



## FINAL RACE INSTRUCTIONS

Thank you for joining us at the 2022 Napa to Sonoma Wine Country Half Marathon weekend. Please read the information below to answer your questions about race weekend. We look forward to welcoming you in Sonoma, CA and wish you safe travels on your journey to the race!

### EVENT SCHEDULE

	<b>Date</b>	<b>Time</b>	<b>Location</b>
Early Packet Pick-Up	Friday, July 15 <sup>th</sup>	4:00pm – 6:00pm	Napa Running Company 942 Main St, Napa, CA 94559
5K & Pairing Packet Pick-Up	Saturday, July 16 <sup>th</sup>	6:30am – 7:45am	Sonoma Plaza 453 1 <sup>st</sup> Street E, Sonoma, CA 95476
Rosé 5K Race Start	Saturday, July 16 <sup>th</sup>	8:00am	Sonoma Plaza 453 1 <sup>st</sup> Street E, Sonoma, CA 95476
Rosé Garden (rosé tasting for 5k finishers only)	Saturday, July 16 <sup>th</sup>	8:30am – 10:00am	Sonoma Plaza 453 1 <sup>st</sup> Street E, Sonoma, CA 95476
Race Expo & Half Marathon Packet Pick-Up	Saturday, July 16 <sup>th</sup>	8:00am – 5:00pm	Sonoma Plaza 453 1 <sup>st</sup> Street E, Sonoma, CA 95476
Half Marathon Race Start	Sunday, July 17 <sup>th</sup>	7:00am	Cuvaison Estate Wines 1221 Duhig Rd, Napa, CA 94559
Post-Race Wine Festival	Sunday, July 17 <sup>th</sup>	9:30am – 12:30pm	Sonoma Plaza 453 1 <sup>st</sup> Street E, Sonoma, CA 95476



## PRE-RACE – EXPO

### PACKET PICK UP

#### Early Packet Pick-Up

Friday, July 15<sup>th</sup>

4:00pm – 6:00pm

Napa Running Company – 942 Main St, Napa, CA 94559

Take advantage of in-store discount and promos to take care of any last-minute race needs to ensure your race weekend is a success!

#### Rosé 5K & Pairing Participant Packet Pick-Up

Saturday, July 16<sup>th</sup>

6:30am – 7:45am

Sonoma Plaza – 453 1<sup>st</sup> Street E, Sonoma, CA 95476

#### Race Expo & Half Marathon Participant Packet Pick-Up

Saturday, July 16<sup>th</sup>

8:00am – 5:00pm

Sonoma Plaza – 453 1<sup>st</sup> Street E, Sonoma, CA 95476

- Participants are required to pick up their race bib during Packet Pick-up unless you have pre-purchased Pre-Race VIP, packet mailing or race day packet pick-up. Race day packet pick-up instructions will be emailed on Thursday, July 14<sup>th</sup> for those that purchased this service.
- “Pairing” participants – those running the 5K and Half Marathon – will receive two bibs – one for the 5K and one for the half marathon. Please be sure to wear the correct bib when participating in each race.
- Bring your confirmation email with your bib number (to be sent July 14<sup>th</sup>) to expedite the pick-up process.
- Can someone pick up your bib for you? [Yes, check out what that person will need to pick-up your race number on your behalf.](#)

### YOGA @ THE EXPO

We are excited to announce that the [Sweet Spot Yoga](#) will be leading complimentary yoga sessions for runners before the race! This immersive, silent disco guided yoga session will be a great way to loosen up before race day. The silent disco yoga involves practicing yoga whilst immersing yourself in music played through wireless headphones. Each session is led by a yoga teacher who speaks through a wireless microphone whose voice can be heard over the music in your headphones.

Three sessions will be held in the Recovery tent at the Expo and available for all participants: **9:30am, 1:30pm, 3:30pm** Each session are limited to 24 participants. [Sign up](#) for your session today. Sessions are complimentary but donations are appreciated for the instructors.



