

GARAVEL



RUN SONO

GARAVEL SONO HALF MARATHON | 5K

OCTOBER 1, 2023

OFFICIAL 2023 ATHLETE GUIDE

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WELCOME RUNNERS

Year 9! WOW!

We know there are many great fall races to choose from, so we thank you so much for choosing to run with us!

Thank you to our amazing sponsors who make this race what it is. Without their continued support, we would not be able to give you guys an exceptional event.

Last, but certainly not least, thank you to THE BEST volunteers! It's a lot of work, and many put in very long days leading up to the race. We can't express in words how grateful we are!

Have a great race! We hope to hear that PR bell ringing!

James & Shannon Whipple
race directors

OUR PARTNERS



RACE WEEKEND AT A GLANCE

START/FINISH LINE

Veteran's Memorial Park
Seaview Avenue
Norwalk, CT 06855

ATHLETE PACKET PICKUP

Saturday, September 30, 2023

9:00 am - 4:00 pm: Outdoor Sports Center
80 Danbury Road
Wilton, CT 06897

Sunday, October 1, 2023

6:30 am - 8:00 am: Veteran's Park (Basketball Court)

DYNAMIC BIB ASSIGNMENT

You do not need to look up your bib number.
Your bib number will be assigned at time of pickup.

*Someone else can pick up your packet w/ copy of photo ID.

RACE DAY TIMELINE

6:30 am - 8:00 am - Packet Pickup

8:15 am - Announcements / National Anthem

8:30 am - Half Marathon Start

8:35 am - 5K Start

11:00 am - Kids Fun Run

11:30 am - Half Marathon Overall Award Presentation

11:45 am - Course Closes

RACE PARKING

PARKING INFORMATION

Limited FREE parking spots are available at Veteran's Park.

***PLEASE NOTE: This lot will close at 8:00 am. The half marathon passes the entrance/exit of this lot during miles 8 and 12.5. If you do not plan to stay for the post race party, please consider parking elsewhere.**

Paid parking is available at any Norwalk Parking Authority lot in SoNo. Several lots are within walking distance to the race start.

The Webster Lot is the recommended parking lot for the SoNo Half / 5K runners and spectators and is easily accessible from I-95.

***PLEASE NOTE: Parking is not permitted in the 20 spots reserved for C-Town Grocery. Parking in these spots may result in ticketing or towing.**

Please pre-pay for your parking at the meter or via smartphone.

Download the ParkMobile app on Apple App Store or Google Play. Visit www.parknorwalk.org for more info.

- P Veteran's Park**
Seaview Ave.
Norwalk
- P Webster Lot (2 Entrances)**
Please use listed entrance only!
27 MLK Drive
Norwalk
- P Maritime Garage**
11 N. Water St.
Norwalk



