



OFFICIAL 2016 ATHLETE GUIDE

**#RUNSONO**  
— SONO HALF / 5K —

# #RUNSONSON

## SONO HALF

5K & KIDS FUN RUN

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# WELCOME RUNNERS

Thank you to each and every one of you  
(and your entire support crew)  
for coming out and making the 2nd running  
of the SoNo Half Marathon / 5K  
& Kids Fun Run  
an exciting event for the city of Norwalk.

As lifelong residents and avid runners,  
it brings us great joy to welcome runners from  
23 states and 4 countries!

We hope you enjoy all the great parks,  
shops, restaurants and attractions that  
Norwalk has to offer.

To those of you toeing the line for the first time:  
We hope your journey does not end at the  
finish line and that you grow to love the sport  
as much as we have.

We know there are many races to choose  
from, so we THANK YOU for choosing to

## #RUNSONO

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**

Friday October 14, 2016

11am - 7pm: Outdoor Sports Center  
80 Danbury Road  
Wilton, CT 06897

Saturday October 15, 2016

7am - 8:30am: Veteran's Park (Basketball Court)

## **PLEASE HAVE YOUR BIB NUMBER WHEN YOU ARRIVE.**

You can get your bib number online. Go to:

[www.sonohalf.com/biblookup](http://www.sonohalf.com/biblookup)

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

## **RACE DAY TIMELINE**

7am - 8:30am - Packet Pickup

8:50am - Announcements / National Anthem

9am - Half Marathon Start

9:10am - 5K Start

9:30am - Post Race Party

11:30am - Kids Fun Run

12:15pm - Course Closes



# RACE PARKING

## PARKING INFORMATION

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

*\*PLEASE NOTE: This lot will close at 8:30am. The final mile of our half marathon passes the entrance/exit of this lot. 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 SoNo Half / 5K runners and spectators and is easily accessible from I95.

*\*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 prepay for your parking at the meter or via smartphone.*

