



## FACT SHEET

**WHAT:** Now in its 76th running, the Troy Turkey Trot is the nation's 12<sup>th</sup> and world's 64th oldest road race. The Trot features the Capital Region's only Thanksgiving Day 10K. Other events include a Grade School Mile, Turkey Walk, and a 5K, the day's featured event.

The Trot began in 1916 to support returning American service veterans. The annual Thanksgiving Day race was held 18 times between 1916-1963 and has been run continuously since 1964.

**WHEN:** Thursday, Nov. 23, 2023, at 8 a.m.

**WHERE:** Start: Fourth and Fulton Streets  
Finish: River Street at Monument Square

**WHO:** As many as 6,000 recreational runners/walkers from 30 states, Canada, Germany, United Kingdom, Sweden, and Singapore. More than 5,000-10,000 spectators are expected downtown to cheer on their loved ones.

**HIGHLIGHTS:**

- Male/female 10K winners receive the "All-Troy Club Cup." The All-Troy Club staged the first Trot in 1916
- Male/female 5K winners receive "The Carley Cup" in memory of Bill Carley who first directed the Trot in 1964 and served as its event director for more than 20 years
- A costume contest with prizes awarded for "Best Thanksgiving Day" and "Most Unique" costumes
- Open, age group and team awards
- Colored start sections in the 5K to ensure a safe start for all participants
- All registrants receive a commemorative t-shirt
- Medals to all finishers

**SCHEDULE:**

- 8 a.m. — 10K
- 9:30 a.m. — Grade School Mile
- 9:35 a.m. — Turkey Walk (1 Mile)
- 10 a.m. — 5K

**RECORDS:**

**Open 5K (3.1 Miles)**  
Men: Kyle Gronostaj, 14:24 (2019)  
Women: Christine Bergeron (Merrill), 16:03 (1984)

**Open 10K (6.2 Miles)**  
Men: Tom Dalton, 29:43 (1980)  
Women: Ivette Mejia, 33:41 (2017)

35 Gurley Avenue, Troy, NY 12182 | [TroyTurkeyTrot.com](http://TroyTurkeyTrot.com)

518.221.3051 | 518.495.8858 | 970.712.4302

George Regan, Event Director | Pam Ally Morell, Race Director | Anna Payne, Info Director



## 5K FAMILY

**TEAMS:** Thanksgiving is all about family and the Trot is expecting more than 100 teams to take part in its family team competition. Family team categories include: mother/daughter; mother/son; father/daughter; father/son; sister/sister; brother/brother; brother/sister; and, husband/wife. These two member teams are scored based on fastest combined times. The Trot also features "friends/family" and "corporate" teams.

## PAST EVENT REGISTRANTS:

2022: 5K: 3620; 10K: 1168; GS Mile: 542; Turkey Walk: 555 — **Total: 5,885**  
2021: 5K: 3163; 10K: 1102; GS Mile: 422; Turkey Walk: 415 — **Total: 5,102**  
2020 (Virtual): 5K: 1791; 10K: 569; GS Mile: 102; Turkey Walk: 170 — **Total: 2,632**  
2019: 5K: 3934; 10K: 1636; GS Mile: 435; Turkey Walk: 400 — **Total: 6,405**  
2018: 5K: 4034; 10K: 1563; GS Mile: 397; Turkey Walk: 431 — **Total: 6,425**  
2017: 5K: 4613; 10K: 1,703; GS Mile: 453; Turkey Walk: 426 — **Total: 7,195**

**AWARDS:** Awards will be given to the top three men and women in all open, age group and team categories in the 10K and 5K races. All finishers receive a finisher medal.

**PARKING:** Free event parking is available at several Front and River Street parking lots. A comprehensive map of Troy parking lots can be found at [troyny.gov/municipal-lots-garages](http://troyny.gov/municipal-lots-garages)

**CHARITIES:** Funds raised during online registration will benefit the Troy Turkey Trot's two primary charities, the Regional Food Bank of NENY and Joseph's House and Shelter, Inc., a Troy-based not-for-profit whose mission is to prevent and alleviate homelessness. With the public's support, the event hopes to raise \$25,000 in 2023.

**RESULTS:** Unofficial results will be available at [troyturkeytrot.com](http://troyturkeytrot.com).

## FINISHER

**CERTIFICATES:** A personalized finisher's certificate will be available at [TroyTurkeyTrot.com/results](http://TroyTurkeyTrot.com/results)

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