



Baptist Health

Turkey Trot

MIAMI 5K|10K

presented by Publix

2018 Athlete Guide

FLevents@lt.life | turkeytrotmiami.com

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THANK YOU TO OUR SPONSORS



AND A BIG THANK YOU TO OUR AWESOME VOLUNTEERS!



FOR MORE INFORMATION

Visit TurkeyTrotMiami.com or email FLevents@lt.life

HAPPY THANKSGIVING

Welcome to the 2018 Baptist Health Turkey Trot Miami 5K/10K presented by Publix! We are honored that you have chosen to share your family's first course with us, and have an incredible event in store for you. Please take a moment to read through the information within this guide to ensure your event experience is as enjoyable as possible.

Event day offers a variety of Thanksgiving-themed activities and amenities to help you and the family kick off the holiday the right way, including our 5K, 10K and Kids Trot races. The event also offers our holiday-inspired Finish Festival filled with fun for your entire flock. This year, we have brought back and added some new perks and highlights to make this event even better than prior years.

- Finisher medals for 5K, 10K and Kids Race athletes!
- Earlier 5K/10K start time – 7 AM
- Staggered start waves + seeded corrals A & B
- Course modification - includes Bird Road
- Convenient Packet Pick-up at two DICK'S Sporting Goods locations
- Athlinks App for iOS and Android (see p.6 for more information)
- Oversized games and entertainment at the Finish Festival
 - Turkey bowling, Jenga, Connect 4, Corn Hole and more!
- Apple cider, pies and other holiday food favorites
 - *NEW* Hard apple cider cocktails, featuring Tito's Vodka (21+ with valid ID)
- Giant 20' Perky Turkey - great for photo opps!
- Holiday-themed award medals for top 3 winners in each age group category and award plaques for the top 3 overall winners in the 5K and 10K.

Life Time would like to send a special thank you to the City of Miami and other various city agencies that make this race possible, as well as the Tropical Park management team. And a huge thank you to the 6,000+ participants, their families and friends, and to our volunteers, sponsors and group/charity partners. You deserve tremendous credit for beginning your Thanksgiving with the Healthy Way of Life. Enjoy your family's first course and have a great holiday!

Sincerely,

Perky Turkey & the Miami Life Time Events Team

Alex De Gracia, Race Director
Mari Lopez, Production Manager
Frankie Ruiz, Chief Running Officer
Nicole Bostick, Senior Brand Manager
Samantha Bailey, Marketing Coordinator
Yakov Hill, Marketing Associate
Jessica Mejia, Volunteer Coordinator
Maurya Lacey, Groups & Charities Manager
Luis Alberto, Warehouse Manager



PARTICIPANT INSTRUCTIONS

YOUR BIB NUMBER WILL BE ASSIGNED AT PACKET PICK-UP

Registration

Online registration will remain open through Thursday, November 22 at 6:00 AM. Onsite registration on race morning will be open from 5:00 AM to 6:30 AM at the Registration tent. Registration for the Kids Race will remain open until 7:00 AM.

Packet Pick-Up

All participants must pick up their packet and bib numbers will be assigned onsite at packet pick-up. Please bring a photo ID to the pick-up location of your choice to retrieve your packet. You may pick up on behalf of other participants. A copy of the participant's photo ID is required (i.e. license or school ID).

Packet Pick-Up Schedule

You may choose to attend ONE of the two DICK'S Sporting Goods locations on either Tuesday or Wednesday of race week to pick up your race packet.

Midtown - The Shops at Midtown Miami

3401 N Miami Ave, Miami, FL 33137

Dadeland - Dadeland Station

8364 South Dixie Highway, Miami, FL 33143

Tuesday, November 20, 2018

12:00 - 7:00 PM

Wednesday, November 21, 2018

12:00 - 7:00 PM

Tropical Park (RACE DAY ONLY)

7900 SW 40th Street Miami, FL 33155

5:00 - 6:30 AM

Items You Will Receive:

All participants will receive a race bib with timing chip, race shirt and safety pins. The Chronotrack B-Tag is a lightweight, single-use timing device that stays attached to your bib during the race. All participants are strongly encouraged to complete the emergency information on the back of the race bib prior to race day.

