

RUN.GOBBLE.NAP

TURKEY TROT STL



ARNOLD RACE DAY INSTRUCTIONS

DATE

Thanksgiving, November 28, 2019

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 on our Facebook & Instagram pages (@TurkeyTrotSTL) 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
- 7:30am Bradley Beach Parking Closes
- 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 on race day 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 after the playing of the National Anthem and announcements. The kids run will start at approximately 9:15am.

FACILITIES & REFRESHMENTS

Portable restrooms will be 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 12/5 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

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

