

Time & Place:

The 6th Annual Totten Trot will be held on Sunday October 28th, 2007 in Fort Totten, Bayside NY. All participants will meet at the Bayside Historical Society (bldg. 208) at 7:30am for check in, 9am Start.

The Course:

Waterfront loop through Fort Totten and along Little Bay.

Prizes:

First, Second and Third for each division. Overall First, Second and Third.

Divisions:

14 & Under, 15-19, 20-29,
30-39, 40-49, 50-59, 60-69, 70+

Directions to Fort Totten:

From Long Island

LIE or Northern State Pkwy to the Cross Island Pkwy, North. Exit #32 at Bell Blvd. Turn right at the light and follow the road into Fort Totten.

From New York City
and Western Queens

Queens Midtown Tunnel to LIE East to Clearview Expwy. North/Throgs Beck Bridge. Willets Point exit - right fork to first left at 212th Street, follow straight to Fort Totten.

From Throgs Neck Bridge

Clearview Expwy to Exit 6B (26th Ave.) Left turn back onto Clearview Expwy. North.
(Follow directions above)

Public Transportation

#7 train to Main Street Flushing. Q13 bus to Fort Totten. Proceed through gate.

Parking in Little Bay lot outside of Fort Totten (left of gate entrance).

6th Annual
TOTTEN
5K Foot Race **TROT**



Sunday, October 28th, 2007
Check in 7:30am Start 9am
Kids Fun Run 10am



Join the
Halloween Hustle
& Run in Costume
(optional)



in Historic Fort Totten Park
on Little Neck Bay



Entry Fees:

\$20 - Register on or before October 25th
\$25 - After October 25th and day of the race
First 100 registrants receive a designer tee shirt!

Check Payable to:

Bayside Historical Society

Mail Entry Form & Check to:

Bayside Historical Society
208 Totten Avenue
Bayside, NY 11359

Questions???
718.352.1548

Electronically Scored by:



Results posted at www.baysidehistorical.org



6th Annual Totten Trot Application

First Name: _____ Last Name: _____

Address: _____

Age (on race date) _____ Date of Birth ____/____/____ Male _____ Female _____

Email: _____

Telephone: (H) _____ (W) _____

Additional Contribution _____ Are you a BHS Member? _____

Please complete entry form, read the following statement and sign below. In consideration of your accepting this entry, I, the undersigned, intending to be legally bound, hereby for myself, my heirs, executors and administrators, hereby waive and release and hold harmless the Bayside Historical Society, NY Fire Department, NYC Parks, NY Police Department, Quantum Feet Roadrunners Club, any sponsors or volunteers of the event, their representatives, successors and assigns, for any and all liabilities, claims, demands and causes of action arising in whole or in part out of the negligence of any of the organizations, agencies or individuals. I attest and verify that I am physically fit and have sufficiently trained for the completion of this event, and that my physical condition has been verified by a licensed Medical Doctor. If signed by a parent, the parent agrees to release and hold the above-named organizations and personnel harmless of any claims and rights that may be asserted on behalf of the entrant. Further, I hereby grant permission to the Bayside Historical Society to use photographs and videotapes of this event for any purpose whatsoever.

Signature: _____
guardian: _____

Under 18 years old, signature of parent or