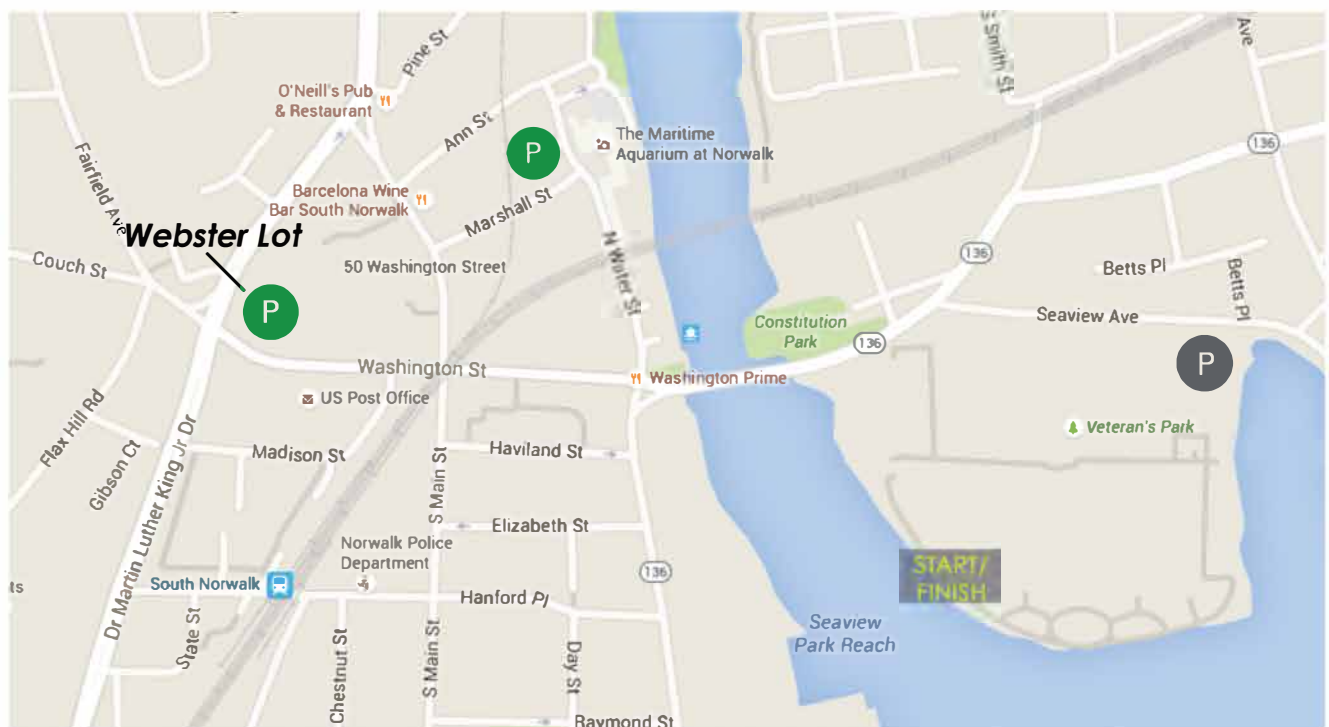
Follow NPA signs



Free Parking



Paid Parking



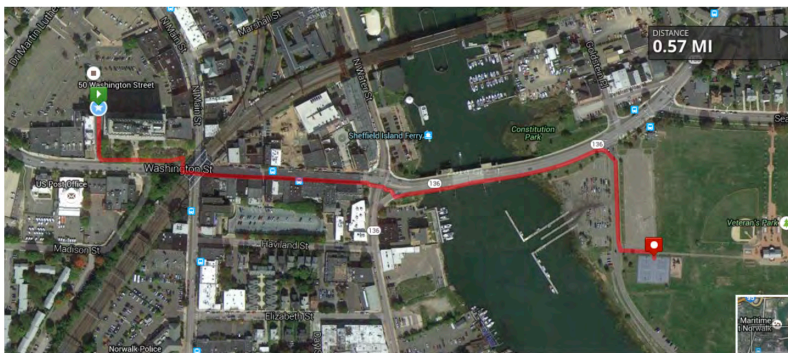
GETTING TO START/FINISH (PACKET PICKUP)

GETTING TO THE START (PACKET PICKUP)

Race day packet pickup for all 3 races will be located in the fenced-in basketball court.

From Webster Lot

Exit parking lot on Washington St. Make a left toward rail overpass. Follow Washington down over Stroffolino Bridge. Turn right into Veteran's Park West Entrance.



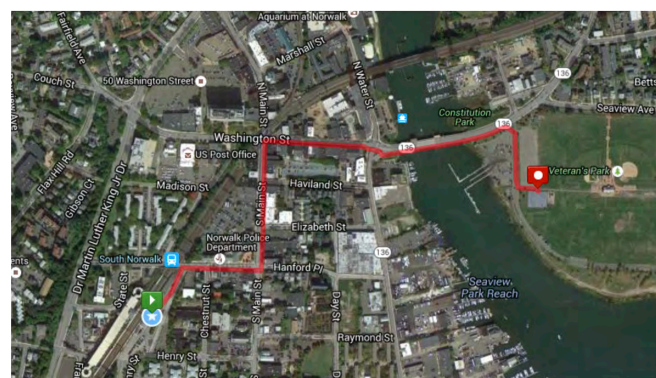
From Maritime Garage

Exit parking lot on N. Water St. Walk right, headed past Maritime IMAX Theater. Turn left onto Stroffolino Bridge. Turn right into Veteran's Park West Entrance.



From SoNo Train Station

Exit parking lot on Monroe St. Make a right and follow to police station. Make a left onto S. Main St. When you see the "SONO" sign, make a right onto Washington St. Go straight over Stroffolino Bridge. Turn right into Veteran's Park West Entrance.



RACE DAY SAFETY

RACE DAY SAFETY

Our top priority is the safety of all event participants, volunteers, spectators, staff, and attendees. Please help us to ensure a safe environment for everyone in attendance.

IF YOU SEE SOMETHING, SAY SOMETHING!

Please alert law enforcement or event staff if you see something suspicious (e.g., an unattended backpack or someone attempting to enter into a restricted area).