## RACE DAY – ROSÉ 5K

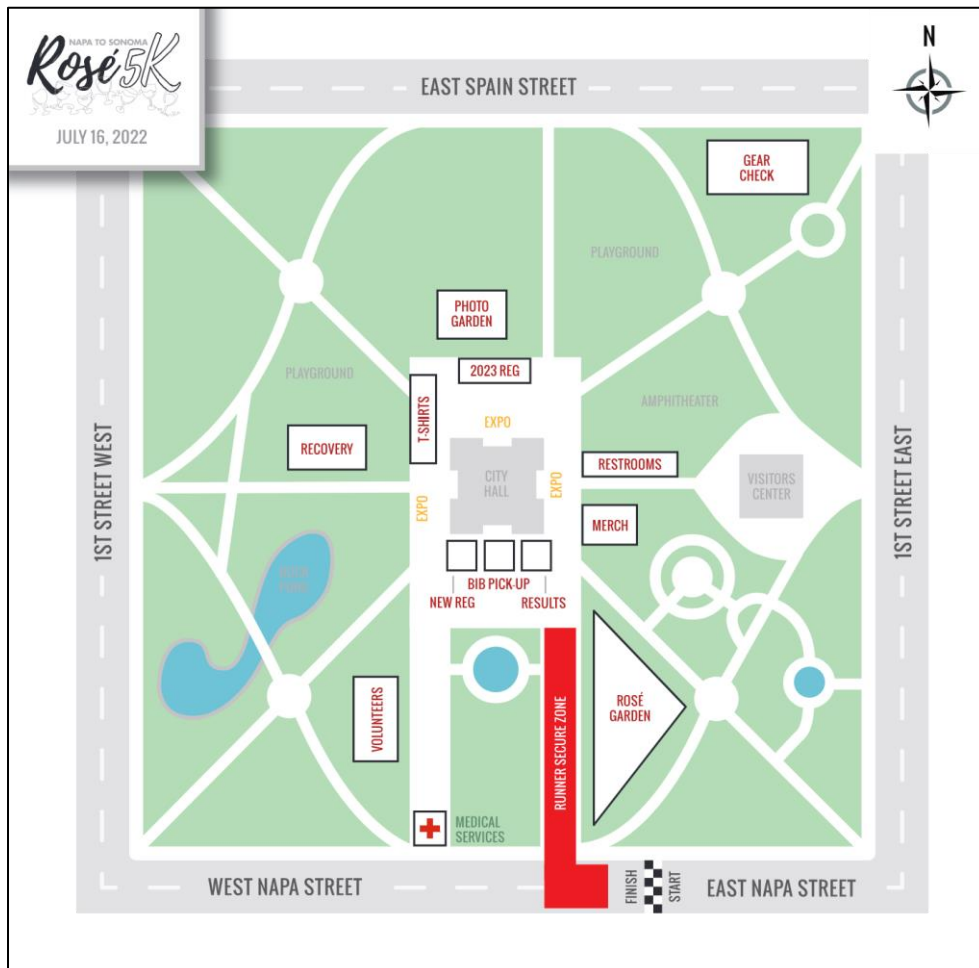
### START LINE – ROSÉ 5K

5K starts at 8:00am  
Located in Sonoma Plaza  
453 1st Street E, Sonoma, CA 95476

### PARKING – ROSÉ 5K

There are multiple parking options in Sonoma on race day including parking lots and street parking. Parking lots are located within 5-10 minutes walking distance of the start/finish line of the 5K. Please see below for parking lot locations.

Sebastiani Winery (389 4th St E, Sonoma, CA)  
Sonoma State Historic Park (335 1st St E, Sonoma, CA)  
Depot Park Lot (180 1st St W, Sonoma, CA)





### **GEAR CHECK – ROSÉ 5K**

Opens at 6:30am; closes at 10:00am

Located in Sonoma Plaza near the intersection of E Spain St and 1<sup>st</sup> Street E

Available for all 5K participants

- Clear gear check bags will be provided at bib pick-up. All items must be placed in this clear bag.
- Luggage or large bags will not be accepted.
- Please attach the gear check tag on your bib to your clear plastic bag using the provided cable ties.
- Gear check will stay in the same location and will not move during the race. The finish line is adjacent to Sonoma Plaza which will make it easy to pick up your gear after you finish.