*Download the MOBILPAY app on Apple App Store or Google Play.*

*Visit [www.norwalkpark.org/map](http://www.norwalkpark.org/map) for more info.*

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



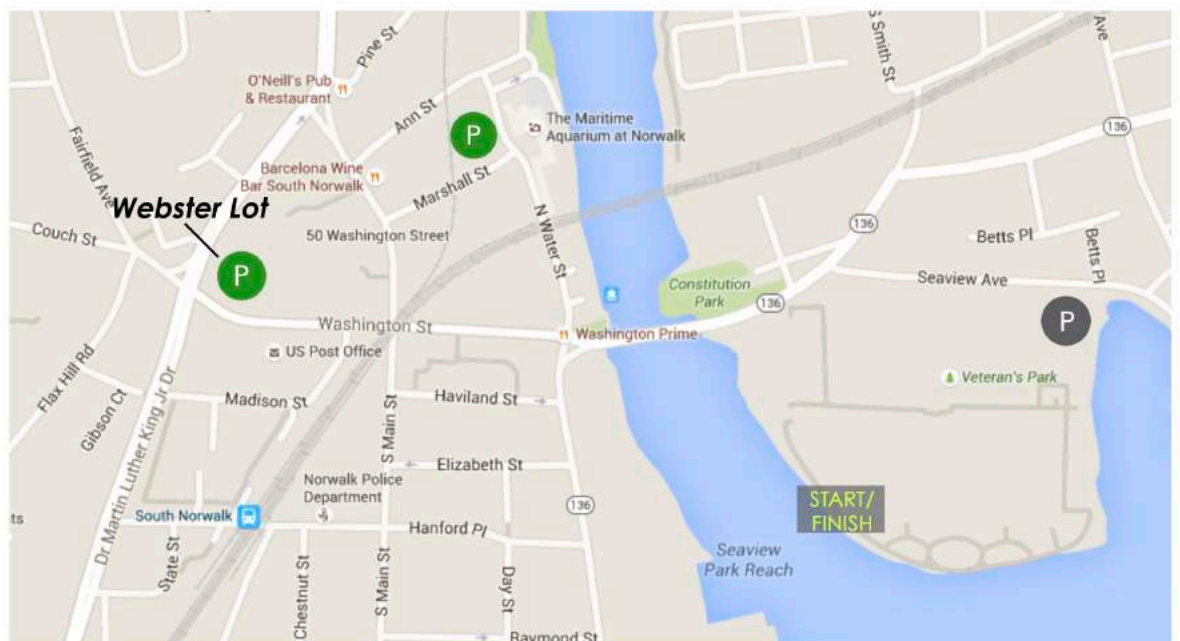
Follow NPA  
signs



Free Parking



Paid Parking





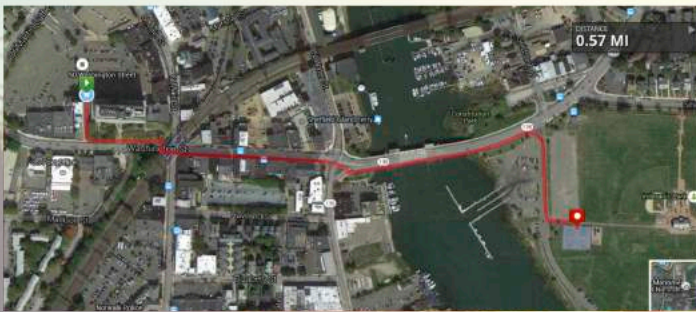
# GETTING TO START/FINISH (PACKET PICKUP)

## GETTING TO THE START (PACKET PICKUP)

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

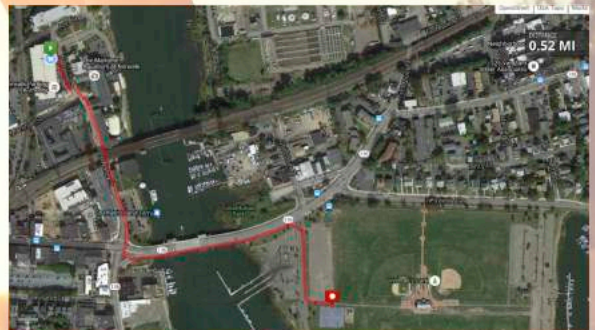
### From Webster Lot

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.



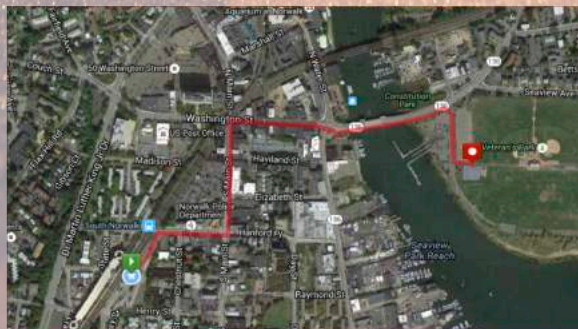
### From Maritime Garage

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 SECURITY

## RACE DAY SECURITY

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 (purses, strollers, backpacks, bags) unattended in any public place ANYWHERE in the event area or on the course. Please share this info with any friends or family spectating on race day.

## SECURITY RELATED FAQ's

### Who is permitted into the START CORRALS?

*Only runners with race bibs will be permitted into the runner corrals.*

### What can I bring with me on race day?

*You are welcome to bring any lawful items into the event area. There are no restrictions on bags, just please do not leave them unattended.*

### Can I check a bag?

*Absolutely! Gear check is located in the basketball court near packet pickup. However, only race-issued clear bags may be used.*

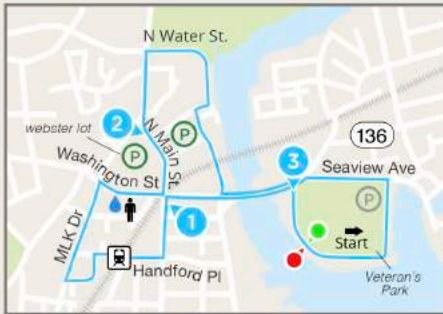
### Is Gear Check secure?