PERSONAL ITEMS

Please do not leave personal items (e.g., purses, strollers, backpacks, bags) unattended in any public place ANYWHERE in the event area or on the course.

HEALTH & SAFETY RELATED FAQ's

Who is permitted into the START CORRALS?

Only runners with race bibs will be permitted into the runner corrals. If you are not a registered participant and you bandit the race, you will be disqualified and banned from all future events.

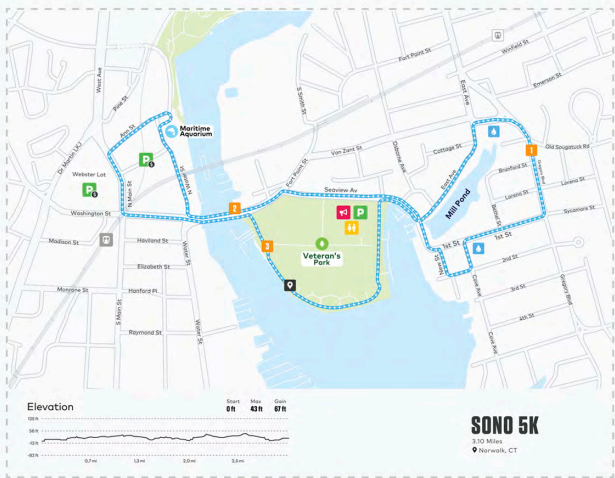
Can I check a bag?











Yes. A clear bag will be provided with your packet. These are the ONLY bags permitted in gear check.

Do I need to be vaccinated or wear a mask on race day?

No.

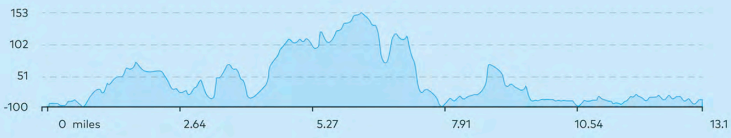
COURSE MAPS



-  Start / Finish
-  Mile Marker
-  Free Parking
-  Paid Parking
-  S. Norwalk Train Station
-  E. Norwalk Train Station
-  Restroom
-  Cheer Zone
-  UCAN HYDRATE
-  UCAN



SONO HALF MARATHON
13.1 Elevation Chart (Feet)



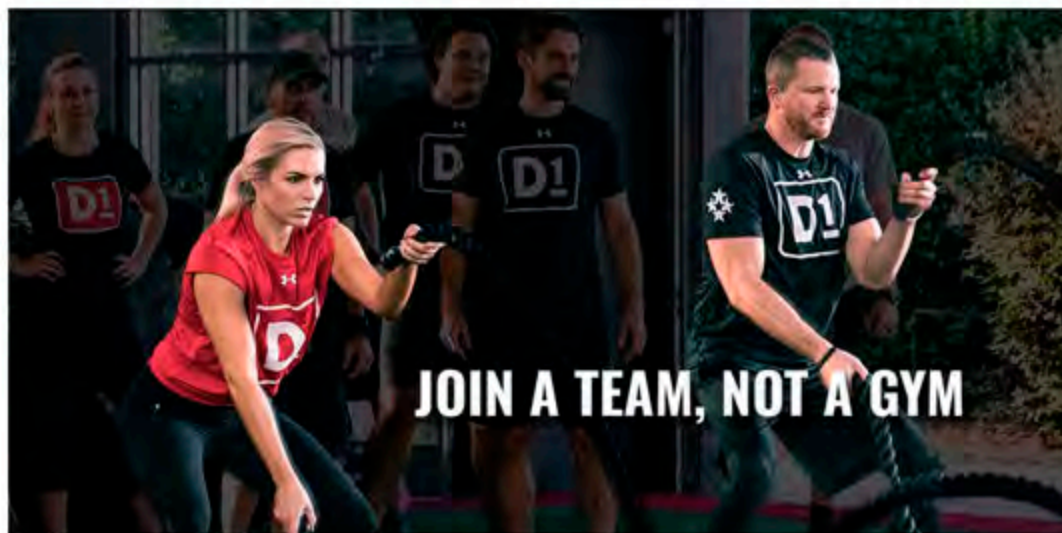
GENERATION UCAN NUTRITION
Generation UCAN is the official fuel and hydration of the SoNo Half Marathon.



On-Course Fuel
UCAN Edge Gels will be provided on course just after mile 6. Each gel provides 90 minutes of sustained energy.

