



Bronx United Track Club
A Partnership Between the Bronx Flash and Bronx Tigers Track Clubs
(Members of the Metropolitan Athletics Congress, Inc and Metropolitan AAU, Inc.)



Run-a-thon Fundraiser

May 16, 2009 – Van Cortlandt Park Track and Field Stadium

All BXF athletes

Meet at P.S. 87: 10:00 A.M.

Carpools leave P.S. 87: 10:15 A.M.

Elementary race start time: 11:30 A.M

MS/HS race start time: 12:15 A.M

Family Relay: 1:00 PM

CARPOOLS NEEDED

If you have a car please be generous in driving other team members. All carpool vehicles should meet at P.S. 87 by 8:45 A.M. to ensure that all team and family members have a ride to the park. If need be, please make two trips to transport passengers (the park is less than a ten minute drive from P.S. 87).

UNIFORMS

Wear your Bronx Flash T-shirt and black or red shorts. Remember your warm-ups and proper running sneakers.

FOOD

Fruit, granola bars, water, sports drinks, and more will be provided by volunteer parents at the track.

DIRECTIONS TO VAN CORTLANDT PARK TRACK AND FIELD (242ND AND BROADWAY)

Driving from P.S. 87

Drive West (away from Baychester) on Bussing Ave. to 233rd St.

Turn RIGHT on 233rd.

Take 233rd to I-87/Major Deegan Expwy SOUTH.

Go one exit to Van Cortlandt Park South.

Turn RIGHT off the exit ramp.

You will see the track on the right and Broadway straight ahead (with the elevated train above it).

You may park anywhere on Van Cortlandt Park South or Broadway. Be aware of meters.

The entrance to the track is on Broadway, in between the handball courts.

Public Transportation from P.S. 87

Subway: #2 to 96th St. Transfer to #1 to 242nd St./Van Cortlandt Park (approx. 70 – 90 mins)

Bus: BX 16 to Gun Hill Rd. Transfer to the BX 10 to Van Cortlandt Park S. (approx. 60 min)