



BOYS & GIRLS CLUB
OF THE LOWER NAUGATUCK VALLEY

FOR IMMEDIATE RELEASE

Contacts: Shaye A. Roscoe
203-924-7462
shayeroscoe@BGC-LNV.org

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Still Room for Runners
Commodore Hull Thanksgiving Day 5k Road Race

Shelton, CT, November 5, 2020 – Registration is open for the Boys & Girls Club of the Lower Naugatuck Valley’s annual Commodore Hull Thanksgiving Day 5k Road Race, and there is still plenty of room for runners. Race shirts and bibs are only guaranteed for runners registered by November 18.

Now in its 18th year, this year’s race is a virtual format for the first time ever. Participants can run anywhere they choose within the timeframe of the race as long as it equals 5k (3.1 miles). The race timeframe is from 8 am on Thanksgiving morning—our traditional race start time—through 8 pm on Sunday, November 29. To register, go to www.BGC-LNV.org and click the Commodore Hull link.

Registration is the same low fee as always, including free registration for seniors 70+ and \$10 registration for grammar and high school students, thanks to a grant from the Valley Community Foundation. Runners can use the RaceJoy app to time themselves, or they can use another device such as an Apple Watch or Fitbit and upload their time manually to the race website. Timing services are provided by our long-standing timer, FastTrack Timing LLC. Race results will be available on the website after the race window closes.

Runners using RaceJoy will receive progress alerts while they run as well as their official end time. Family and friends can track runners on the app as well, and send virtual “cheers.” RaceJoy is free to our runners and spectators.

Full details about this year’s race, including an FAQ, are available on the race website at www.BGC-LNV.org/commodore-hull-race. For more information about the Boys & Girls Club of the Lower Naugatuck Valley, visit www.BGC-LNV.org.

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