



## **Introduction - Welcome to The 2019 Queens Marathon**

The Queens Marathon is in its fourth year, celebrating and highlighting one of the most energized and diverse counties in America. Next year's Queens Marathon will take place on Sunday April 21st, 2019 at Flushing Meadows Corona Park. While interest exists to introduce the race through our neighborhoods, we understand the sensitivities of our local Community Boards and are approaching this prospect with the short term goal of celebrating Queens at every turn at Flushing Meadows Corona Park.

The Queens Marathon is organized by the Queens Distance Runners, a community-oriented running club comprised of members from all over Queens, from Astoria to the Rockaways. Taking the lead to assure the success of the event is the Queens Marathon Committee, made up of folks from different Queens-centric walks of life. The committee remains singularly focused on producing an event equally representative of the running community and of Queens itself.

## **Road Runners Club of America (RRCA) New York State Championship Designation**

The Road Runners Club of America is the oldest and largest national association of running organizations, dedicated to growing the sport of running since 1958. Out of 27 marathons in New York that took place in 2018, we are grateful to have been selected as the 2019 NY State Championship marathon race through RRCA in 2019. Recognition through RRCA will ensure the Queens Marathon participation from across the NYC area and from around the country. The race will attract a broad base of local athletes of every ability. All runners will receive perks and amenities comparable to marquee races and unique to Queens, specifically. Professional Training and Coaching through Coach Medina NYC is available to all participants thereby allowing the Queens Marathon to be a springboard for future running success.



## **Reaching Out to the Running Community**

The Queens Marathon is extending invitations to all local running clubs throughout Queens and the NYC area to participate in the event. Running clubs have a long history of helping individual runners achieve their fitness goals in a friendly and social atmosphere.

We're also offering access to training from Coach Medina NYC. Coach Luciano Medina is a USATF (USA Track & Field) Level 3 / IAAF (International Association of Athletics Federations) Level 5 Elite coach and has helped runners achieve their goals since 2014. Coach Medina NYC is offering a menu of training programs specific to the Queens Marathon that offer virtual coaching, in-person group training, and additional guidance with strength- and cross-training, nutrition, and more.

## **Charities and Giving**

The Queens Marathon is proud to associate itself with a broad spectrum of Queens-based charities. The Queens Marathon will provide a spotlight on several official charities. Runners will have the chance to fundraise on behalf of their favorite charity. Giving back to the community is central to our mission and will help make the Queens Marathon a truly community-based event.

Local charities supported by the Queens Marathon include: Achilles International Queens; Queens Centers For Progress; Queens Community House; The QueensWay.

## **#ItsInQueens**

The Queens Marathon is also proud to associate itself with Queens-based organizations and businesses. This will ensure our place as a community event that all Queens residents can get behind, whether they're a runner or not.

Local organizations supported by the Queens Marathon include: Queens Economic Development Corporation (Queens Tourism Council); Queens Community House, Queens Theatre, NY Mets, Queens County Savings Bank; and dozens of unique "Mom & Pop" businesses throughout the borough of which we will list in the coming weeks.

## **The World Is Waiting**

The fourth Queens Marathon, presented by Queens Distance Runners with significant support from the local community and the running community at large, will be the best ever. We're eager to provide The World's Borough with the event it deserves by celebrating Queens on the world stage. Our slogan "The World Is Waiting" has a two-fold meaning. The race is an individual runner's springboard to future marathon success and it will bring a lifetime of distance running conquests throughout the globe, from New York to Boston to Berlin and beyond. The slogan



also represents the inclusivity and diversity that is Queens' signature: the Unisphere. The Unisphere is our borough's symbol and a representation of the Queens Marathon. We would like nothing more than to see runners from around the globe conquer 26.2 miles right here in Queens.

Find more information and register at [queensmarathon.org](https://queensmarathon.org) and follow us on Instagram at [@thequeensmarathon](https://www.instagram.com/thequeensmarathon). Sponsorship Opportunities are available through [queensmarathon@qdrunners.org](mailto:queensmarathon@qdrunners.org).