*Yes, all runners will need to be wearing their bib to drop off a bag and will need to be wearing a bib to pick their bag back up.*



# COURSE MAPS

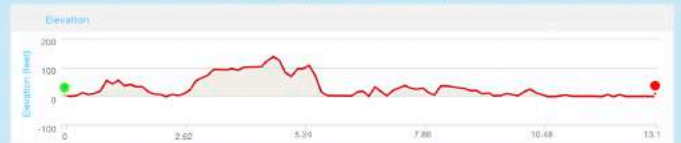
## SONO 5K



- Start
- Finish
- Mile Marker
- Free Parking
- Paid Parking
- S. Norwalk Train Station
- E. Norwalk Train Station
- Restrooms
- Cheer Zone
- Ice Cream
- Poland Spring
- UCAN HYDRATE



## SONO 13.1



### GENERATION UCAN NUTRITION

Generation UCAN is the official fuel and hydration of the SoNo Half Marathon. Make sure to visit the Generation UCAN tent at the post-race finish festival for a free sample! Learn more at [generationucan.com/ucanrun](http://generationucan.com/ucanrun)

#### On-Course Fuel

UCAN's sports drink mix is powered by SuperStarch, a slow-releasing carb that delivers steady, long-lasting energy without the spike and crash of sugar-based fuels. The Tropical Orange flavored sports drink will be served at the start of the race and at the mile 7 fuel stop on the half marathon course.

Drink the UCAN sports drink 30-45 minutes before the start of the race. UCAN is easy on the stomach and a full pre-race serving delivers 90 minutes of steady energy without the need to re-fuel. Runners who will be out there for longer than 90 minutes may want to consume an additional serving of UCAN at mile 7.

#### On-Course Hydration

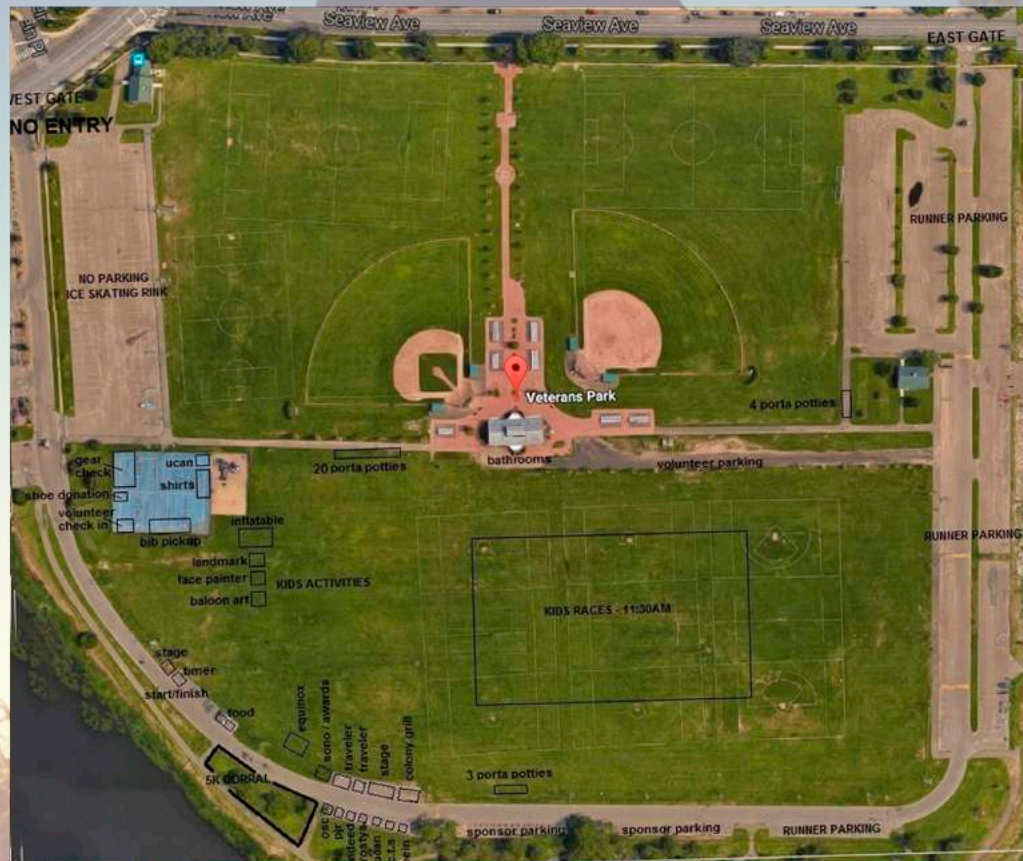
The UCAN Hydrate electrolyte replacement has no sugar, zero calories, and contains 5 essential electrolytes. The Berry flavor of UCAN Hydrate will be served at every water stop on the half marathon course. Drink UCAN Hydrate to help prevent cramping and replenish the mix of nutrients lost in sweat. This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





# EVENT MAP

Please review our event map.