Attention Wild Turkeys & The Flock!

If you have applied and been accepted to be a part of the "Wild Turkey" Corral A (8:25 & under pace) or "The Flock" Corral B (8:26 - 10:30 pace), you MUST obtain your custom corral wristband at Packet Pickup and affix around your wrist prior to race start. Only those participants who have this wristband will be granted access to the first 2 starting waves.

*Applications for this corral were accepted until Nov. 16 and were on a first-come, first-served basis.

PARTICIPANT INSTRUCTIONS

Race Day Schedule

- **5:00 a.m. – 6:30 a.m.** Race day registration & packet pickup at the Registration tent - Tropical Park
- **5:00 a.m. – 7:00 a.m.** Kids Race registration at the Registration tent - Tropical Park
- **7:00 a.m.** 5K & 10K start
- **7:00 a.m. – 10:00 a.m.** Finish Festival
- **8:30 a.m.** 5K/10K Overall Winners Award Ceremony at the Finish Festival stage
- **8:45 a.m.** Kids Race participants gather at respective starting points (see map on p. 8)
- **9:00 a.m.** Kids Race start
- **10:00 a.m.** Finish Festival closes

Start Times and Locations

Tropical Park - 7900 SW 40th Street Miami, FL 33155

New Start Time The 5K/10K will start promptly **at 7AM** by the batting cages behind the registration area. Kids Race participants will meet at their corresponding starting locations based on their age (see map on p. 8) at **8:45AM** and the first race will start at **9 AM** at the track.

Parking

Tropical Park provides FREE parking! There are two entrances to their parking area: 79th & Bird Road and at 82nd and Bird Road. The Miller entrance will NOT be open to the general field on race day.

Please do NOT park outside of Tropical Park at any of the nearby shopping centers. Life Time is not responsible for any cars that are towed. Please plan to arrive early. **No cars will be allowed into the park after 6:30AM.**

***Please note: All participants who use the lots within Tropical Park will not be able to vacate the lot until 8:30AM.*

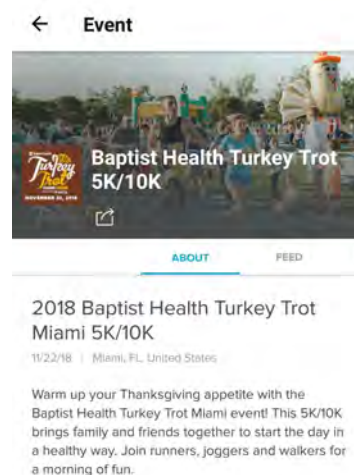
Gear Check

There will be a small, complimentary gear check provided on race day. Please use the clear bags distributed at packet pickup to store your gear. Do not give your items to any volunteers except those at gear check. Please arrive early; gear check will close 5 minutes before race start. Life Time is not responsible for any lost or stolen items.

PARTICIPANT INSTRUCTIONS

Athlinks Race Day App

Download the Athlinks app on your mobile device and have access to event information at your fingertips! Find course maps, race announcements, registration and social media pages, post-race results and much more! Search “Baptist Health Turkey Trot” within the app in order to access our event page.



Course Basics

- 5K and 10K will start together promptly at **7AM**
- ***NEW Course Modifications*** The 5K & 10K course will exit the park onto 82nd Ave. proceeding onto Bird Rd. Continuing straight, athletes will return back into the park near the stables where they will wind through the park toward the stadium. The 5K runners will split off and head to the Finish Line on the track while the 10K will continue straight. The 10K will then proceed south through the park exiting onto Miller Dr., making a U-turn on 82nd Ave. and then returning back into the park toward the Finish Line in the stadium.
- Hydration Station (water and Gatorade) locations
 - 5K: Mile 1 and Mile 2
 - 10K: Mile 1, Mile 2, Mile 3-4, and Mile 5-6
- The **Kids Race** will start at **9AM**, beginning with the youngest age group (2-3 year-olds), from the corresponding starting point per age group (see map on p. 8). Participants must gather at their respective starting location at **8:45AM**.
 - *Parents are NOT permitted to run with their kids on the track and must stay on the grassy areas during the race. There will be a corralling area near the Finish Line where all kids will be gathered and where parents must meet their child immediately following their race wave.
- Headphone Rule: Use only one ear buds for your safety and the safety of other participants.
- First Aid provided by Baptist Health South Florida.

