

The 4th Annual 2019 Queens Marathon: RRCA New York State Marathon Championship



Flushing Meadows Park
Sunday, April 21, 2019

Brought to you by the Queens Distance Runners

qdrunners.org



The Queens Marathon

As a native of Queens and 10x marathoner, I could not have been happier to work with our newly formed Queens Marathon Committee to grow this promising event. Like many of you, I walk (and run) these streets with the understanding that the World's Communities take their shot at the American Dream in stride in Queens.

At the same time, like many of you, I find myself learning about the history of our borough seemingly with each group run I lead in each neighborhood I pass. We are all blessed to have the Queens Distance Runners organize almost 100 volunteers on race day, by far, the highest total in our club event history. This is evidence that the strength and greatest resource of Queens is in its diverse people.

We look forward to watching you bond with them on Marathon Sunday with each passing loop of our fast course. Furthermore, we look forward to presenting you with information on our Cultural Institutions and Businesses across our Borough. I hope we will see you around the Borough following the completion of your 2019 Queens Marathon!

*Kevin Montalvo,
Founder, QDR*



Photo courtesy of Marie-Ange Brumelot



The Queens Marathon



Photos courtesy of Horse and Duck Photo



Statement from Borough President

Welcome to the 2019 Queens Marathon, the fourth annual edition of what has become a major event on the Queens sports calendar. The nearly 2.4 million residents of Queens, "The World's Borough," wish the best of luck to all of the runners in this year's race.

To those who are visiting from out-of-town to participate in this year's Queens Marathon, we hope you have the opportunity during your stay to enjoy some of the many restaurants, shops and cultural attractions that can be found "Only in Queens."

Queens is the gateway to the greatest city in the world and is the most diverse county in America. That means that whether you are here to visit or have made Queens your home, Queens has something for you.

Best of luck once again to all of those who will make the 26.2 mile trek through Flushing Meadows Corona Park during the 2019 Queens Marathon.



Melinda Katz



The Queens Marathon - Volunteer!

We can never have enough volunteers!

Volunteers help us make the Queens Marathon event go smooth and they help us help the runners along the course with each passing loop.

[Sign up to volunteer here!](#)

Shifts:

- 6:00AM-2PM: Day-Long Marathon Shift
- 6:00AM-10:30AM: Opening Shift
- 9:30AM-2PM: Closing Shift



Photo courtesy of Marie-Ange Brumelot

The Queens Marathon - Volunteer!



[Sign up to volunteer here!](#)

Photo courtesy of Horse and Duck Photo

The Queens Marathon- Packet Pickup

Marathon Bib Pickup

- Thursday 4/18 -
 - Urban Athletics (1291 Madison Ave) 3pm-8pm
 - 40% Off Discount Weekend-wide
- Friday 4/19 -
 - Queens Theatre (14 United Nations Ave S) 12-6pm
- Saturday 4/20 -
 - QCM Modells (90-15 Queens Blvd) - 11am-3pm
 - Sac's Pizza Astoria (2541 Broadway) - 5-8pm
 - Pre-Marathon Dinner 15% Off on Saturday

The Queens Marathon

Morning of details for Sunday, April 21st

- Bib pickup and race day registration* (Unless Capacity Reached)
 - 6:30AM-7:30AM- Race day registration is \$140
- Start Time
 - 8:00AM SHARP
- Will have bag check near the start
- Port-a-potties near the start

The Queens Marathon - Bag Check

Bag check will be located near the start and finish line on the lawn in front of the Queens Theatre.

Following the completion of your Marathon, you can request a volunteer to bring your bag.



The Queens Marathon - Transportation

We recommend taking the 7 train to Mets-Willets Point to get within an 8 minute walk to the Queens Unisphere. Once you get down the boardwalk entering the park, you'll see flags lined up and to the right you'll see the Unisphere in the distance.

Note: According to [mta.info](https://www.mta.info), there will not be any Manhattan bound trains to Willets Point from Main Street- Flushing.

The Queens Marathon - Transportation

If you are driving, the closest public parking is available at the Queens Museum Parking Lot. This leaves you approximately 50 Meters from the Start/Finish line. Please be aware that spots will fill up fast.

There are more spots underneath the Van Wyck on the East side of the park, right by the Flushing Aquatic Center. This leaves you approximately .75 of a mile from the Start/Finish line. If you exit the park and out to College Point Blvd, parking won't be too difficult to secure.

Alternatively, there are also spots on 111th Street and 55th Avenue, plug in the address "[55-06 111th St, Corona](#)". This leaves you approximately half a mile from the Start/Finish line.



The Queens Marathon - Official Photography

Horse and Duck Photography will be capturing those race day moments along the course, so don't forget to smile! Digital downloads will be available on www.horseandduckphoto.com as soon as we go through them (~5 days). Prints are available for purchase through the website. In addition, H + D Photo would like to congratulate the 1st, 2nd, and 3rd place winners of each group with a digital gift certificate for prints.



