

# GARAVEL



# #RUNSONO

SONO HALF | 13K | 5K

OFFICIAL 2021 ATHLETE GUIDE

# #RUNSONO

SONO HALF | 13K | 5K

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## RACE INFORMATION

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# WELCOME RUNNERS

Since March 2020, a lot has changed. We've all endured a lot in these past 19 months. But, we're runners, and we know what it takes to make it to the finish line.

Please know, we continue to make runner safety our top priority. This year, it takes a whole new meaning.

We have purposely decreased our field size to allow for social distancing.

We will provide hand sanitizer throughout the event, and masks are available upon request.

Just like you, we were eager to get back to racing. We could not be more grateful that, with the abundance of fall races, you chose to #RUNSONO.

Thank you for running with us!

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, October 2, 2021

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

Sunday, October 3, 2021

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 - 8:00am - Packet Pickup

8:15 am - Announcements / National Anthem

8:30 am - Half Marathon / 13K 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 | 13K | 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 prepay for your parking at the meter or via smartphone.*

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

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

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



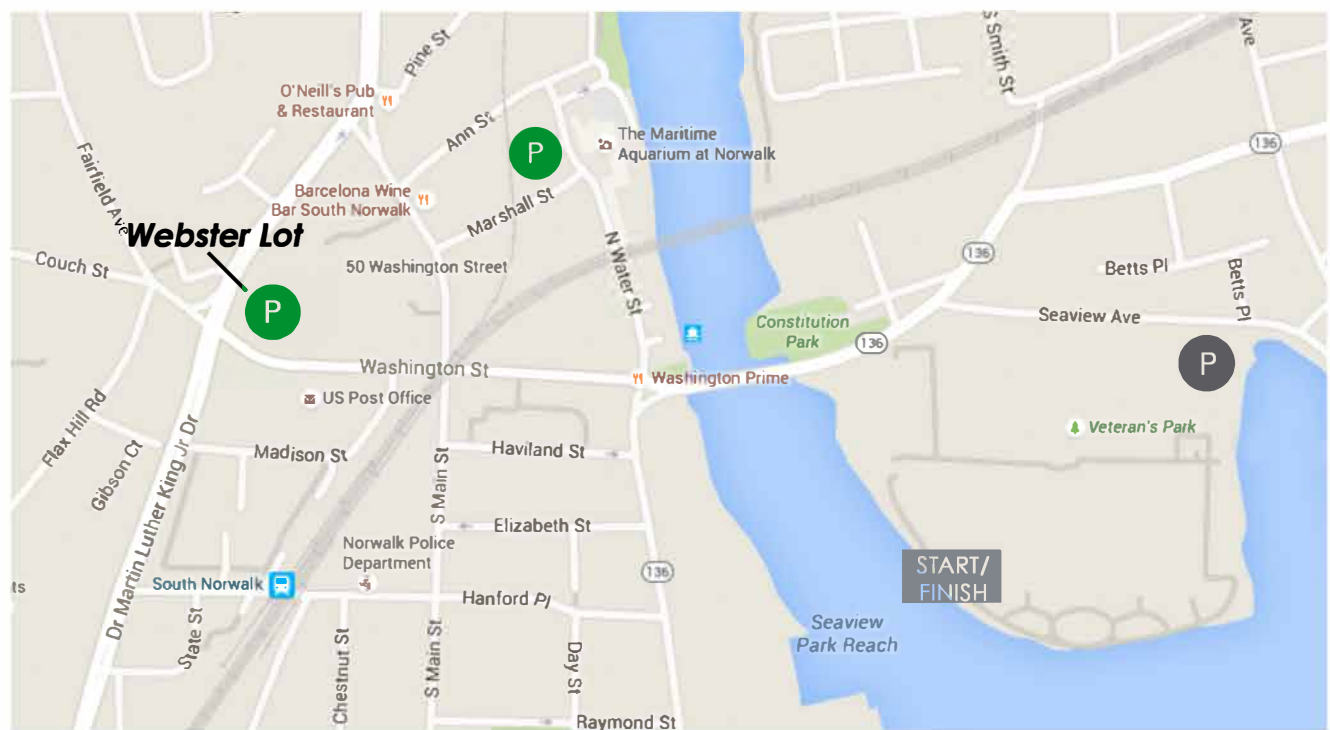
Follow NPA  
signs



Free Parking



Paid Parking



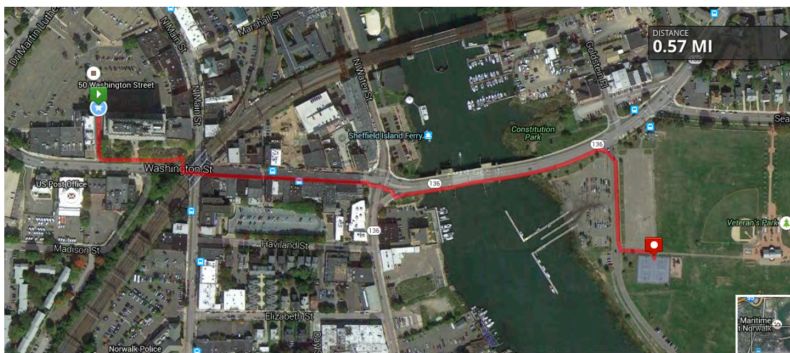
# GETTING TO START/FINISH (PACKET PICKUP)

## GETTING TO THE START (PACKET PICKUP)

Race day packet pickup for all 4 races will be located in the fenced-in basketball court. **THERE WILL BE NO GEAR CHECK IN 2021!**

### 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.



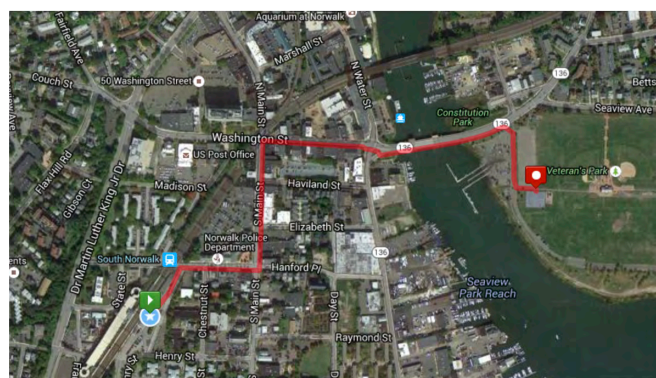
### From Maritime Garage

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.*

### Can I check a bag?

*For the health and safety of our volunteers, **we will not be offering gear check in 2021.***

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

*At the time of this publication, Norwalk does not currently have an outdoor mask mandate. Nor do we require our runners, volunteers, or staff to be vaccinated. However, we will follow and enforce any updated city or state mandates in effect on race day.*

*We have decreased the field size to allow for those who choose to social distance in the corral and at our post race party. The event is chip timed, so if you would like to start immediately after the field exits the corral, please feel free. Hand sanitizer will be available at packet pickup and post race party.*



