

71st TROY TURKEY TROT

INSTRUCTIONS to RUNNERS

CELEBRATING THE TROY TURKEY TROTS 71ST RUNNING

START

Color coded labels will be attached to the front of each bib for the 5K to ensure a smooth and safe start. Please line up in the colored start section matching the color label on your run number: Yellow, Blue, Orange, Green, White. There will be directional signs posted inside the atrium directing runners toward the appropriate exit by run number color and pace per mile signs where applicable. **Spectators and non-participants are not allowed in the start area** and will be directed to exit the atrium out the Fulton Street or 3rd Street doorways. Spectators will be allowed to view the start north of Fulton Street adjacent to the Uncle Sam parking garage.

BAG CHECK

Baggage check will be available inside the Troy atrium on the second floor. Clear plastic bags will be provided. Ensure that your baggage tag with bib number is pinned or tied to your bag. The Troy Turkey Trot is not responsible for any lost or stolen items. Clothing discarded at the start will be donated to local charities.

FREE PARKING IN TROY

For directions to parking lots, go to www.troyturkeytrot.com. All city owned surface lots are free and available for race day parking. A comprehensive map of Troy parking lots can be found at troyny.gov/parking

UBER/LYFT

Uber and Lyft drop off zones will be at 6th Ave. and Fulton Street across from the bowling alley.

TROY BUSINESS TO BE OPEN

The following establishments will be open in downtown Troy for Thanksgiving morning during the Troy Turkey Trot.

Spill'n The Beans Third Street (across from the Troy Atrium).

Pecks Arcade 217 Broadway.

Ryan's Wake 403 River Street.

The Dutch Udder 282 River Street.

Shmaltz/518 Craft 200 Broadway (across from monument square).

The Daily Grind 46 Third Street (between Broadway and State Streets).

Bootleggers 200 Broadway.

AWARDS

Awards to be distributed at Monument Square area as follows; top three male and top three female finishers in the 5K and 10K open. First place masters (over 40), M/F in 5K/10K. First place M/F age graded, in 10K only. They will be presented on the Awards Stage, in the finish area at Monument Square. Age-group and team awards will be distributed at the awards tent. A partial race result listing and age group awards will be posted on the Shmaltz/518 Craft front windows directly across from monument square. **9:00am, 10K awards ceremony; 10:30am, 5K awards ceremony**

COSTUME CONTEST

Trot costume contest will be judged by participants online the week after Thanksgiving. Winners will be contacted via mail and sent gift certificates. Prizes will be awarded to individuals/groups for "Best Thanksgiving Day Costume" and "Most Unique Costume." For contest details and a contest entry form, go to TroyTurkeyTrot.com.

PRE-RACE WARM-UP

CHOICE PHYSICAL THERAPY

For those looking to properly stretch before their event takes place, Choice Physical Therapy will offer a series of group warm-up sessions in Riverfront Park at the following times: 7:20-7:40 a.m. (10K), 9-9:15 a.m. (Grade School Mile/Turkey Walk), and 9:20-9:40 a.m. (5K). Choice Physical Therapy has the training, the equipment, and the experience to get you out of pain and assist you in preventing future injuries.



AMPLE Porta-Pottie Bathrooms will be located on all four sides of the atrium (Broadway, 4th, 3rd and Fulton streets) near the start and in the Monument Square finish area, near the old city hall.

WATER

Water will be available at the start, finish and at approximately the 1 mile and 2 mile points of the 5K. Also, mile 2 and 5 of the 10K.

SAFETY

For Safety reasons non-registered runners (those not wearing an official run number) are discouraged from participating and will not be allowed in the starting area. We appreciate your cooperation. **Non-See through bags including backpacks, duffel bags, large purses etc.. are not permitted. Clear plastic TTT drawstring bags are available at packet pickup for your convenience. Unattended items will be confiscated.**

IN PERSON REGISTRATION & T-SHIRT PICK-UP

In Person Registration & Bib Number and T-shirt Pickup

Troy Atrium: 4 Third Street, Troy (2nd Floor), located between Fulton and Broadway.

Sunday, Nov. 18 & Wednesday, Nov. 21..... 11am-6pm

Walk & Grade School Mile..... \$15

5K & 10K..... \$35

Race Day Registration & Bib Number / T-Shirt Pickup

Troy Atrium, Thursday, November 22 Thanksgiving Day morning. **6:30am** until 30-min before the start of each race.

Walk & Grade School Mile..... \$15

5K & 10K..... \$40

IMPORTANT DAY OF EVENT INFORMATION

DRIVING information

The Green Island Bridge will be closed from 7:30 a.m. until the conclusion of the 5k at approximately 11:15 a.m. All other bridges into Troy will be available for use.

COURSE information

10K is out and back to 111th Street with a short span over the Green Island Bridge at the start. 5K, Mile and Walk courses are out and back on River Street. Course maps available at www.troyturkeytrot.com.

CHRONOTRACK Live

We will be offering Facebook, Twitter and text results live, and video after the race. Look for our opt-in email.

DRY-FIT shirts

All events will receive dry-blend shirts.

MORE information

For more information, directions, parking maps and course maps, visit www.troyturkeytrot.com