Results

Race results will be available from the Results tent at the Finish Festival, as well as on the Athlinks app and our event website: www.turkeytrotmiami.com. Please keep in mind that all times are tentative and preliminary upon initial postings.

Awards

The Awards Ceremony will begin at 8:30 AM for 5K and 10K races from the main stage where Overall Winners (three deep) will be announced. Awards for the top three places per age group category (5K/10K) will be given out at the Results tent.

PARTICIPANT INSTRUCTIONS

Photos

Athlinks will be providing race-day photography along the course and at the Finish line to capture your achievements. Be sure to have your bib number visible at all times and SMILE! Event photos will be available online within a few days post-event.

The Gift of Giving: Canned Food Drive

We are excited to collect and donate canned and non-perishable food items to those in need once again this year! Please assist us in this donation led by our partner Camillus House by bringing canned & non-perishable items to any of our packet pickup locations or on race morning.



Charity Shoe Drive: Rotary Club of Miami Dadeland-Pinecrest

Do you, your family or friends have old sneakers you're ready to get rid of? We've got you covered! Donate them during packet pickup and race morning, and receive a Bayside cruise certificate when you donate 3 or more pairs. The Rotary Club annual shoe collection drive converts these donations into cash to fund educational scholarships.

2018-19 Florida Storm Series

Category 3, 4 & 5 Challenge

Complete your choice of 3, 4 or 5 of these premier Life Time Run Florida events and receive the corresponding medal— each getting bigger as your Category classification increases.

2018 [13.1 Fort Lauderdale, Relay & 5K](#) – Nov. 11

2018 [Baptist Health Turkey Trot Miami 5K/10K presented by Publix](#) – Nov. 22

2019 [Fitbit Tropical 5K](#) – Jan. 26

2019 [Fitbit Miami Marathon & Half Marathon](#) – Jan. 27

2019 [305 Half Marathon & 5K](#) (formerly 13.1 Miami Beach & 5K) – Mar. 3

2019 [First Watch Sarasota Half Marathon & Relay](#) – Oct. 20

*Only one of your Category races may be a 5K.

Perfect Storm Challenge- Complete the longest distance of all 6 running events above, plus the International Individual distance of our 2 premier Life Time Triathlon events and receive an additional award and swag!

