

# RUN.GOBBLE.NAP

## TURKEY TROT STL



### ST. CHARLES 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

The Family Arena, 2002 Arena Parkway, St. Charles, MO 63303.

- From I-70's South 5<sup>th</sup> Street exit (#229), drive south for two miles. The Arena is on the left.
- From Highway 364 (aka, the Page Avenue Extension), exit at Upper Bottom Road/Arena Parkway (#14) and drive north 1.5 miles. The Arena is on the right.

Parking will open at 6:15am. Please follow the guidance of our parking crew for parking directions. Over five thousand vehicles will be arriving, so expect parking to take some time, and arrive early. Please carpool, and park safely, quickly, and efficiently. We advise keeping your doors closed for 60 seconds after parking to allow others to park next to you safely. **EVERYONE MUST BE PARKED BY 7:55am**, the lot will close at this time and not reopen until after 8:45am for exit traffic.

#### SCHEDULE

- 6:30am Parking and Packet Pickup Open
- 7:55am Family Arena Parking Lot Closes
- 8:00am 5K Starts
- 8:45am Awards Ceremony for Overall Winners & Awards Table Opens
- 8:45am Parking Lot Re-Open for exit traffic
- 9:00am Swag Swap Opens
- ~9:15am ½-Mile Youth Race Starts

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

#### AWARDS, RESULTS & PHOTOS

Awards will be given to the top three overall finishers, top three overall 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 12/5 at Fleet Feet St. Charles (3813 Mexico Road). Results and photos will be accessible from [www.turkeytrotstl.com](http://www.turkeytrotstl.com).

#### THANK YOU!

On behalf of Fleet Feet and O.A.S.I.S., thank you to Asics, On Running, our great volunteers, and the many participants who make this event possible!

*-The Fleet Feet Race Productions Team*