The Queens Marathon



Photo courtesy of Marie-Ange Brumelot



Photo courtesy Horse and Duck Photo

The Queens Marathon - Coaching

For the past few months, [Coach Luciano Medina](#), USATF Level 3/IAAF Level V Elite Coach, and Marie-ange Brumelot, marathon specialist and Olympic trials qualifier, have been the official coaches for the Queens Marathon. Together they helped runners set goals and aim for their best on April 21st.!



Photo courtesy of Coach Medina NYC

The Queens Marathon - Coaching

As the official Coaching Partners of the Queens Marathon, we are proud of the success that [Coach Medina NYC](#) has achieved! Runners had been given an option to [purchase a training plan](#) for the 2019 Queens Marathon, and inside each Goodie Bag comes with an informational sheet to get in contact with Coach Medina NYC for your future goal race!



Photo courtesy of Horse and Duck Photo

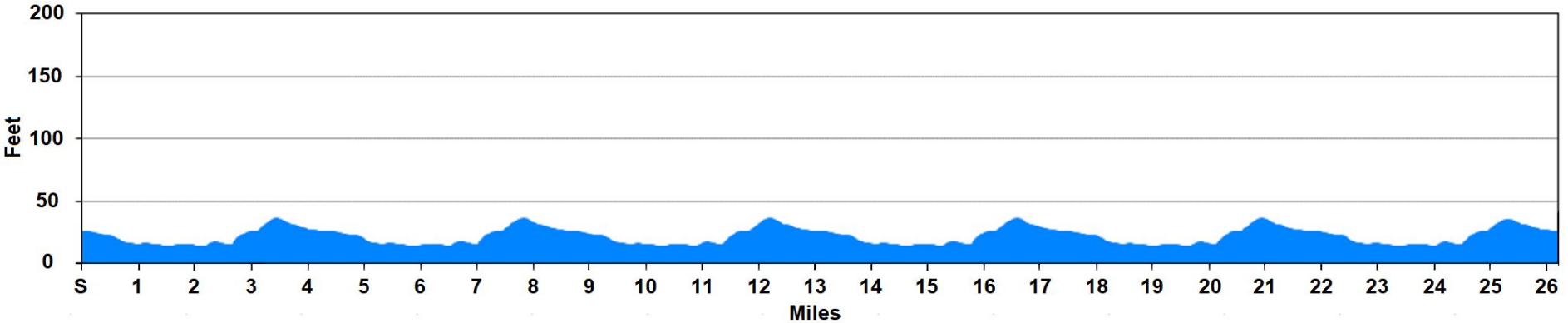
The Race

The Queens Marathon - Elitefeats

Founded about the same time as QDR elitefeats has been the chosen event partner for over 15 Queens Distance races. QDR's passion for running and Queens is matched by elitefeats' passion for timing! Two organizations destined to work together based on their foundation in running couldn't be better suited for the Queens Marathon.

Brendan Dagan
Founder, Elitefeats

Elevation



Ranging from 13 to 31 feet, the Queens Marathon is known as a mostly very flat course. With only a handful of climbs no more than 18 feet, it's no wonder the Boston Qualifying rate was 15% last year! The East section is pancake flat and our guide will now cover each section of the Queens Marathon route.

The Queens Marathon - Nutrition

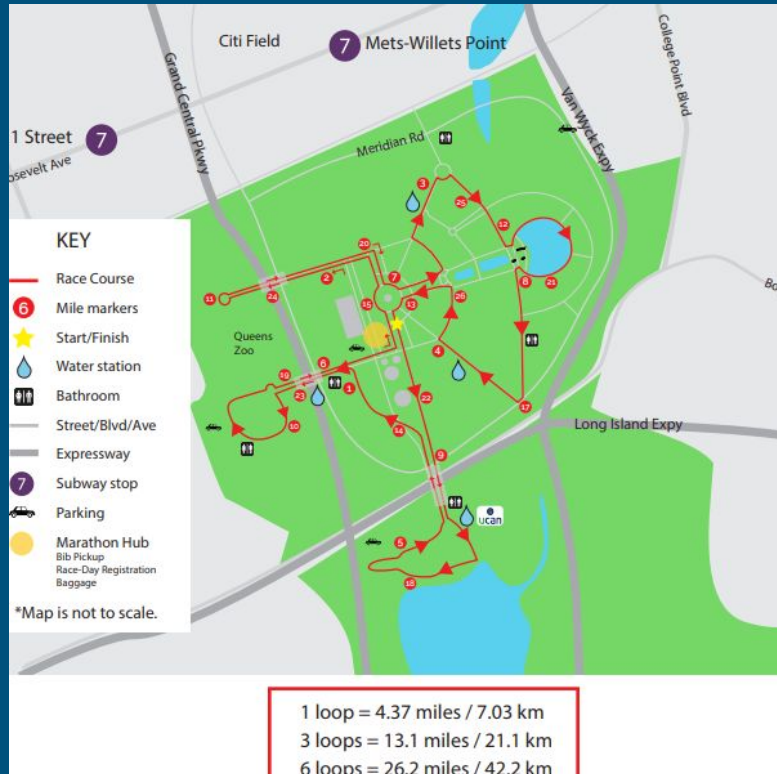
Each 4.37 Mile Loop will have 4 Water and Gatorade Stations:

- Water
- Gatorade

After the one-hour mark we will have the following out:

- Gels
- Bananas

The Queens Marathon - Course



The course is six loops around Flushing Meadow Park with the Unisphere being the center. Runners will head South, return, West, return, North, return, and East, then return.

The loop will start going to the south section of the park over the bridge to Meadow Lake, loops back and goes in the direction of the Queens Zoo, loops back and passes the Unisphere for the first time, goes over an overpass and back to the Unisphere, and finally around the soccer fields and the Pond of Industry until it heads back to the start.

The Queens Marathon

1 - South

The first section of the race will have runners go over the Meadow Lake bridge, one of the highest points of elevation on the course. After heading towards the Lake and through Sri Chinmoy Way, you'll return over the bridge.



The Queens Marathon

2 - West

This section has a minor overpass that heads in the direction of the Queens Zoo. After making a loop around the baseball field, you'll encounter "Mount Corona", the highest point of the Queens Marathon at 31 feet.

With Terrace on the Park right in front of you, you'll pass the Queens Zoo Carousel and head towards the Queens Theatre and prepare to turn left towards the Queens Unisphere.



The Queens Marathon

3 - North

Technically includes Northwest, you'll hug the Queens Unisphere, approach the USTA Center and make a left turn, crossing the Hall of Science bridge, making sure to run on the left side of the curb or road.

After making the only hairpin turn on the course, you'll zoom down over the bridge again, taking the right turn to return to the Queens Unisphere and approach the final and longest segment of the course.



The Queens Marathon

4 - East

This section is symmetrical heading to and from the Pond of Industry. We will do our very best to clear all puddles to give you the chance to hug the pond and get the closest possible tangent.

After making the left turn following the pond, a few 90 degree turns and straightaways will take you to the completion of the loop. The final 600 meters of each loop takes you past the soccer field, Unisphere approach and to the finish line.



The Queens Marathon - Post Race

Post race tips:

Make sure to walk around as that will help reduce the soreness after running 26.2 miles. The Queens Theatre lobby will be open as a possible post race meetup spot in case it rains! (Only available for post-race Marathoners). Please note that Queens Theatre bathrooms will not be open. This will ensure that runners can unwind on their marathon while watching the race in action from inside the Queens Theatre.

A fan favorite returns! In addition to your finish line bagel and fruit, head to Mile 27 at the Queens Theatre for chocolate protein mix provided by UCAN, and free to enjoy Sac's Pizza (cheese and marinara slices)!

If you're heading back to the 7 Train following your marathon, feel free to spend time by our musical performance area along the walk back!



The Queens Marathon



The Queens Marathon - Cultural Institutions



Lewis Latimer House and Museum

Former home of the man who invented the lightbulb with a carbon filament, a major improvement on Thomas Edison's design. The museum runs many exhibits and has hands on science programs.



Queens County Farm Museum

A working farm in Queens and home to one of the oldest buildings in the borough. It still produces food you can buy. Many festivals are held here throughout the year.



Alley Pond Environmental Center

An environmental center in Alley Pond Park. Educational programs and tours are available. Visit to enjoy hands on activities with live animals.

The Queens Marathon - Cultural Institutions



Flushing Town Hall

A performing arts center in Queens. Shows run throughout the year. It is committed to arts education and hands-on learning, for the arts-curious, arts enthusiasts, and professional artists.



Rufus King Manor

The preserved home of Rufus King. King framed, signed, and ratified the Constitution of the United States of America.



The Voelker Orth House

A preserved home from 1896 with a beautiful garden that's perfect for bird watching.

The Queens Marathon - Cultural Institutions



Jane's Walks (Municipal Arts Society)

Walking Tours throughout NYC, with many occurring in Queens from May 3rd - 5th.



York College Performing Arts Center

A performing arts center at York College. Award winning plays and Grammy Award winning artists can be seen here.



Queens Botanical Garden

The Queens Botanical Garden is an urban oasis where people, plants, and cultures are celebrated through inspiring gardens, innovative educational programs, and real-world applications of environmental stewardship.

The Queens Marathon - Cultural Institutions



Bowne House

The Bowne House was built during the Dutch colonial period of the mid-1600s. It's one of the oldest buildings in the borough and it's specially open for tours during the weekend of the Queens Marathon.