### **COURSE MAP – ROSÉ 5K**

Please [click here](#) to find a course map and elevation chart of the Rosé 5K course.

### **ON-COURSE SUPPORT – ROSÉ 5K**

A water station will be located at the midway point of the Rosé 5K course.

A “rosé tasting” station will be located in front of Sebastiani Winery along the 5K course. Participants 21 years of age and older will be able to grab a taste of rosé, courtesy of Sebastiani, while completing the 5K course. Those interested in the tasting on-course must present their ID on race morning at Bib Pick-Up to obtain a wristband.

### **POST-RACE ROSÉ GARDEN – ROSÉ 5K**

After completing the 5k race, all participants 21 years of age and older will be able to visit the “Rosé Garden” in Sonoma Plaza and partake in a tasting of rosé courtesy of Lake Sonoma Winery. Those interested in visiting the Rosé Garden must present their ID on race morning at Bib Pick-Up or at the Rosé Garden to obtain a wristband. Participants must also show their race bib to receive their commemorative tasting glass prior to entering the Rosé Garden.

### **AWARDS – ROSÉ 5K**

The top 3 male and female finishers overall in the 5K will receive an award. The top 3 male and female finishers in each age group (listed below) will also receive an award. Awards must be picked up on-site and will not be mailed. Awards will be available beginning at 9:00am.

20 & Under, 21-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+



## RACE DAY – HALF MARATHON

### START LINE – HALF MARATHON

Half Marathon starts at 7:00am  
Located at Cuvaison Estate Wines  
1221 Duhig Rd, Napa, CA 94559

### GETTING TO THE START LINE – HALF MARATHON

**There is no parking at the start line.** Participants have the option to get dropped off or take a shuttle to the start line at Cuvaison Estate Wines.

**Pre-Race Shuttles:** Participants have the option of taking a shuttle to the start line from Napa or Sonoma.

- Shuttle from Sonoma – Downtown Sonoma
  - Pick-up location: adjacent to Sonoma Plaza (on 1<sup>st</sup> Street E between E Spain St & Mission Terrace, Sonoma, CA)
  - Pre-race shuttle times: first shuttle to Start leaves at 5:15am, last shuttle leaves at 6:00am
- Shuttle from Sonoma – Sonoma Valley High School
  - Pick-up location: Sonoma Valley High School (20000 Broadway, Sonoma, CA)
  - Pre-race shuttle times: first shuttle to Start leaves at 5:15am, last shuttle leaves at 6:00am
- Shuttle from Napa – Best Western Inn at the Vines
  - Pick-up location: Best Western Inn at the Vines (100 Soscol Ave, Napa, CA)
  - Pre-race shuttle times: first shuttle to Start leaves at 5:15am, last shuttle leaves at 6:00am

Participants who arrive via pre-race shuttle will then need to walk up the path leading to Cuvaison Estate Wines (approximately half a mile).

Spectators are welcome to take pre-race shuttles to the start line along with participants. A return shuttle will take any spectators at the Start Line to Sonoma Plaza at 7:30am from the Domaine Carneros drop-off location (approximately half a mile walk). Shuttles will not take spectators back to Napa from the start line.

**Getting Dropped Off:** Participants can get dropped off prior to 6:00am near the start line in the lower parking lot of Domaine Carneros (1240 Duhig Rd, Napa, CA). All cars must drop off in the designated drop-off areas of the parking lot and then depart back out to Duhig Rd to CA-Hwy 121. Do not drop-off participants along Hwy 121 or on Duhig Rd or you may be ticketed by California Highway Patrol who will patrol the area. Participants who get dropped off will then need to walk up the path leading to Cuvaison Estate (approximately half a mile).



