

# STOP LIGHT RUN

## GUIDE

NEW YORK CITY, NY

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### RUN, MEET PEOPLE!

Stoplight Run is a fun, relaxed opportunity to run and meet new people whether you're single, it's complicated, or already in a relationship!

We've stripped down the event so you can focus on the run and then meet new people after!

Get a shirt, some cool swag, a Green/Yellow/Red Custom Bib (to write your Name), and a drink on us! Get your times recorded and everything else organized by our coordinators.

This way it allows you to just focus on the run and not a lot of the other commotion.

Our theme this year is:

**Keep Calm and Run On.**

Please read through this guide carefully for everything you'll need to know for the event!



# 1. YOUR PACKET

Your packet will consist of:

- **Run shirt**
- **Run Cap**
- **Drawstring Bag**
- **Green/Yellow/Red Bib**
- **Drink on Us**

If you have not received your packet, please email us at [contact@stoplightrun.com](mailto:contact@stoplightrun.com).



# 2. RACE-DAY INFORMATION

- Please check our website at [www.sunsetmarathon.com](http://www.sunsetmarathon.com) for starting times, course maps, and any updated information.
- Start times have been designed so you finish before Sunset and can stick around or finish right as the sun sets.
- If you wish to have your times recorded by hand-time, you'll receive a sticker tag from our coordinator. Please be sure to pick one up before your run.
- Your finishing times will be input into our system which will then allow us to post your pace and times online.

## Morning Wave

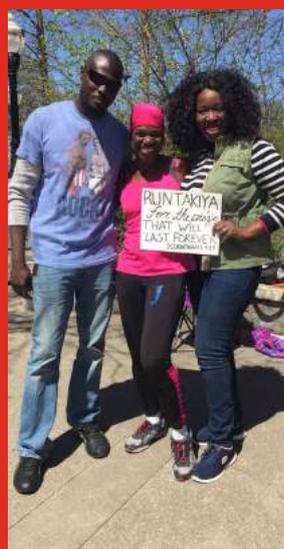
1/2 Marathon - 9:00am  
10K - 10:00am  
5K - 10:30am

## Afternoon Wave

1/2 Marathon - 11:00am  
10K - 1:00pm  
5K - 2:00pm

## Evening Wave

1/2 Marathon - 4:00pm  
10K - 5:00pm  
5K - 6:00pm



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## 3. IMPORTANT NOTES:

- There will not be an “after-party” per se but after the run and the beautiful sunset, you can celebrate with a beer or go somewhere to get a bite!
  - If you arrive late, you can still run – however, your finishing time will need to be adjusted.
  - Half-Marathon distances are looped – please count the loops yourself. Or the handtimer will also have loop markers for you pickup after each loop.
  - Plan to arrive at least 15 minutes before the scheduled start time. There is no check-in, you simply walk to the starting area where the hand timer will be setup with cones.
  - The course is marked as best as possible. In the event you get lost or run off course, please finish the best you can and we can try and adjust times.
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## FINAL REMARKS & IMPORTANT INFORMATION:

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Please review the following:

- Running with kiddos? Be sure to keep them close throughout the run.
- No Alcohol or commercial food permitted in the Park.
- Runners start near the front. If you are planning to walk, please start towards to back to allow runners to clear through first.

# FRIENDLY REMINDERS

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- Respect each other.
  - Have Fun!
  - Dispose all trash in trash bins
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**HAVE A GREAT RUN  
AND WE HOPE YOU  
ENJOY!**

*- StopLightRun*



For more information, please visit us at [www.stoplightrun.com](http://www.stoplightrun.com)