On-Course Hydration
The UCAN Hydrate electrolyte replacement has no sugar, zero calories, and contains 5 essential electrolytes. Berry flavor of UCAN Hydrate will be served on the half marathon course. Drink UCAN Hydrate to help prevent cramping and replenish the mix of nutrients lost in sweat. This product is just for hydration and will NOT give you energy.

DO GOOD | FEEL GOOD



D1 is not an ordinary gym, and their staff are not your typical run-of-the-mill trainers. They are a specialized training facility with customized equipment and experienced coaches who are dedicated to your success, whether you are an athlete looking to build strength and endurance for your sport or simply a person with a fitness goal.

D1 Norwalk offers fitness and training programs that will allow you to reach—and exceed—your goals. From personal training, to boot camps, to scholastic strength and conditioning or sport-specific training, their ultimate objective is to inspire and motivate you to be your best -- pushing you further than you ever thought possible

DI TRAINING NORWALK - CLICK HERE for a FREE week! - 203-941-4818



POST-RACE RECOVERY
Kickstart your recovery with our stretch and recovery sponsors:



We are thrilled to, once again, be making a post-race donation to **The Open Door Shelter.**

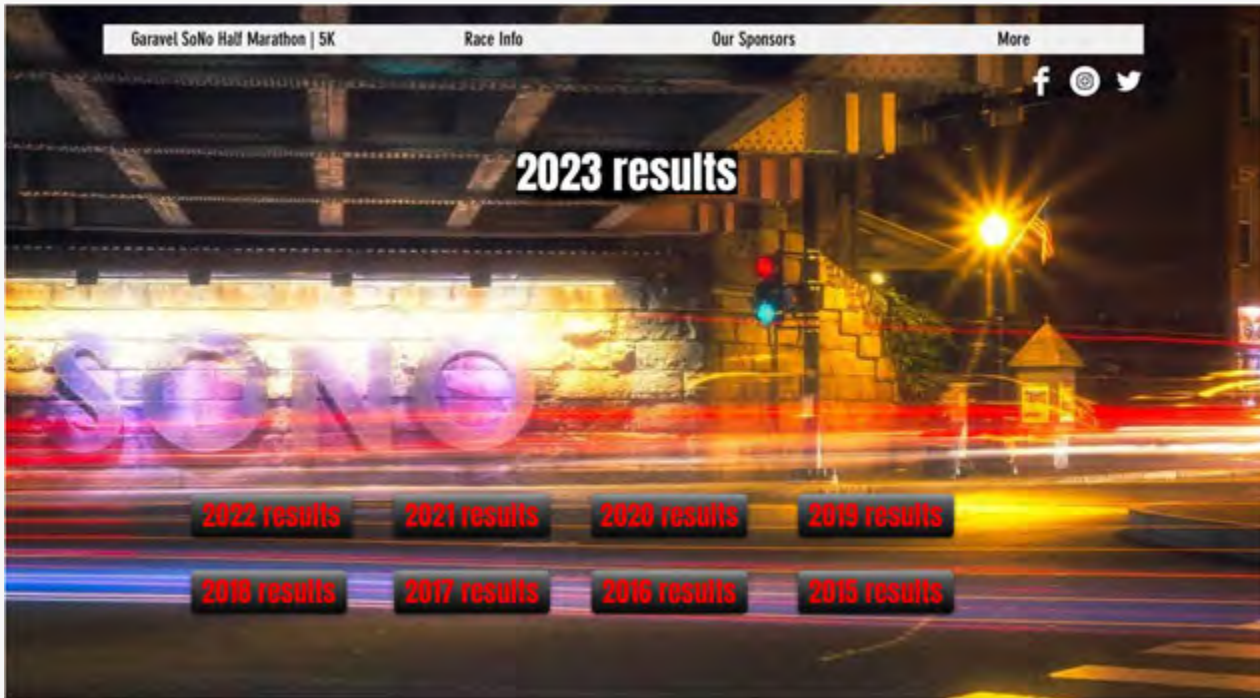
This year, in addition to all remaining food and beverages, we will be donating all discarded layers from the start of the race. So dress warm, and know you are passing it along to someone in need!

The Open Door Shelter provides shelter, food, clothing, case management services, treatment services, transitional planning for short and long term goals, subsidized housing, education, employment, and a path towards independence and success.