## **PARKING – HALF MARATHON**

There are multiple parking options in Sonoma and in Napa on race day depending on how you are getting to the start line.

**Sonoma:** Parking lots are located within walking distance of pre-race shuttles and the finish line and post-race wine festival. Because of the proximity of the finish line and post-race wine festival to parking lots in Sonoma, post-race shuttles are not provided.

- Sonoma Valley High School (20000 Broadway, Sonoma, CA)
- Sebastiani Winery (389 4th St E, Sonoma, CA)
- Sonoma State Historic Park (335 1st St E, Sonoma, CA)
- Sonoma Veterans Memorial Hall (126 1st Street W, Sonoma, CA)
- Depot Park Lot (180 1<sup>st</sup> St W, Sonoma, CA)

**Napa:** Parking lots are located a short walk from the shuttle stop at Best Western Inn at the Vines. Parking is **NOT** available at Best Western Inn at the Vines or Denny's. Shuttle service from Sonoma Plaza back to Napa after the race will run approximately every 30 minutes from 9:30am – 12:30pm.

- South Napa Market Place (255 Soscol Ave, Napa, CA)
- Century Napa Valley & XD (195 Gasser Dr, Napa, CA)
- Napa Valley College (2277 Napa Vallejo Hwy, Napa, CA)

## **GEAR CHECK – HALF MARATHON**

Opens at 5:30am, closes at 11:00am

Gear Check will be available for all half marathon participants. Gear check will be located in two locations prior to the start of the race: adjacent to the start line at Cuvaision Estate Wines AND in Sonoma Plaza near the intersection of E Spain St and 1st St E. Gear check collected at Cuvaision Estate will be transported to Sonoma Plaza for pick-up after you finish the race. Head to the intersection of E Spain St and 1st St E to pick up your items after the race.

- Clear gear check bags will be provided at bib pick-up. All items must be placed in this clear bag.
- Luggage or large bags will not be accepted.
- Please attach the gear check tag on your bib to your clear plastic bag using the provided cable ties.
- You will be able to drop off your gear at the start line at Cuvaision Estate Wines prior to the start of the race. Your gear will then be transported to the finish line at Sonoma Plaza where you will be able to pick-up your gear after your race. You also have the option of dropping off your bag at the Gear Check location in Sonoma Plaza prior to boarding a shuttle to the start line.

