



RUN.GOBBLE.NAP

TURKEY TROT STL

FLEET FEET™



RACE DAY INSTRUCTIONS

DATE

Thanksgiving, November 22, 2018

SAFETY

The safety of our participants and volunteers is our primary concern. The event will be cancelled if extreme winter weather will make travel to the event or participation in the event hazardous. Any notice of cancellation will be posted at www.turkeytrotstl.com no later than 5am on Thanksgiving morning. **PETS ARE NOT ALLOWED.**

LOCATION, DIRECTIONS & PARKING

Arnold City Park, 1 Bradley Beach Road, Arnold, MO 63010.

- From I-55's Highway 141 exit, head east and turn left on Jeffco Boulevard. Arnold City Park will be on the right after one mile.
- From I-55's Meramec Bottom Road exit, head east and turn right on Lemay Ferry Road. Arnold City Park will be on the left after 0.8 miles.

Parking will open at 6:30am. First arrivals will be directed into Arnold City Park and volunteers will direct drivers after they enter the park. Once Arnold City Park's lots are filled, entry into the park will be closed and drivers should park in the various lots along Highway 67 (Jeffco/Lemay Ferry). Approximately two thousand cars will be arriving, so expect parking to take some time. Please carpool, if possible.

SCHEDULE

- 6:30am Parking and Packet Pickup Opens
- 8:00am 5K Starts
- 9:00am Swag Swap Opens
- 9:15am ½-Mile Youth Race Starts
- 9:30am Awards Ceremony Begins

RACE NUMBER, SWAG, AND DONATION

If you did not do so on Tuesday or Wednesday, you can pick up your race number and swag item on race morning beginning at 6:30am. If you do not pick up your item by 9:00am, your swag will no longer be guaranteed. Please bring a canned food item and place into one of the Donation boxes. If you would like to exchange your unworn swag for one in a different size, please visit the Packet Pickup tent after 9:00am for swag swap.

STARTING PROCEDURES

Please proceed to the starting line ten minutes before the start of your race. To avoid trips and falls, faster runners should line up close to the starting line, with slower runners behind. Walkers, please line up behind the runners. **Those with strollers, please line up in the rear.** How can you tell what the participants around you plan to do? Just ask them. Please wear your race number visibly on the front of your torso to ensure your timing chip works correctly. The 5K race will start immediately after the playing of the National Anthem.

FACILITIES & REFRESHMENTS

Restrooms are available in Arnold City Park. Water will be provided once on the course and at the finish. Fruit will be available at the finish, as well.

AWARDS, RESULTS & PHOTOS

Awards will be given to the top three overall finishers and the top three in five-year age groups. Awards that are not picked up on race day will be available for pick up after 11/30 at Fleet Feet South County (12494 Tesson Ferry). Results and photos will be accessible from www.turkeytrotstl.com.

THANK YOU!

On behalf of Fleet Feet, the Arnold Food Pantry, thank you to the City of Arnold, Asics, On Running, our great volunteers, and the many participants who make this event possible!

-The Fleet Feet Race Productions Team

ARNOLD



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- 5K COURSE
- KIDS COURSE
- COURSE DIRECTION
- MILE MARKERS
- WATER STATION