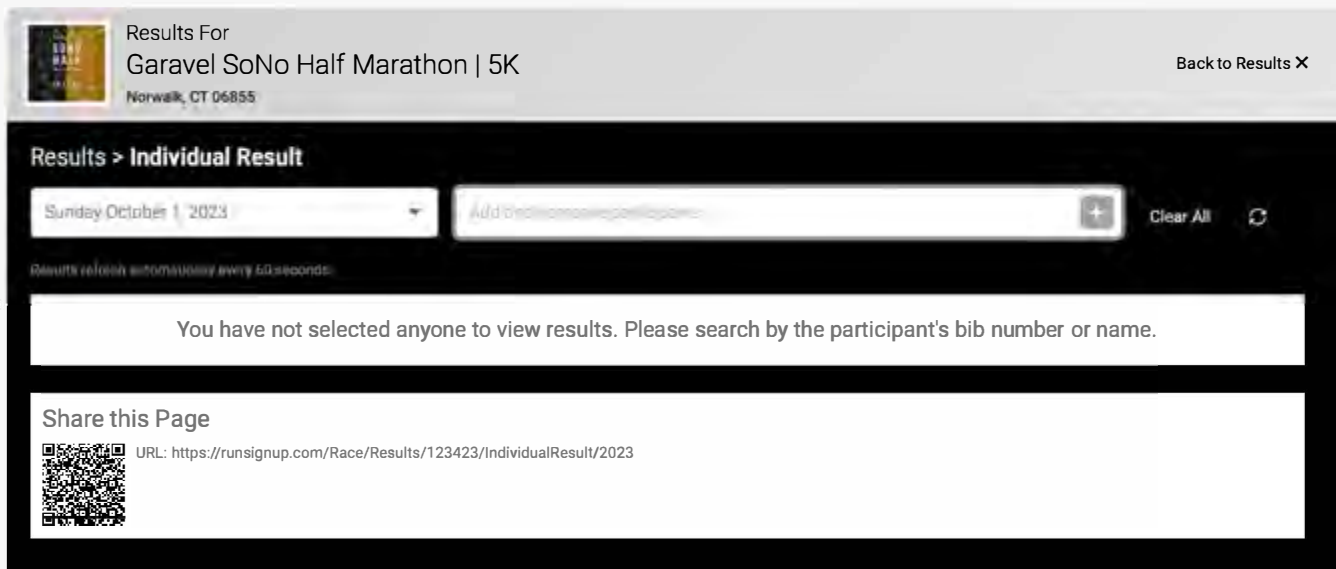
RESULTS

RESULTS

Race results will be available on our website at:
<https://www.sonohalf.com/results-1>



Race results will be available online at:
<https://runsignup.com/Race/Results/123423/IndividualResult/2023>



FAQ'S

FREQUENTLY ASKED QUESTIONS

Can I get a refund if I can't run?

We are sorry, but there are no refunds, deferrals, or transfers at this time.

May I give my bib to someone else to run in my place?

No, this is not permitted. Not only is it unsafe to allow non-registered persons to race under your name, it also jeopardizes the accuracy of age group awards.

If I signed up for the half marathon, can I drop down to the 5K?

Dropping down to the 5K needs to be done prior to the start of the event. If spots are available, you may do so by logging into your RunSignUp account and selecting "manage my registration" and "transfer event."

I am not registered. Can I run with a friend?

No, banditing a race is PROHIBITED! This is unsafe and we are only equipped to provide on-course aid and post-race amenities to the number of runners who have preregistered. We will have volunteers on course specifically looking for bandits. If you are caught banditing the race, you will be banned from all future JS Endurance events.

Is there a cutoff for the half marathon?

Yes, the course has a 3 hour 15 minute cutoff. If you have not made it to mile 8 within 2 hours, we kindly ask that you head back to the start but DO NOT cross the finish line. If you choose to continue on, you are doing so at your own risk and without course aid. Please use sidewalks and obey all traffic laws.

Are there bathrooms on course?

Yes, there are several restrooms and porta-potties on course. Please refer to the course map for exact locations.

BETTER BEGINS WITH THE BEST.

**CHOOSE BETTER.
MOVE BETTER.**

As the #1 in Orthopedics worldwide,
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with the best care.

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visit [HSS.edu/Stamford](https://www.hss.edu/Stamford)

HSS Stamford
1 Blachley Road, Stamford, CT 06902



POST RACE PARTY

POST RACE PARTY



H₂ROADS
CRAFT HARD SELTZER

BUY A BEER, SUPPORT PROJECT PRECIOUS RESCUE!