# COURSE MAPS

## SONO 5K

3.1 Miles

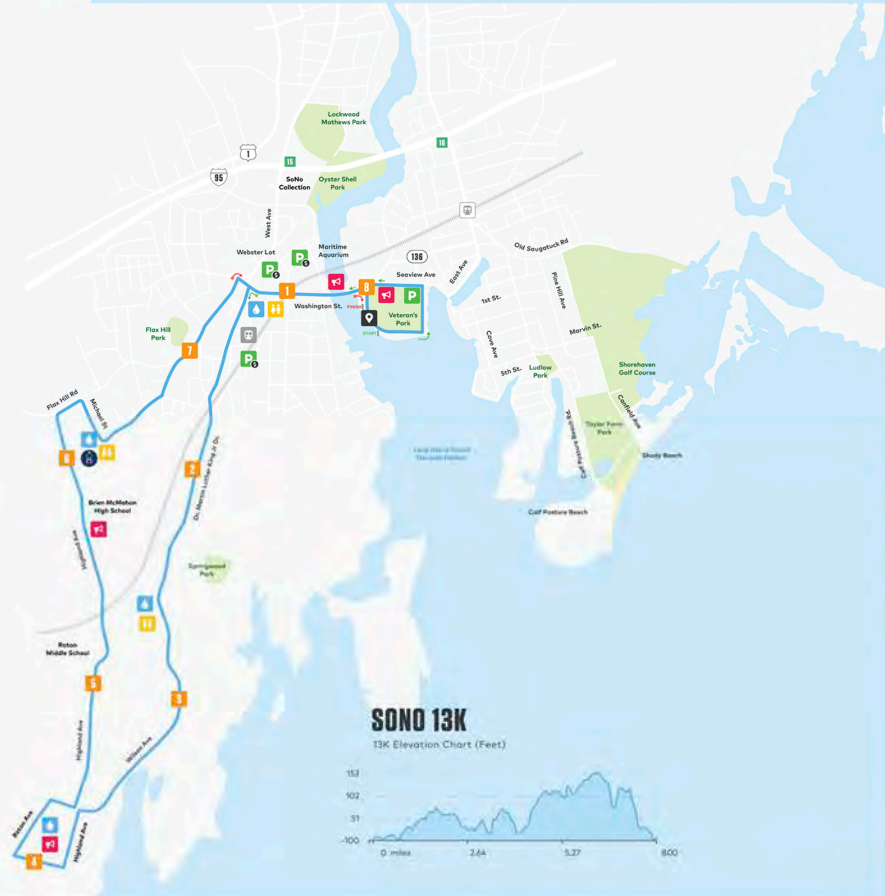


- Start / Finish
- Mile Marker
- Free Parking
- Paid Parking
- S. Norwalk Train Station
- E. Norwalk Train Station
- Restroom
- Cheer Zone
- UCAN HYDRATE
- Poland Spring
- UCAN



## SONO 13K

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



**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 will be proving each runner 2 UCAN Edge Gels prior to the start of the race. Each gel provides 90 minutes of sustained energy. Visit their tent on race morning and provide them the pull tab on your bib to get yours.

### 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.

**IMPORTANT  
PLEASE READ!  
