

24TH ANNUAL
TURKEY TROT 5K RUN/WALK
RACE DAY INSTRUCTIONS

Thanksgiving Day,
Thursday, Nov. 22, 8 a.m.
Downtown Springfield, Mo.

Presented by: **INTEGRITY**
HOME CARE + HOSPICE

BEFORE THE RACE

PARKING: Free parking at Jordan Valley Car Park and Mediacom Ice Park. These streets will be closed on race day:

- **St. Louis Street**, between Kimbrough Ave. and John Q. Hammons Pkwy.
- **Kimbrough Avenue**, between from East Trafficway and Walnut St.

DONATE FOOD: Don't forget to bring **five non-perishable food items** for Ozarks Food Harvest, collected in the Springfield Expo Center.

NO UNATTENDED ITEMS: For the safety of all participants, no unattended bags or items are allowed at or along the race site. Such items may be considered abandoned and subject to search and seizure.

NEED WATER? Bring your own. There is no water provided on the course.

RACE BIB/TIMING DEVICE: Your race bib includes your race number and the timing device. Race bib must be pinned on the front of your outer shirt or jacket and **visible** at the finish line to receive an official race time.

WHICH RACE WAVE? Your race bib color indicates where you line up. There are 4 starting lines:

- **ELITE:** Your race bib is **RED**. Line up by the stage/starting gate on St Louis Street, near Hammons Pkwy. Elite starts with the starting gun at 8 a.m. Look for RED "ELITE" banners. No strollers or dogs allowed.
- **RUNNER:** Your race bib is **GREEN**. Line up behind the Elite on St Louis Street, near Hammons Tower. When Elite clears out, the Runners group moves forward for a second starting gun. Look for GREEN "RUNNER" banners. No strollers or dogs allowed.
- **WALKER/FAMILY/GROUP/STROLLER:** Your race bib is **WHITE**. Line up behind Runners on St Louis Street, near the Springfield Expo Center. The Walker/Family groups moves forward behind the Runner group. Look for WHITE "WALKER/FAMILY/GROUP/STROLLER" flags.
- **DOG:** Your race bib is **YELLOW**. Line up near the Shrine Mosque. This group will start just behind Walker/Family group. Look for YELLOW "PET" flags. Please clean up after your dog.

*Have fun and thank you for
supporting Turkey Trot!*



DURING THE RACE

Headphones, skates, heeies, skate boards and bikes are not allowed in the race, for safety purposes.

You must pass through the starting gate. Your timing device is activated here. If you don't cross the mat, you will not have an official race time.

Stay to the right. Once the race begins, your group will thin out. Please stay to the right of the road. If the trailing police car passes, move to the sidewalk.

If you get hurt or can't finish: Course marshals, paramedics and police officers are patrolling the course. Flag one down for assistance or call 911. Lost children will be taken to Lost and Found inside the Springfield Expo Center.

AFTER THE RACE

Don't stop at the finish line! People are arriving behind you. Keep moving into the Springfield Expo Center's rear entrance. Refreshments inside!

Awards and door prizes begin in the Springfield Expo Center just after 9 a.m. Awards are given to Overall Male and Female winners and Overall Masters Male and Female winners. Door prizes are awarded to best dressed group/individual/pet, youngest/oldest participants, largest family, furthest traveled and more!

Race results will be posted inside, as well as ParkBoard.org/TurkeyTrot. Age group medals will be mailed to winners after a 48-hour dispute period.

WHY DO WE TROT?

Proceeds from Turkey Trot benefit the **Springfield-Greene County Park Board Youth Recreation Scholarship Fund**, allowing youth who qualify for free/reduced lunch to participate in Park Board programs, sports, summer camp and other fee-based activities. Since 2008, more than 7,000 scholarships have been awarded!

Proceeds from Turkey Trot also benefit **Developmental Center of the Ozarks**, providing therapies and educational support to infants and children with developmental disabilities or delays, ages birth to three; as well as an inclusive childcare center and preschool for all children six weeks through six years of age. It also provides daytime educational, training and employment services for adults who have disabilities.

Turkey Trot is one of the largest one-day food drives for **Ozarks Food Harvest**, supporting 200 food pantries, programs and feeding sites across 28 counties! More than 6,500 meals were donated through Turkey Trot last year.