If you are a spectator or a runner who'd like to make it a double, you can purchase a beer (with photo ID) for \$5. 100% of the beer profit will go directly to:



Project Precious Rescue helps animals who may otherwise face abuse, neglect, homelessness or death, by finding them loving forever homes. Their goal is to provide the very best in veterinary care, and strive to place animals in carefully screened homes that best match their needs. They are a foster-based organization, and rely solely on donations. Project Precious Rescue rescues on their terms - dogs and cats, and does not discriminate against age/breed. PPR believes every animal deserves a second chance!

AWARDS

Thanks to our sponsor Papcsy Janosov Roche Trial Lawyers, this year's half marathon features a prize purse!

Overall male & female half marathon finishers receive:

1st Place - \$300

2nd Place - \$200

3rd Place - \$100

Prize purse presentation will take place at 11:30 am on the main stage of the Post Race Party area.

There is no awards ceremony for the 5K, or for age group awards. Just check in at the results/awards booth after 10:00 am to claim your award. Awards will be given out in the following categories:

Overall:

Top three overall male and female

Age Group Awards:

Ages 19 and under (male and female)

Ages 20-29 (male and female)

Ages 30-39 (male and female)

Ages 40-49 (male and female)

Ages 50-59 (male and female)

Ages 60-69 (male and female)

Ages 70+ (male and female)

Thank you, Papcsy Janosov Roche Trial Lawyers for your support and generosity!



GARAVEL KIDS FUN RUN

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Our GARAVEL KIDS FUN RUN will begin promptly at 11:00 am. Parents, please be sure your child is in their designated staging areas by 10:50 am for some brief instructions.

AGES 3-5: 100 yard dash

Children will line up at the start flags and run 100 yards to finish flags and inflatable finish arch.

AGES 6-8: 1/2 mile run

Once all 100 yard dash runners have finished and cleared the area, 1/2 mile runners will line up at the start flags. Children will run 2 laps counter-clockwise on the outside of the neon green pennant flags. Runners finish after 2nd lap by turning left towards the finish line.

AGES 9-12: 1 mile run

Once all 1/2 mile runners have finished and cleared the area, 1 mile runners will line up at the start flags. Children will run 4 laps counter-clockwise on the outside of the neon green pennant flags. Runners finish after 4th lap by turning left towards the finish line.



***PARENTS, PLEASE NOTE: This event is for REGISTERED PARTICIPANTS ONLY!**
If your child is not preregistered for the event, please do not allow your child to run. We will not be able to provide your child with a medal if they are not an official runner with a race-issued bib.

THANK YOU

We could not have put on this event without our sponsors:

Garavel Auto Group
PJR Trial Lawyers
D1 Training Norwalk
Two Roads Brewing Company
Planet Pizza Norwalk
Poland Spring
All About Kids Pediatric Dentistry
The Vital Stretch
Mr. Frosty's Ice Cream

HSS (Hospital for Special Surgery)
Outdoor Sports Center
True North Tickets
H2Roads Craft Hard Seltzer
Dave's Mobile Planet Pizza
Generation UCAN
Stew Leonard's
LYMBR
Dooney & Bourke

We would also like to thank the many contributors who provided in-kind donations, and/or their services:

Norwalk Ski Bears
BJ Ryan's East
TAP Strength Lab
Norwalk High School Honor Society
School of Rock New Canaan
All Saints Catholic School
Mid-Fairfield Child Guidance Center/
Clifford Beers
Trumbull Track & Trail Booster Club
Norwalk River Rowing

Washington Prime
Norwalk Police Cadets
Ripka's at the Beach
Dance to the Music Entertainment
The Open Door Shelter
H.E.L.P. Inc.
Trumbull High School XC Team
Trumbull High School Track & Field Team
Trumbull High School Rugby Team
Joseph Remson Electrical

Thank you, runners, for choosing to #RUNSONO this year!

Thank you to the City of Norwalk, Mayor Rilling, Department of Public Works, Department of Transportation, Norwalk Parks & Recreation, Norwalk Parking Authority, Common Council, Norwalk Harbor Master, Norwalk Police Department, and the countless other city employees who have supported this race and helped us to execute our vision.

Finally, to the many volunteers who, without them, this race could not go on, **THANK YOU!** Your enthusiasm and support has been overwhelming and we are truly grateful!

AFTER PARTY

The fun doesn't have to end at the Post Race Party. Stop into one of our partner restaurants.



SHARE YOUR SONO PHOTOS!

Share your race day photos on social media using #RUNSONO and TAG US in the posts! We're always looking for some awesome & unique runner, crew, spectator, and post race party photos. Share yours!