PLEASE VERIFY YOUR BIB!**

All races have the same style bibs. 5K bibs should have an **ORANGE** sticker. 13K bibs should have a **GREEN** sticker. There is **NO** sticker on half marathon bibs. If you had your packet shipped and have dropped down to the 13K or 5K, your sticker color may need to be changed. **PLEASE BE SURE YOUR BIB IS CORRECT PRIOR TO THE START OF THE RACE** so volunteers may direct you correctly!

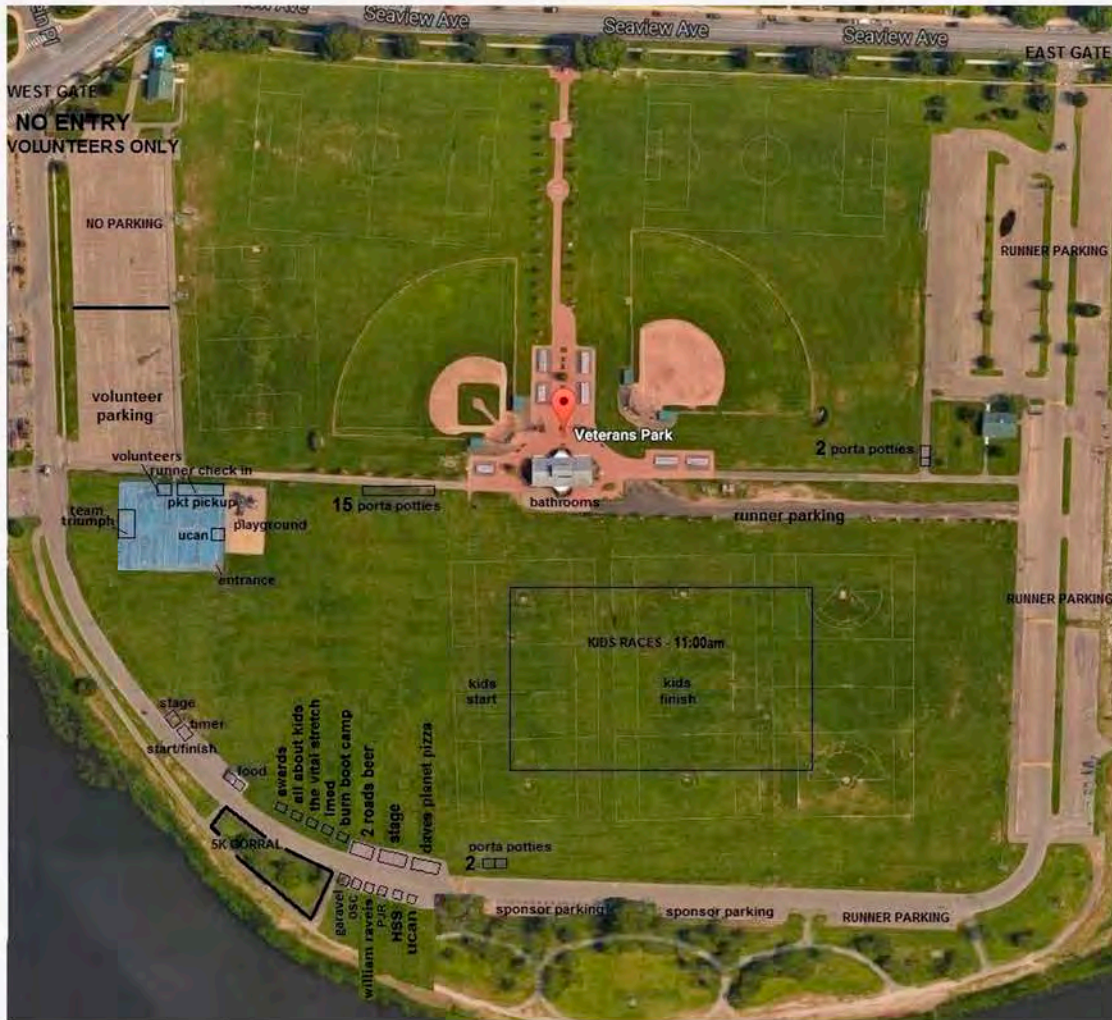
5K

13K



# EVENT MAP

Please review our event map.



