALLY DISTANT BOXES/CIRCLES IN FRONT OF THE START/FINISH LINE (Northeast Road from The Unisphere heading towards the 7 Train Boardwalk). Again, if you do not have your bib, report to the Start/Finish Line to receive it. Shirts will be marked in a bag with your medal following the completion of your race.

Our corral system is not first come, first serve. We want to limit runners passing one another.

If you believe you will finish the race in under 1:40, report closer to the front

If you believe you will finish the race between 1:40 and 2 hours, pick a spot around the middle

If you believe you will finish the race over 2 hours, party in the back!

This is our Check-in method. It will be at this point, that we will take your temperature and confirm your data for contact tracing. As SOON as all 25 have been confirmed, we will begin sending you off in waves of 2. We cannot start the next wave until everyone in the previous wave has completed their race.

Bib Pickup

Registration Table near Unisphere, 30 minutes before each Wave Start

Race Day Essentials

Bib Pickup/Corral Lineup Starts- 6:30AM, at the Unisphere

****If 100% of runners report early, we will start earlier****

First Wave Start- 7AM

Line-Up Second Wave- 9:15AM
Second Wave Start- 9:30AM
Third Wave Line-Up Start- 11:45AM
Third Wave Start- 12PM
Clean-up- 2PM
Contact: qdrunners@gmail.com

Information

1. ***Report to the Start/Finish Line Near the Unisphere if you do not have your Bib Yet.** Dynamic Bib Pickup starts at 6:30AM in front of the Start/Finish Area (Read below for specifics). Please be mindful and remain 6ft away from other runners and volunteers.
2. Please be ON TIME. If you are late, you will need to start after the whole field has started.
3. Please WEAR A MASK/BUFF while waiting at the start area. We will be spacing people two across, 6 feet apart. The Race Director will be at the start line, announcing when each pair can start.
4. Parking: If you are driving, set your GPS for the Queens Museum. There are two parking lots on either side of the museum.
5. We ask that if you warm up AWAY from the course so runners are socially distant from one another.
6. Public Transportation: If you are taking the train, take the 7 to Mets-Willets Point. When you exit, please walk down the wooden boardwalk. At the end of the boardwalk, you'll find public restrooms to your left and a walkway to your right. To get to the Unisphere, please follow the walkway to the right, adjacent to the Billie Jean Tennis Center.
7. Reminder, there is NO BAGGAGE CHECK. Please leave your valuables and belongings at home or in your car.
8. **NO SPECTATORS OR PACERS!** Unfortunately, we cannot allow more than the allotted people registered to show up. This is per the Parks and City permit we obtained. **It is your responsibility as a registered runner to kindly ask anyone that wants to join you, to step away.** We would like to continue to receive permits for the rest of November, December and 2021. Please respect our requests that we keep our races to ourselves.
9. **There will be a beautiful medal waiting for all finishers in marked bags in alphabetical order. These bags will also contain your race shirt.** We will have them laid out on a table for finishers to collect.
10. There will only be TWO WATER TABLES along the course. Technically, since we have staged them along out and back sections of the course, it's FOUR WATER TABLES (See map below). We strongly recommend you bring your own method of hydration. At the finish, we will have a table with bottled water for your taking.
11. Please do your best to kindly exit the course once you've caught your breath after the Finish. **MASKS BACK ON!** The next wave of runners will patiently await their chance to start. We will need 15 Minutes in between waves to reset our course for the next one. YOU DID IT!

WAVE START TIMES

7AM- FIRST WAVE:

1. Chaz Bonner
2. Jo-Ann Butgos
3. Emily Cech
4. Andrzej Chmielecki
5. Lee D'Amico
6. Ellen Dowling
7. Guadalupe Estrada

8. Rashun Fulton
9. Rafael Guzman
10. Steven Hall
11. Lawrence Harrington
12. David Hashim
13. Stephanie Henry
14. Markus Lotz
15. Nina Manso
16. Roy Menendez
17. Victor Motta

18. Rosita Myhaliuk
19. Jim Pastore
20. James Poch
21. Bianey Rodriguez
22. Ilyya Tarasenko
23. Jenna Wigman
24. Bryan Velasquez
25. Julio Xoxocotla

9:30AM- SECOND WAVE:

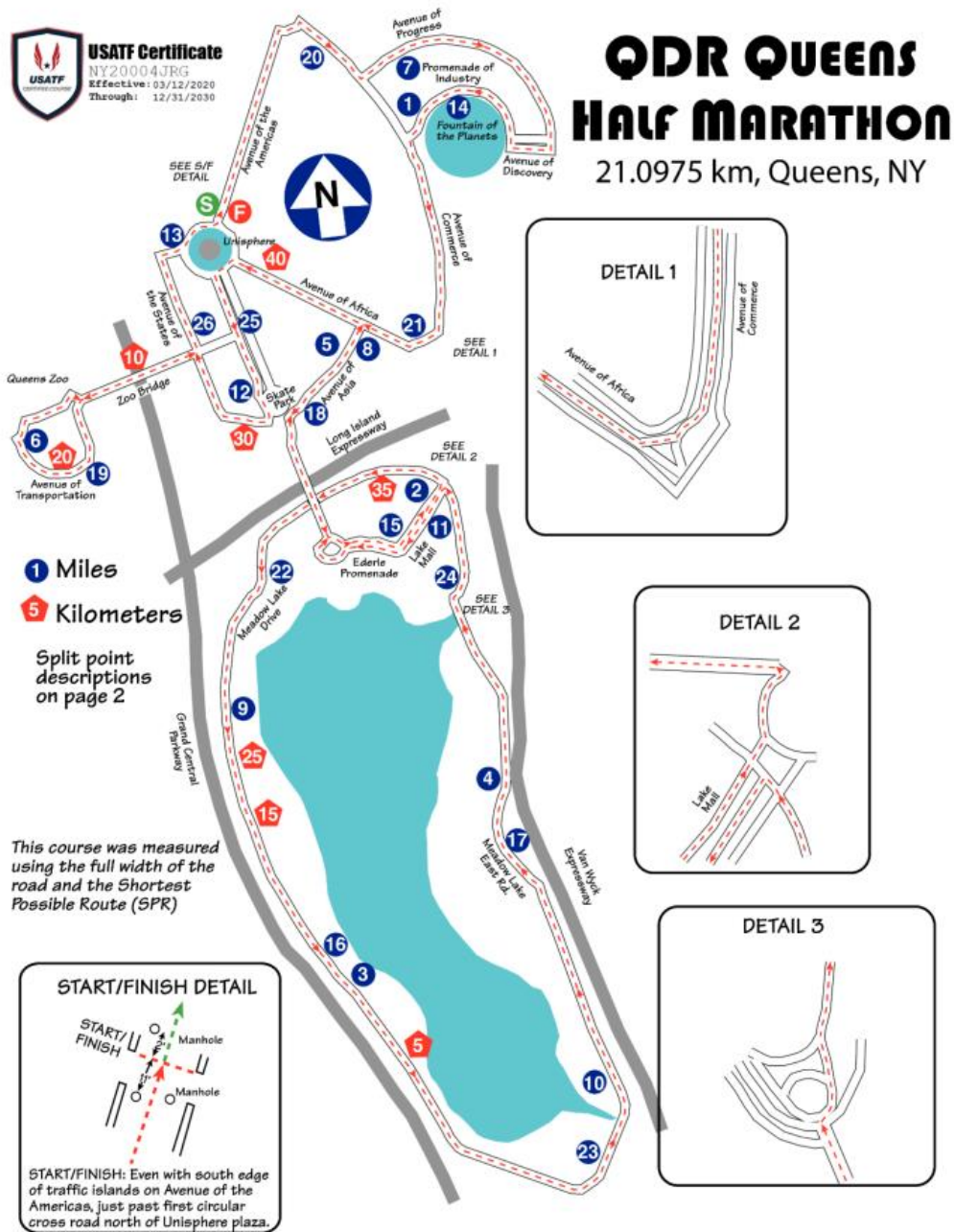
1. Jonatan Alvarez
2. Chantel Austin
3. Mary Kate Bida
4. Alan Booth
5. Linda Brennan
6. Jonathan Cayetano
7. Anthony Chow
8. Claudio Gonzalez

9. Joseph Koelbel
10. Victor Kyi
11. Michael Lau
12. Laurie Lenkel
13. Anthony Michael Michaelides
14. Roxanne Montalvo-Tsai
15. Sean Moore
16. George Musorrafiti
17. Dmitriy Polishchuk

18. Diane Schocken
19. Zebediah Smith
20. Emilia Souza
21. Goran Vendlener
22. Guillermo Villamar
23. Gemma Ward
24. Bethany Wolfer
25. Yung Wu

12PM- THIRD WAVE:

- | | | |
|-----------------------|----------------------|------------------------|
| 1. Laimute Aravi | 9. Shahidah Hamlett | 18. William Murphy |
| 2. Les Boadu | 10. Craig Haynes | 19. Akif Rahman |
| 3. Christopher Boundy | 11. Josh Heim | 20. Haroon Rashid |
| 4. Linda Bumbalo | 12. Amado Herreros | 21. Oscar M. Rodriguez |
| 5. Paul Copercini | 13. Paul Kabling | 22. Joseph M. Savino |
| 6. Tara Daub | 14. Haris Koljenovic | 23. Alexander Serrao |
| 7. Dylan Glazier | 15. Sara Lee | 24. Adriana Staiano |
| 8. Gerard Gonzalez | 16. Aaron Lehman | 25. (TBD) |
| | 17. Jonathan Libman | |



COURSE DESCRIPTION

Right off the bat, we strongly recommend breaking down this course into two loops of Miles 1, 2, 3, 4, 5, 6, 6+, rather than 1 through 13.1. This simplifies the description and allows you the opportunity to better retrace your steps for reference on the 2nd Loop. Of course, we will have Mile Markers from 1-13 at their respective locations. Another suggestion is to break the loop up.