## **PRE-RACE VIP**

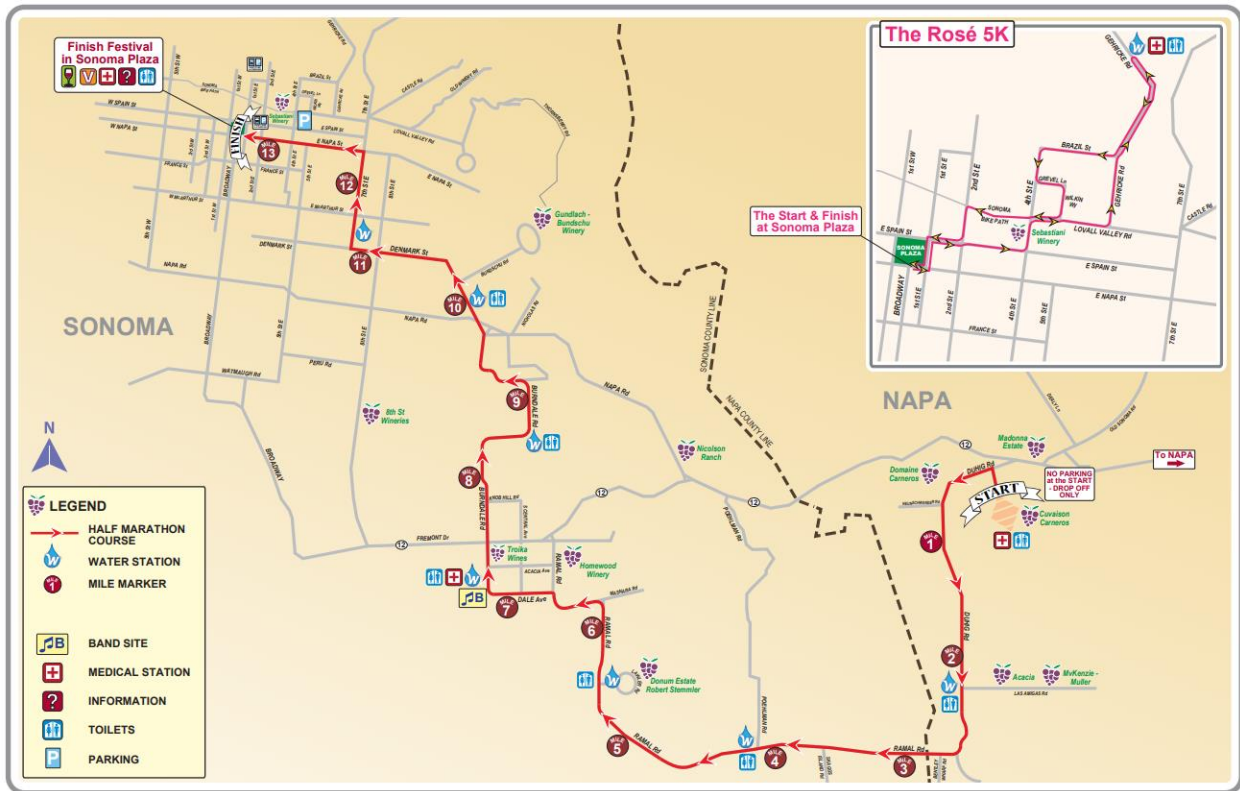
Participants who have purchased Pre-Race VIP are eligible to pick-up their race packet on race morning beginning at 5:30am. Participants who have purchased VIP should walk toward the Cuvaision tasting room when arriving on-site to collect their VIP perks.



VIP perks include: race day packet pick-up, pre-race continental breakfast, private bathrooms, private gear check, a special Napa to Sonoma gift bag, and (2) complimentary wine tastings from Cuvaison Wine Estates (\$100 value)

### COURSE MAP – HALF MARATHON

Please [click here](#) to find a course map and elevation chart of the half marathon course.



### ON-COURSE SUPPORT – HALF MARATHON

Please find the locations of the aid stations along the half marathon course listed below. Water is provided at all aid stations. Nuun Sport Strawberry Lemonade will be provided at the stations with asterisks below.

Stations: Miles 2, 4\*, 5.5, 6.5\*, 7.5, 9.5\*, 11.5\*

[GU Energy Gel](#) (Vanilla Bean, Strawberry Banana, and TriBerry) will also be provided at the aid station at Mile 7.5



## WINE FESTIVAL

The post-race wine festival will feature wineries from the Napa and Sonoma Valleys offering tastings. The wine festival is included with all Half Marathon and Pairing entries. Rosé 5K participants also had the option to purchase entry into Sunday's Wine Festival at the time of registration. Wine festival passes are available for purchase via your [ACTIVE MyEvents](#) account through Tuesday, July 12<sup>th</sup>. Festival passes and additional guest passes will only be available on-site if not already sold out.

### TIME & LOCATION

Sunday, July 17<sup>th</sup>

9:30am – 12:30pm

Sonoma Plaza – 453 1st Street E, Sonoma, CA 95476







## WINE FESTIVAL PASSES

Those that receive a wine festival pass with their entry or have purchased entry, will have that denoted on their race bib. Those that have purchased guest passes will have tickets attached to their race bib so their guests can pick up their wine glasses.

Sales of wine festival passes will be available online via your [ACTIVE MyEvents](#) account through Tuesday, July 12<sup>th</sup>. Festival passes and additional guest passes will only be available on-site if not already sold out.