## ITEMS TO NOTE:

Packet Pickup - Basketball Court **(NO GEAR CHECK IN 2021)**

Post Race Party - Continue straight past the finish line

Bathrooms - Indoor restrooms are located in center of park.

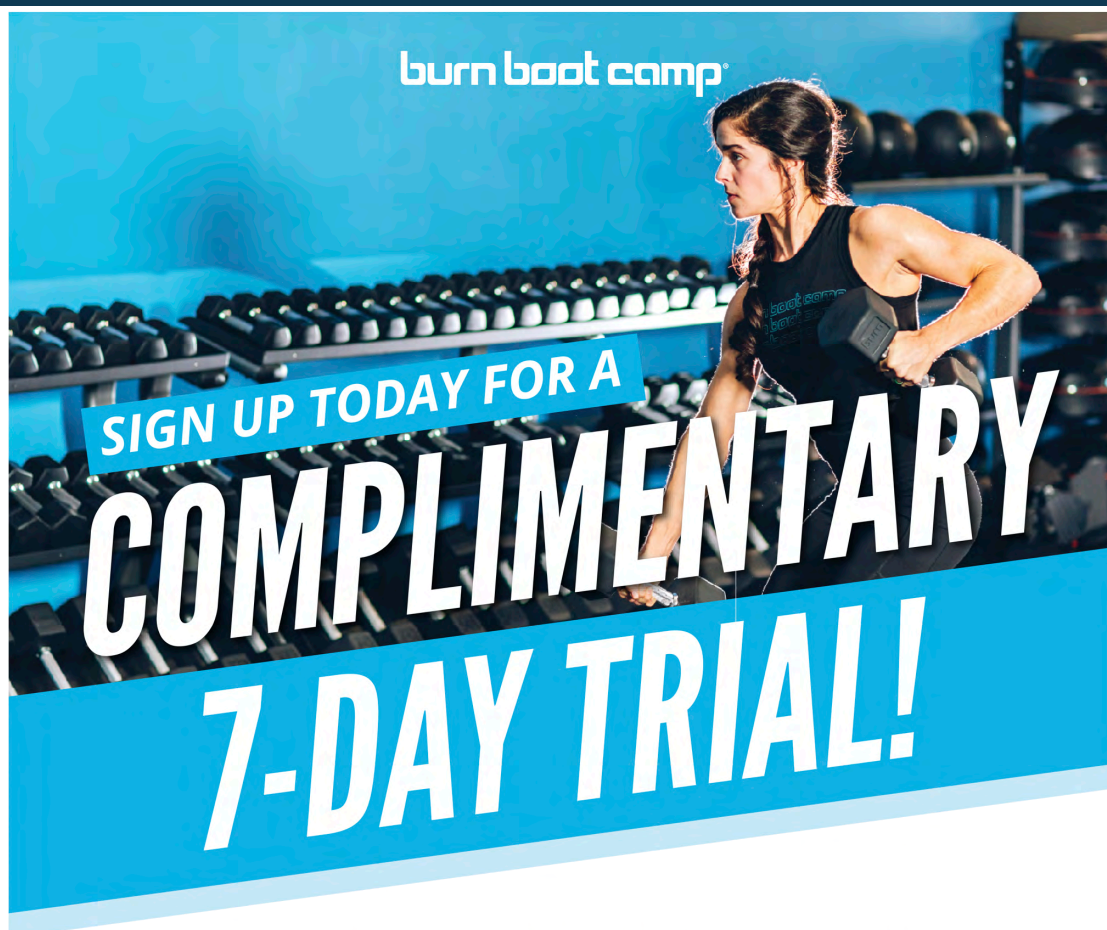
Porta-potties are located along walkways from east lot towards the basketball court.

Start/Finish - Located in the first parking section of 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 / 13K. Once all half marathon / 13K runners have cleared the park, 5K runners will enter the start area. 5K runners will begin the race in the same direction as the half marathon / 13K, and exit the park from the east gate.