Half of the North Side of FMP (Unisphere Side), Meadow Lake, the Last Half of the North Side.

MILE 1 OF EACH LOOP- Public Restroom Available

Start on the northeast side of the Unisphere on Avenue of the Americas. (There is a restroom at the end of the straightaway) Make a right onto Avenue of Commerce, then a left on Avenue of Progress. Continue for a quarter mile, then make a right on Avenue of Discovery towards the Fountain of the Planets. Continue around the Fountain to complete one mile

MILE 2 OF EACH LOOP- Water Table/Two Public Restroom Available

Then make a left onto Avenue of Commerce. Continue (Passing the public restroom on your left) and make a right turn and another to turn onto Avenue of Africa. Take an immediate left onto Avenue of Asia. Follow the Avenue until you see the LIE overpass bridge on your left. Make the left turn and cross Meadow Lake Bridge for the 1st time. Once you get to the bottom, turn left (passing the public restrooms) and follow the Ederie Promenade into the Lake Mall, continuing left to complete the 2nd Mile.

MILE 3 OF EACH LOOP

Then make a hard left to go onto Meadow Lake Drive under the overpass. This is the most difficult turn of the course. However, it leads you to two of the most straightforward miles of the course. Continue heading south, with Meadow Lake on your left and the Grand Central on your right. Be mindful that this is where Volunteers will have cleared ponds. As you approach the end of the 3rd Mile, you will approach slippery roads as you pass the marsh better known as "The Tough Mudder" section of the lake. This lasts for around 100 Meters.

MILE 4 OF EACH LOOP

While Mile 2 and 3 feature a net downhill with little wind, Mile 4 is where you want to check yourself and endure any headwind coming your way as you return North. This wind, from Flushing Bay can get tough, but at least you are RACING! We designed this course so returning north on the east side would be shorter in distance. Depending on how hard you hit the beginning of this mile, you should hit a pace close to your previous miles.

MILE 5 OF EACH LOOP- Water Table Available, Public Restroom Available

Of all who have attempted our route, this Mile reconnecting Meadow Lake to the Unisphere Side of FMP is the toughest of the 6 complete miles. Cross Boathouse Bridge to then merge back onto the pedestrian road where the road becomes narrow. When you reach Lake Mall again, make a left and then a right onto Ederie Promenade. Continue around the roundabout (which should be on your right) and go over the Meadow Lake Bridge for the 2nd time (STAY ON YOUR LEFT). Make up some time by hitting the downhill to return to the Unisphere side of the loop. When you go over, make a right onto the Avenue of Asia.

MILE 6 OF EACH LOOP- Water Table, Portable and Public Restroom Available

As you pass the Water, you'll reach the Avenue of Africa. Make a left turn onto it to run towards the unisphere. Don't get too excited, you have about a Mile to go to reach the end of the loop. When you get to the unisphere, make a left and another left to run towards the Skate Park, past the Queens Theater. (Portable Toilets, too)

As you get to the Skate Park, prepare to make a right around the Promenade and continue until you reach Zoo Bridge (or the GCP overpass). Go over the bridge (staying on your LEFT) and continue down the path, then make a left onto the Avenue of Transportation. For what it is worth, at 31 feet, this is the highest elevation point of the route.

LAST HALF MILE AND CHANGE OF EACH LOOP-

This last half mile is a rush. With Terrace on The Park (the building shaped like a “T”) directly ahead of you, loop around and follow the path to go back over the Zoo Bridge. When you reach the bottom of the bridge, take the first left onto the Avenue of the States (past the parking lot). (If you’re on your 2nd loop, you’re a quarter of a mile away as you have the Queens Museum and Unisphere on your left and right. Continue down the path and then make a right turn towards the unisphere and sprint on the north side of the unisphere towards the start/finish area. At this point, your GPS will be around 6.6 miles (but the course is measured and certified at 6.57 miles with tangents included).

Do this again, once more, to complete your QDR Half Marathon!

Sunday, you will be one of 75 runners that were above all else, cooperative and understanding in our goal to reintroduce the Queens Marathon and QDR Half Marathon. Remember, this is not just about you. We know it’s tough, and we know emotions will be raw and honest, but keep your excitement to yourselves. Please continue to be respectful of your fellow racers and volunteers. Without their consent, this would not have been possible. Keep in mind that the plan outlined above was approved by the Parks Department, and we have to stick to it. We are ready for you. Your race is our victory. Please take these next two days to relax your minds and bodies, we have work to do on Sunday.

See you on Sunday Morning, or as we have waited to call it, “RACE DAY”

-Your Friends at Queens Distance