## ITEMS TO NOTE:

Packet Pickup & Gear Check - Basketball Court

Post Race Party - Continue straight past the finish line

Bathrooms - Indoor restrooms are located in center of park.

Porta-potties are located along walkways from east lot towards basketball court

Start/Finish - Located in the first parking section or west entrance along water

5K Corral - 5K runners will gather in the marked fenced-in (grass) area near start/finish. 5K runners must be in corral prior to start of half marathon. Once half marathon runners have all cleared the park, 5K runners will follow the sidewalk toward park exit and line up at the start in opposite direction of half marathon. 5K race exits the park from the EAST entrance/exit.

**\*IMPORTANT! HALF EXITS WEST / 5K EXITS EAST / BOTH FINISH FROM WEST!**

(PLEASE REVIEW COURSE MAP ON PAGE 9)



# DO GOOD | FEEL GOOD

## EQUINOX

### PRE-RACE WARM UP WITH EQUINOX

**Prepare body and mind for the race ahead with a dynamic warm-up stretching session led by Equinox Group Fitness instructors. Begins at 8:30AM at the Equinox tents.**



### POST-RACE RECOVERY WITH EQUINOX

**Kickstart your recovery with a guided stretch by an Equinox personal trainer and refreshing chilled eucalyptus towel in the Equinox tent after the race.**



Fur-Gotten Tails Animal Rescue is a foster-based animal rescue based out of Plainville, CT, mainly focusing on the rescue of cats. Formed to rescue those abandoned, neglected and forgotten and place in loving, forever homes, as well as reduce the overpopulation of cats through a trap-neuter-release program.

Fur-Gotten Tails Animal Rescue is hosting a shoe drive from September through the beginning of November to benefit those in 3rd world nations who don't have the basic luxury of wearing shoes, as well as those animals in rescue. All new or gently worn shoes of all types (boots, sneakers, heels, kids shoes, flip-flops and more) are accepted.



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.



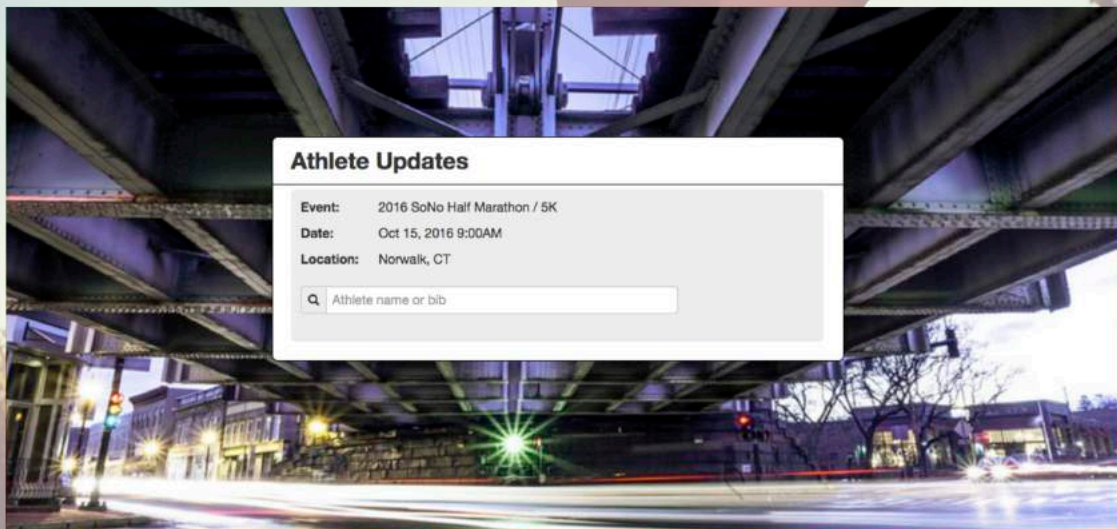
# RESULTS

## RESULTS

Track runners and get results delivered right to you when you sign up using Chronotrack Live!