# DO GOOD | FEEL GOOD



## TAKE ADVANTAGE OF ALL WE HAVE TO OFFER:

- UNLIMITED 45-MINUTE CAMPS
- PERSONALIZED NUTRITION GUIDANCE
- A SUPPORTIVE & EMPOWERING COMMUNITY
- UNIVERSAL MEMBERSHIP
- CO-ED OPTIONS AVAILABLE

**Burn Boot Camp Fairfield**  
1939 Black Rock Tpk, Fairfield, CT 06825 (203) 505-8502

f Burn Boot Camp - Fairfield  
Burn Boot Camp - Wilton, CT

@burnbootcampfairfieldct  
@burnbootcampwilton

**Burn Boot Camp Wilton**  
37 Danbury Rd, Wilton, CT 06897 (475) 470-6834

fairfieldct@burnbootcamp.com  
wiltonct@burnbootcamp.com



**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

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/61638>

**Athlete Updates - 2021 Garavel SoNo Half Marathon | 13K | 5K**

**What are athlete updates?**  
Athlete updates are real time messages sent to your mobile phone that update you on the athletes you're following while they are participating in the event on race day.

**How does it work?**

- Set up or sign in to your account
- Find the athletes you want to follow on race day
- Specify the type of updates you would like to receive



facebook

Kim Anderson  
KIM ANDERSON crossed the 2021n marker

Live Results for Garavel Valley 5K  
KIM ANDERSON crossed 2021n at 00:01:31. 5K (5.00 miles)  
Pace: 00:04 min/mi  
Time: 00:34:04

June 3 at 4:55am via Runkeeper - Race Results

Erin Murray [www.chronotrack.com](#) GO KIM!!! what a great race!

June 3 at 4:55am

Nadine Olney [Shoreline Community College](#) KIM!!!


June 3 at 7:05am

Start Setup

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-61638>

**2021 GARAVEL SoNo HALF MARATHON | 13K | 5K**  
Norwalk, CT Oct 3, 2021 8:30AM

**Leaders** Results Athlete

Results have not been generated for this event.

Results Questions? Contact Super Race Systems at [results@superracesystems.com](mailto:results@superracesystems.com) 



# 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 13K?

Yes, but this MUST be done prior to the start of the event. Your bib will require a 13K sticker, and reassigned to the 13K race. If these changes are not made prior to the start, you will be disqualified.

### If I signed up for the half marathon or 13K, can I drop down to 5K?

No, the 5K is SOLD OUT! However, at 8 am, we begin to utilize spots from no shows for race changes. First come, first served.

### 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.

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MOVE BETTER.**

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**HSS** Stamford

1 Blachley Road, Stamford, CT 06902



**HSS**

# POST RACE PARTY

## POST RACE PARTY



**H<sub>2</sub>ROADS**  
CRAFT HARD SELTZER

### **BUY A BEER, SUPPORT CT HUMANE SOCIETY!**

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:



Connecticut Humane Society provides shelter, care, and love to thousands of pets each year. Enriching lives through adoption services, medical care, education, and prevention of cruelty.

Additional donations may be made directly. [CLICK HERE](#) to donate!



# 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 a pair of HOKAs.

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 13K, 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, True North Tickets, and Hoka, for your support and generosity!*



**true**north**tickets.com**





# GARAVEL KIDS FUN RUN

## GARAVEL KIDS FUN RUN

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  
William Raveis Norwalk  
Burn Boot Camp Fairfield  
Two Roads Brewing Company  
Planet Pizza Norwalk  
Poland Spring  
All About Kids Pediatric Dentistry  
The Vital Stretch  
Mr. Frosty's Ice Cream  
203 Tan Co.  
Don Carmelo's Mexican Grill**

**HSS (Hospital for Special Surgery)  
Outdoor Sports Center  
True North Tickets  
Burn Boot Camp Wilton  
H2Roads Craft Hard Seltzer  
Dave's Mobile Planet Pizza  
Generation UCAN  
Stew Leonard's  
iMed Integrated Medical Centers  
Dooney & Bourke  
Cappuccia Electric  
Norwalk Recreation & Parks**

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

Norwalk Pizza & Pasta  
Partner's Cafe  
TAP Strength Lab  
Norwalk Highschool Soccer  
School of Rock New Canaan  
All Saints Catholic School  
Mid-Fairfield Child Guidance Center

Washington Prime  
Norwalk Police Cadets  
Ripka's at the Beach  
Dance to the Music Entertainment  
DJ Dom  
The Open Door Shelter  
H.E.L.P.

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!

