



**BOYS & GIRLS CLUB**  
OF THE LOWER NAUGATUCK VALLEY

**FOR IMMEDIATE RELEASE**

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**Boys & Girls Club of the Lower Naugatuck Valley  
Unveils new shirt design for Commodore Hull Thanksgiving Day 5k**

**Shelton, CT, November 7, 2018** – The Boys & Girls Club of the Lower Naugatuck Valley has unveiled the new design for its Commodore Hull Thanksgiving Day 5K Road Race. Created by Peralta Design of Shelton, the new logo provides a fresh look while keeping a connection to the race's namesake.

Registration is still open for the race but closes automatically at 800 registrations. Grammar and high school students receive a discounted rate of \$10 and seniors (age 70+) run free of charge (but must register). All other runners are \$25. If space is still available, registration fees for all runners goes up to \$30 on November 20. Registration is nonrefundable; however, should something change and you can't run, you can transfer your registration to another runner for a \$5 fee.

Divisions are (male and female): 18-19, 20-29, 30-39, 40-49, 50-59, and 60-69. Special Divisions: Grammar School, High School, Holestein (male – 200 lb. minimum, female – 160 lb. minimum), and 70 and over. Disposable bib chip technology will once again be provided by Fast Track Timing, LLC, and race results will be available almost instantaneously through their phone app.

Awards will be presented to the first-place male and female runners overall, and the top three male and female finishers in each division. Special awards will go to the top three male and female runners in the High School Division.

Race packet pickup will be held at the Boys & Girls Club at One Positive Place in Shelton on Sunday, November 18 from 11 am – 1 pm and on Wednesday, November 21 from 4-7 pm. Runners are strongly encouraged to pick their packets up on these days. Goody bags are guaranteed to the first 500 runners to pick their race bibs up.

Greco & Haines, our flagship sponsor since 2002, will once again be providing a quality race shirt to all the runners.

Diane Stroman has been named honorary starter of this year's race. Diane has served our community for more than 35 years and retired this year from her position as Vice President of TEAM Inc. She is deeply passionate and very knowledgeable about the community's needs. Diane lives in Ansonia, where she grew up and has two children and two grandsons.

Jimmy Tickey, chair of the race committee, says, "I am thrilled to serve as Chair of our Commodore Hull Thanksgiving Day Road Race in Downtown Shelton. Every year, about 800 runners - with their friends and family cheering them on - join us on Thanksgiving morning for a special 5k road race. The morning is always filled with gratitude and our strong Valley spirit, and I am so pleased to be a part of this great Valley tradition," said Jimmy Tickey.



To keep up to date about all race happenings, visit our website at [www.BGC-LNV.org/commodore-hull-5k](http://www.BGC-LNV.org/commodore-hull-5k) and sign up for our newsletter, or contact Ann Wheeler at 203-924-7462, [AnnWheeler@BGC-LNV.org](mailto:AnnWheeler@BGC-LNV.org).

For more information about the Boys & Girls Club of the Lower Naugatuck Valley, visit [www.BGC-LNV.org](http://www.BGC-LNV.org).

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