To track your runners, go to:

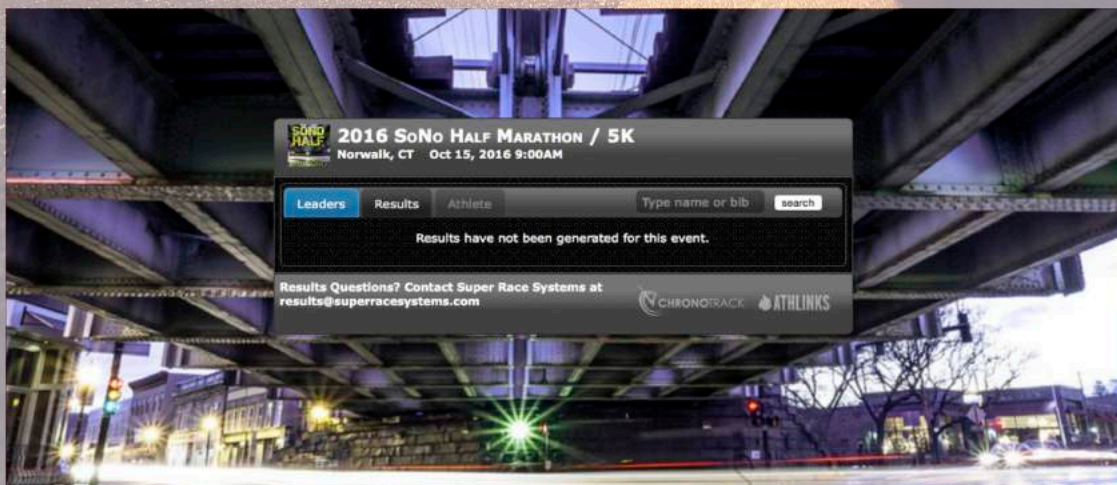
<https://register.chronotrack.com/event/tracking/eventID/18485>



Enter the name of the athlete you would like to track and select your method of tracking.

There is no need to visit the results tent after you finish! Get your official results instantly after crossing the finish line! Go to:

<https://results.chronotrack.com/event/results/event/event-18485>





# 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. We cannot change any entries within 14 days of race date.

### 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 5K on race day?

No, the 5K is SOLD OUT! We do not have any extra bibs or medals for the 5K race. Sorry.

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

No, banditing a race is PROHIBITED! We are SOLD OUT! 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 cut off for the half marathon?

Yes, the course has a 3 hour 15 minute cut-off. If you have not made it mile 6 within 1 hour 30 minutes, we kindly ask that you go straight on Washington Street and head back to the start. 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.



# POST RACE PARTY

## POST RACE PARTY

Celebrate your finish at our Post Race Party where all finishers will enjoy free food and a free beer (21+). Take a photo in front of our custom finisher banner and even play a game of corn hole!

## ENTER OUR CHARITY RAFFLE BENEFITING COURAGE TO SPEAK

All finishers will receive 1 FREE Raffle ticket. You (or your friends & family) may purchase additional tickets for more chances to win!

Purchase: 1 for \$5 - 2 for \$8 - 3 for \$10 100% of sales benefit:



## RAFFLE ITEMS INCLUDE:

- Dooney & Bourke Women's Handbag
- Dooney & Bourke Men's Wallet
- \$250 Don Carmelo's Margarita Party
- (3) \$50 Washington Prime Gift Cards
- (2) \$50 O'Neill's Pub & Restaurant Gift Cards
- (2) \$50 Partner's Cafe Gift Cards
- (1) \$50 Blind Rhino Gift Card and T-Shirt
- (4) \$25 Johnny Utah's Gift Cards
- (2) \$25 Colony Grill Gift Cards
- (2) \$25 Dry Dock Bar & Grille Gift Cards
- Generation UCAN Gift Basket
- #RUNSONO Gear & Prize Packs

*Raffle begins at 12:15pm. Must be present to win.*



# POST RACE PARTY

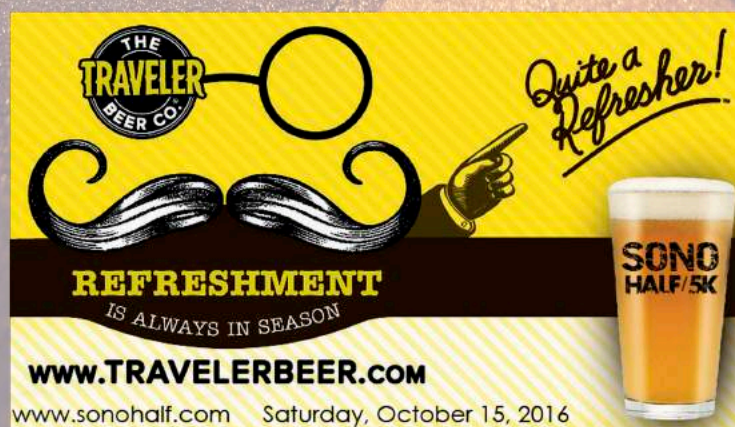
## POST RACE PARTY

### BUY A BEER, SUPPORT TWO WHEELS!

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% off the beer profit will go directly to:



Economic challenges should never prevent a child from the sense of joy, empowerment and freedom a bicycle can provide. T.W.O.'s mission is to make a difference in the lives of CT children by ensuring every child has a bicycle of their own. Last December, Two Wheels was able to bring a smile to the faces of 50 children with the donation of new bicycles and helmets. We hope, with your help, we can see that number grow this year.





# AWARDS

Thanks to our sponsors Papcsy Janosov Roche Trial Lawyers & True North Tickets, this year's half marathon features a prize purse!

Overall Male & Female Half Marathon Finishers receive:

1st Place - \$300 and 3 month Equinox Membership

2nd Place - \$200

3rd Place - \$100

Prize Purse presentation will take place at 12:00pm on the main stage of the post race party area.

There is no awards ceremony for age group awards. Just check in at the results/info booth after 11:30 pm to claim your awesome custom acrylic 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 40-44 (male and female)

Ages 45-49 (male and female)

Ages 50-54 (male and female)

Ages 55-59 (male and female)

Ages 60-64 (male and female)

Ages 65-69 (male and female)

Ages 70+ (male and female)

Fastest First Responder Awards:

A race within a race - the top three overall male and female POLICE, FIRE or EMS will receive a special award and their department will get bragging rights as this year's FASTEST!

Most Team Spirit:

It's not always about being the fastest! Do you have The Most Team Spirit? Upload a photo to instagram using hashtags #RUNSONO and #SONOTEAMSPIRIT for your chance to win. Winner will be announced during our raffle and must be present to win.



# KIDS FUN RUN

## KIDS FUN RUN

Our KIDS FUN RUN will begin promptly at 11:30 am. Parents, please be sure your child is in their designated staging areas by 11:20 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 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:

**EQUINOX**  
**Traveler Beer Co.**  
**PJR Trial Lawyers**  
**Poland Spring**  
**Wishbone Design Factory**  
**Mr. Frosty's Ice Cream**  
**Gone For a Run**  
**Tshirtsonline123.com**  
**Norwalk Parks & Recreation**  
**JS Endurance**

**Outdoor Sports Center**  
**Indeed**  
**True North Tickets**  
**Stew Leonard's**  
**Generation UCAN**  
**Colony Grill**  
**N. Cappuccia Electric & Sons**  
**Landmark Preschool**  
**Closer to Infinity**

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

Dooney & Bourke  
Don Carmelo's  
Partner's Cafe  
O'Neill's Restaurant & Pub  
Dry Dock Bar & Grill  
Train Away Pain  
Center For Vien Restoration  
The Center  
For Sexual Assault Crisis & Education  
Coastal Orthopedic  
Oral IV

Washington Prime  
Johnny Utah's  
Blind Rhino  
Dunkin Donuts  
Dry Dock Bar & Grill  
Family & Children's Agency  
Brien McMahon High School  
DJ FACE CT  
DJ Pete  
DJ Dom  
Doubletree by Hilton

Thank you, runners, for choosing to #RUNSONO this year! You put in many hours of training, now you get to take your victory lap! Congratulations and we hope to see you back in 2017.

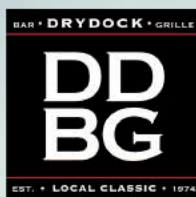
Thank you to the City of Norwalk, Mayor Rilling, Department of Public Works, Department of Transportation, Norwalk Parks & Recreation, Norwalk Parking Authority, Common Council, Norwalk Harbor Master, CT State Police, Norwalk Police Department and the countless other city employees who have supported 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 and show off your finisher's medal for freebies and discounts!



Not one of the first 1,000 people to register?  
Missed out on getting a mason jar?



Limited quantities of our 2016 glasses, sponsored by



are still available!

Stop by their tent and grab one WHILE SUPPLIES LAST!