2018 [Escapeto Miami Triathlon \(International distance\)](#) – Sept. 30

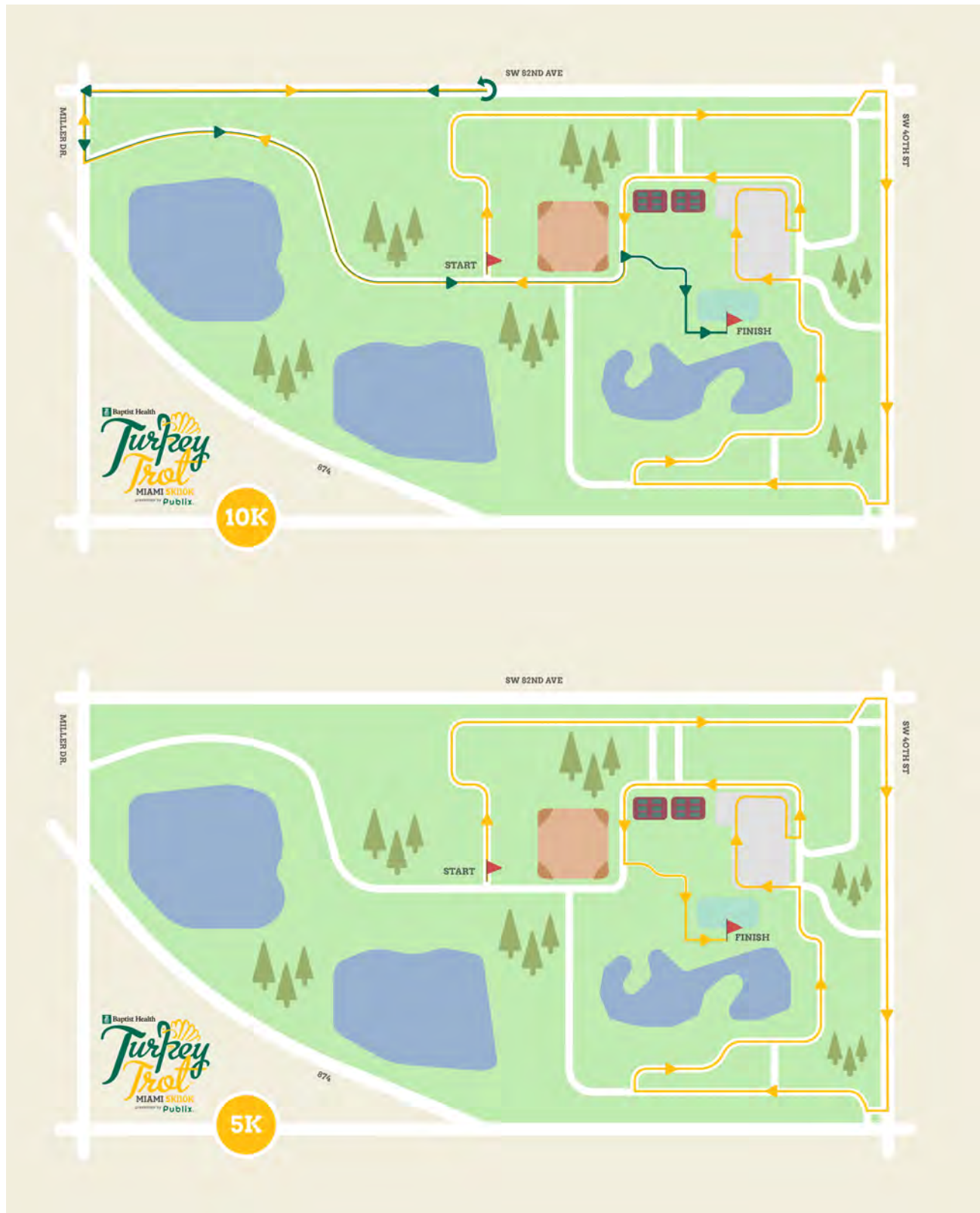
2019 [South Beach Triathlon \(International distance\)](#) – Apr. 14

*No relays permitted.

