

Bus Directions

From Queens Boro Plaza: Take the Q-101 bus to Hazen St. Don't ride over the Rikers Island Bridge, as it is the last stop. We will be assembling before the bridge on Hazen St. itself.

Subway Directions

For general information call (718) 330-1234

From the Bronx and Manhattan: Take the # 4, 5, or 6 train (IRT lines) to 42nd St. & Grand Central Station. Transfer over to the # 7 train to Queens Boro Plaza. (Follow above bus directions)

From Queens and Brooklyn: Take the R, G, or E train (IND lines) to Queens Plaza. Walk over to Queens Boro Plaza. (Follow above bus directions)

Car Directions

From the Long Island Expressway: Take the Northern Parkway Westbound as it turns into the Grand Central Parkway, to Exit 5 "Marine Air Terminal" exit ramp. Proceed to the traffic light; make a right turn onto Ditmars Blvd. (82nd St.) Continue to the next second traffic light, make a right turn onto 81st St. Follow road around to the next traffic light, make a right turn onto Hazen St. Use the public parking on the right hand side just before coming to the officers' security booth at the base of the bridge.

From the Bronx and Manhattan: Take the Triboro Bridge to exit 5 "Marine Air Terminal and Astoria Blvd." Exit ramp. Stay on the left lane and proceed to the second traffic light (79th St.) Continue straight ahead to 82nd St. and Ditmars Blvd; make a left hand turn. Proceed to the third traffic light; make a right hand turn onto 81st St. (Follow above car directions)

From Brooklyn and Queens: Take the Brooklyn Queens Expressway (BOE) Interstate 278 East to exit 39 "Grand Central Parkway, La Guardia Airport and Astoria Blvd East," exit ramp. Proceed to the second traffic light (79th St.) Continue straight ahead to 82nd St. and Ditmars Blvd; make a left hand turn. Proceed to the third traffic light; make a right hand turn onto 81st St. (Follow above car directions)

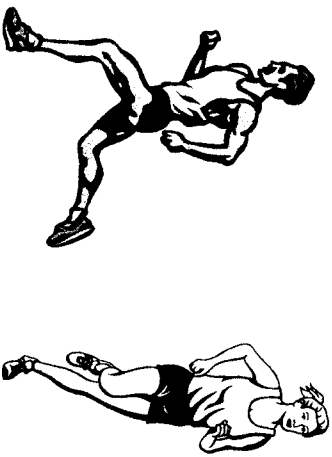
Rikers Island 5K Challenge Run
C/o Z-Team
3 Gladiolus Avenue
Floral Park, NY 11001
Attn: Joe Gambino

The New York City
Department of Correction
Running Club

* Presents *
The 12th Annual

Rikers Island 5K

Challenge Run



"THE SAFEST STREETS
IN
NEW YORK CITY"

When: Saturday, May 3rd, 2008 rain or shine.
Where: Rikers Island, East Elmhurst, NY
Time: 10:00 A.M. Sharp!
Tank top guaranteed to the first 300 pre-registered race participants.

Thank you for your participation.