Queens Historical Society

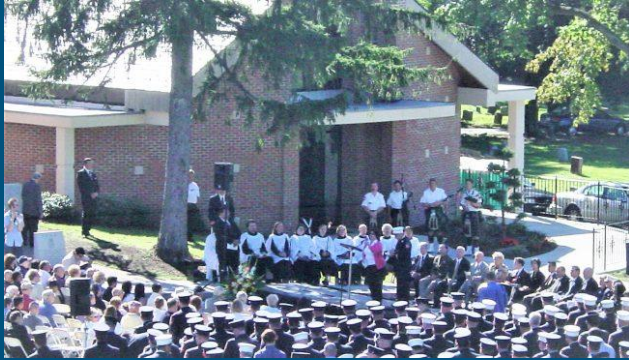
Housed in historic Kingsland Manor the Historical Society presents several exhibits per year and hosts many events about the history of the World's Borough.



Poppenhusen Institute

The institute was created in the mid 1800s by German immigrant Conrad Poppenhusen. Today it serves as a cultural center with many programs and special events for the public

The Queens Marathon - Cultural Institutions



St. Michael's Cemetery

St. Michael's is one of the oldest non-profit cemeteries in Queens. It hosts concerts and other public events throughout the year including the Scott Joplin Concert and Free BBQ every May.



Maple Grove Cemetery

Maple Grove Cemetery has a dedicated group known as the Friends of Maple Grove that puts on concerts, talks, and other events for kids and adults. Many famous city residents are buried on the grounds



Jamaica Bay Wildlife Refuge

The Jamaica Bay Wildlife Refuge is a piece of the Gateway National Recreation Area. The refuge is protected by the federal government and its trails are excellent for spotting wildlife within the city.

The Queens Marathon - Entertainment



Whitestone Lanes

The bowling alley is opened 24/7 and the owners have given every marathoner coupon that's good for one free game.

The Queens Marathon - Local Organizations



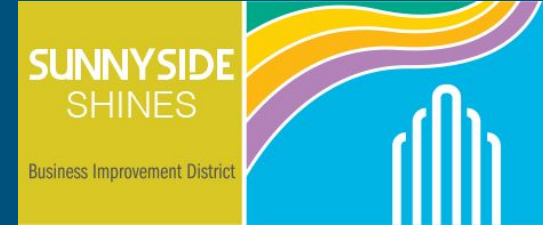
Transportation Alternatives

A group advocating for New York City's bicyclists, walkers, and public transit users. They put on large biking events on the public streets every year.



Jackson Heights Beautification Group

A neighborhood group with the mission is to preserve, restore, revitalize and maintain the community of Jackson Heights. The group puts on concerts and gardening events throughout the year.



Sunnyside Shines

A Business Improvement District on Greenpoint Avenue and Queens Boulevard in Sunnyside that puts on neighborhood events.



The Queens Marathon - Restaurants



Trattoria L'Incontro

Excellent Italian Restaurant with one of the highest ratings in the Zagat Survey.



Telly's Taverna

Fantastic Greek restaurant offering ***all runners a complimentary carafe of house wine if they bring the offer card!***



Zum Stammisch

German Restaurant nearing its 50th year of business. It has a great selection of German beers and an extensive menu.



The Queens Marathon - Restaurants



Sac's Place

Big supporters of Queens Distance Runners and one of the best pizzerias in Queens. Head in for 15% off your Pre-Marathon Dinner!



La Baraka

A North African Inspired French restaurant with an excellent lunch buffet. It was one of the first restaurants to sell couscous in Queens during the 1970s.



Don Peppe

Expect big portions at this 50+ year old cash-only year old Queens Institution. It's a great place to stop on the way to or coming from JFK airport.



The Queens Marathon - Restaurants



Kum Gang San

A 24/7 Korean BBQ spot in Flushing known for high quality meats.



Hot Bialys & Bagels

Our bagel providers for the 2019 Queens Marathon and one of the most reputable bagel and bialy purveyors in Queens.



The Queens Marathon - Music



Vinny's Music Service

The Official Sound Company of the Queens Marathon. Vinny's Music is a musical rental company providing instruments, backline, staging, lighting, and public address systems to clients in the borough of Queens and beyond

Find Vinny's Music in front of the Pond of Industry!

The Queens Marathon



Photos courtesy of Horse and Duck Photo

The Queens Marathon

Thank you for being a part of the 2019 Queens Marathon!

For any follow up questions email qdrunners@gmail.com or check the [FAQ on our site](#).

Follow us on:

- queensmarathon.org/
- qdrunners.org
- [Instagram](#)
- [Facebook](#)
- [Strava](#)

The Queens Marathon



Photos courtesy of
Horse and Duck Photo