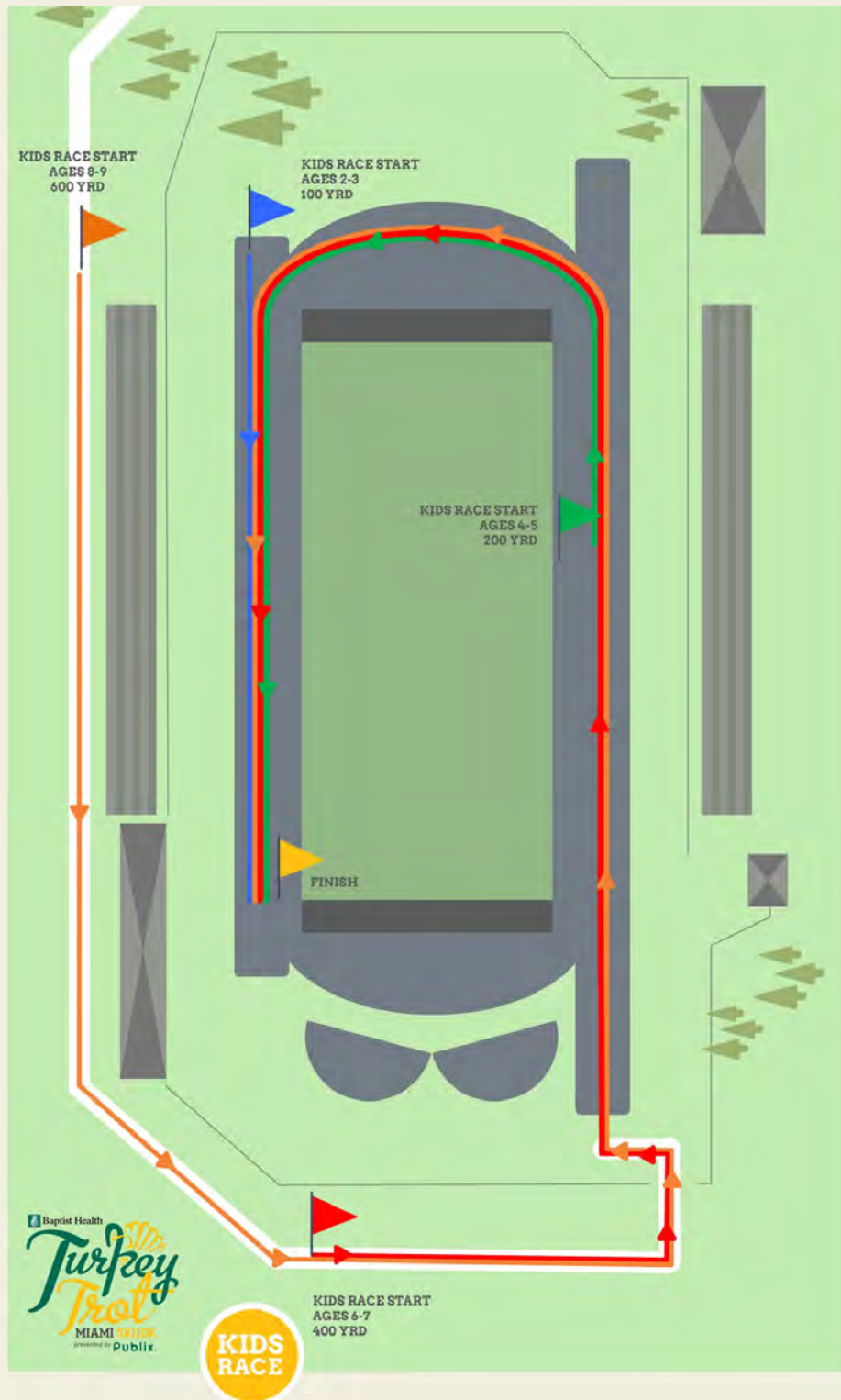


*2017-18 season medals pictured.

RACE DAY MAP



KIDS RACE DAY MAP





REGISTER TODAY FOR THE LOWEST PRICING!

JANUARY 27, 2019

WWW.THEMIAMIMARATHON.COM





305

HALF MARATHON 5K

MARCH 3, 2019

The new 305 Half Marathon & 5K (March 3, 2019) is all about local vibes, attracting visitors from all over the world and those who are fired up to call Miami their home. Once known as the 13.1 Miami Beach & 5K, this ultimate 305 experience is a cultural gem that will have you running like you live here. Count on a fast and coastal course with a fresh and vibrant Miami soul.

Register today and see how we do it in the 305!

305HALFMARATHON.COM



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Turkey TrotSM

MIAMI 5K/10K
presented by Publix.

11.21.19

Registration will open Nov. 29, 2018

**EARLY BIRD
SPECIAL!**



Your family's first course

First 50 Registrants: 5K \$20 | 10K \$25 | Student 5K/10K \$15 | Kids Race \$10

Next 100 Registrants: 5K \$25 | 10K \$30 | Student 5K/10K \$20 | Kids Race \$15

www.TurkeyTrotMiami.com



TROPICAL 5KSM

01.26.19

The Fitbit Tropical 5K serves as a sneak preview and warm-up for those running the Fitbit Miami Marathon and Half Marathon. Friends and family not running the full or half on Sunday will also be able to share in the inspiring weekend experience. Enjoy a water-lined course and breathtaking views of Port Miami as you run or walk the 3.1 miles to Miami Beach where you can celebrate your finish with post-race festivities. Register today for the lowest current pricing!



Tropical5K.com

