

# RUN.GOBBLE.NAP



TURKEY TROT STL



## 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](http://www.turkeytrotstl.com) & Facebook page (@TurkeyTrotSTL) no later than 5am on Thanksgiving morning. **PETS ARE NOT ALLOWED.**

### LOCATION

Kiener Plaza Park, 500 Chestnut St., St. Louis, MO 63101

### SCHEDULE

- 6:00am Parking and Packet Pickup Open
- 7:30am 5K Starts
- 8:15am Awards Ceremony for Overall Winners & Award Table Opens
- 8:35am ½-Mile Youth Race Starts
- 8:45am Swag Swap Opens

### PARKING

Participants and spectators driving to the race should plan to be parked no later than 7:00am. Street parking is free where available and there are multiple downtown St. Louis lots within close walking distance to the start/finish line. You can find more parking details at [tinyurl.com/ttstl-parking](http://tinyurl.com/ttstl-parking).

### 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 6:00am. If you do not pick up your item by 8:45am, 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 8:45am for swag swap.

### STARTING PROCEDURES

Please proceed to the starting line ten minutes before the start of your race. There will be pace signs along the start line area, so please look for the sign with your anticipated pace and line up accordingly. **Those with strollers, please line up in the rear.** Please wear your race number visibly on the front of your torso to ensure your timing chip works. The 5K race will start immediately after the playing of the National Anthem. The kids run will start at approximately 8:35am.

### FACILITIES & REFRESHMENTS

Portable toilets will be available. Water will be provided once along the course. Breakfast will be provided by Chris Cakes and will include pancakes, sausage, tropical fruit salad and milk. Water will be available at the finish.

### AWARDS, RESULTS & PHOTOS

Awards will be given to the top three overall finishers, top three wheelchair 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 Des Peres (11731 Manchester Road). Results and photos will be accessible from [www.turkeytrotstl.com](http://www.turkeytrotstl.com).

### THANK YOU!

On behalf of Fleet Feet, Christmas in St. Louis, and Food Outreach, thank you to Asics, On Running, our great volunteers, and the many participants who make this event possible.

*-The Fleet Feet Race Productions Team*