## WINE GLASS DISTRIBUTION

Runners that have pre-purchased wine glasses will have their purchase denoted on their race bib. Those that have purchased guest passes will have tickets attached to their race bib so their guests can pick up their wine glasses.

Wine glass distribution will begin at 8:30am on Sunday in Sonoma Plaza. Runners that have purchased wine festival passes can show their race bib at the distribution tent to pick up their wine glass. Guests with festival tickets can turn in their ticket to pick up their wine glass.

## WRISTBANDS

Those that are 21 years of age and older and partaking in the wine festival must present their ID at the wine glass distribution tent to obtain a wristband prior to wine tasting. It is highly encouraged that you pick up your wristband while visiting the Race Expo on Saturday to avoid wait times on Sunday.

## WINE FESTIVAL – GUESTS & PETS

The wine festival is held in Sonoma Plaza, which is open to the public. Those that do not have a wine festival pass or do not intend to partake in tasting are allowed in the festival area as it is open to the public.

Per City of Sonoma ordinance, **dogs are not allowed** in Sonoma Plaza park and subsequently not allowed at the wine festival.

## FOOD TRUCKS

Joining us at this year's wine festival are two food trucks from local eateries – [HopMonk Tavern](#) and TIPS Roadside [Tri Tip Trolley](#). These food trucks will be located adjacent to the fountain in front of Sonoma City Hall. Enjoy a taste of local cuisine while sipping on your local wines to get a full-circle experience of Napa and Sonoma Valleys.



## POST-RACE – HALF MARATHON

### SHUTTLES – HALF MARATHON

Post-race shuttles to Napa will be available to participants and spectators from Sonoma Plaza.

- Shuttle from Sonoma to Napa – Best Western Inn at the Vines
  - Pick-up location: Sonoma Plaza (on 1<sup>st</sup> Street E between E Spain St & Mission Terrace, Sonoma, CA)
  - Drop-off location: Best Western Inn at the Vines (100 Soscol Ave, Napa, CA)
  - Post-race shuttle times: first shuttle to Napa leaves at 9:30am, last shuttle leaves at 12:30pm (shuttles leave approximately every 30 minutes)
- Trolley from Sonoma Plaza to Sonoma Valley High School
  - Pick-up location: Sonoma Plaza (intersection 1<sup>st</sup> Street E and E Spain St, Sonoma, CA)
  - Drop-off location: Sonoma Valley High School (20000 Broadway, Sonoma, CA)
  - Post-race trolley times: first trolley to High School leaves at 10:30am, last trolley at 12:30pm

### AWARDS – HALF MARATHON

The top 3 male and female finishers overall in the half marathon will receive an award. The top 3 male and female finishers in each age group (listed below) will also receive an award. Awards must be picked up on-site and will not be mailed. Awards will be available beginning at 9:15am.

20 & Under, 21-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+

### “PAIRING” GIFT

Participants participating in both the 5K and Half Marathon can show their “Pairing” race bib at the “PAIRING GIFTS” tent in front of Sonoma City Hall after the half marathon to pick up their Pairing gift. Gifts must be picked up on-site and will not be mailed.

### OFFICIAL MERCHANDISE

Pre-order your [official merchandise](#) before visiting the race expo to secure your size! Items are sure to sell out, be sure to secure yours today! [Official Merchandise](#) will be available for pick up when you arrive at the expo, please use code N2SPICKUP for “free shipping”.

### EXPERIENCE SONOMA VALLEY

Known as the birthplace of wine in California, and the location where California was born as one of the United States, Sonoma Valley is the premier destination for wine, food, arts, culture, and lifestyle. Visit the [Sonoma Valley Visitors Bureau](#) website for a comprehensive list of things to do while in town. Interested in additional wine tasting? The [Sonoma Valley Vintners and Growers Association](#) has a full list of offers and promotions at Sonoma Valley wineries this month. We hope you enjoy your Sonoma Valley experience!