

 Baptist Health

*Give Thanks*  
*Turkey Trot*  
**Turkey Trot**

MIAMI 5K|10K presented by Publix

# 2019 Athlete Guide

[FLevents@lt.life](mailto:FLevents@lt.life) | [turkeytrotmiami.com](http://turkeytrotmiami.com)



# TABLE OF CONTENTS

INTRODUCTION	3
PACKET PICKUP	4
RACE SCHEDULE	6
COURSE DETAILS	7
RESULTS & AWARDS	9
COURSE MAPS	10
KIDS RACE MAP	11
FINISH FESTIVAL MAP	12
FAQs	13-14

## THANK YOU TO OUR SPONSORS



The Wellness Company



FOR MORE INFORMATION

Visit [turkeytrotmiami.com](https://turkeytrotmiami.com) or email [FLevents@lt.life](mailto:FLevents@lt.life)

# HAPPY THANKSGIVING

Welcome to the 2019 Baptist Health Turkey Trot Miami 5K/10K & Kids Race 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 myriad of options 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 have 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 Pickup at two DICK'S Sporting Goods locations
  - NEW Packet Pick-up date! Sunday, Nov. 24
- Athlinks App for iOS and Android (see p. 7 for more information)
- Entertainment and oversized games at the Finish Festival
  - NEW Petting Zoo, Turkey Bowling, Giant Jenga, Connect 4, Corn Hole and more!
- Apple cider, pies and other holiday food favorites
- 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.
  - NEW Prize Purse for first place overall male/female/wheeler athletes in 5K & 10K.
  - Cirque du Soleil tickets to the top three finishers in each overall winner category.

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 Manager

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 28 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 onsite until 7:15 AM.

### Packet Pickup

All participants must pick up their packet and bib numbers will be assigned onsite at packet pickup. Please bring a photo ID to the pickup 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). \*If you are picking up for a group of 10 or more, you MUST schedule a pickup date, time and location with our Athlete Services 24 hours in advance. Email: [flevents@lfevents.zendesk.com](mailto:flevents@lfevents.zendesk.com)

### Packet Pickup Schedule

Packet pickup locations and times are below – you have the choice of attending one of the DICK'S Sporting Goods locations listed, as bibs will be dynamically assigned upon pickup.

#### **\*NEW\* Sunday, November 24 12:00 p.m. – 5:00 p.m.**

Dadeland Station – 8364 South Dixie Hwy, Miami, FL 33143

#### **Tuesday, November 26 12:00 p.m. – 7:00 p.m.**

The Shops at Midtown Miami – 3401 N Miami Ave, Miami, FL 33137

Dadeland Station – 8364 South Dixie Hwy, Miami, FL 33143

#### **Wednesday, November 27 12:00 p.m. – 7:00 p.m.**

The Shops at Midtown Miami – 3401 N Miami Ave, Miami, FL 33137

Dadeland Station – 8364 South Dixie Hwy, Miami, FL 33143

#### **Thursday, Nov. 28 (Race Morning)**

Tropical Park – 7900 SW 40th St, Miami, FL 33155

5:00 a.m. – 6:30 a.m.

Our official packet pickup and sporting goods sponsor, Dicks Sporting Goods, is offering 20% discount to our fellow Turkey Trot participants! Redeem in store from 11/24 – 11/27 with the following coupon. Limit one per customer. [CLICK TO REDEEM COUPON](#)

### 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 or "The Flock" Corral B, 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 Oct. 1 and were on a first-come, first-served basis. Changes may be made at Solutions during Packet Pickup or via [FLevents@lt.life](mailto:FLevents@lt.life) (must be prior to Friday, Nov. 22).



**\$10 OFF**  
**TAKE YOUR PURCHASE OF \$50 OR MORE\***



\* Limit one coupon per customer. Must be used in one transaction. Minimum purchase of \$50, excludes tax and shipping charges. Cannot be combined with any other offers, team discounts or used for gift cards, licenses or previously purchased merchandise. Not redeemable for cash, gift cards or store credit. No reproductions or rain checks accepted. Returns or exchanges where a ScoreCard Reward or other discount was applied may result in an adjusted refund amount. Excludes clearance items. Clearance items have .X3 or .X7 endings. Some exclusions apply. See store and [DICKS.com/Exclusions](https://www.dicks.com/Exclusions) for details.

Coupon Valid through 2/29/2020



P00042468



# PARTICIPANT INSTRUCTIONS

## Race Day Schedule

- 5:00 a.m. – 6:30 a.m. Race day registration and packet pickup at the Registration tent - Tropical Park
- 5:00 a.m. – 7:15 a.m. Kids Trot registration at the Registration tent - Tropical Park
- 7:00 a.m. 5K & 10K start
- 7:00 a.m. – 10:00 a.m. Finish Festival
- 8:00 a.m. 5K Overall Winners Award Ceremony at the Finish Festival stage
- 8:30 a.m. 10K Overall Winners Award Ceremony at the Finish Festival stage
- 9:00 a.m. Kids Trot participants gather in the bleachers on the west end of the stadium (see map p. 11)
- 9:15 a.m. Kids Trot start
- 10:00 a.m. Finish Festival closes

## Start Times and Locations

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

**\*Start Time\*** The 5K/10K will start promptly at 7 AM by the batting cages behind the registration area. The Kid's Trot will start at 9:15 AM at the track. Kids will meet in the bleachers on the west side of the track behind the stage (see map on p. 11) at 9:00 AM.

## Parking

Tropical Park provides FREE parking! There are two entrances to their parking area: 79th & Bird Road and further down 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 6:30 AM.

**\*\*Please Note:** All participants who use the lots within Tropical Park will not be able to vacate the lot until 8:30 AM. If you are dropping off a runner, please do so at the shopping center across the street as there will be no outgoing traffic permitted until after the race.

## 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.

## Volunteers Make It Happen!

Special thanks to all of the individuals and groups of volunteers who are helping support our athletes throughout race festivities! This event wouldn't be possible without the hard work and dedication of the approximately 300 volunteers who will be out there with us making sure the event is top-notch. Be sure to take a moment and thank them throughout the weekend!

Shout out to our groups: Doral Academy Key Club, Coral Reef High School – Key Club & National Honor Society, Beta Beta Beta, Ronald Reagan High School, Highpoint Academy National Junior Honor Society



# 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 schedule, 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 7 AM.
- Only those with wristbands will be admitted into Corrals A & B
- You must have sent proof of qualifying results to our Athlete Services before Oct. 1, 2019 to be admitted. Changes may be brought to Solutions.
- Walkers & strollers should line up in the last corral.

**\*Course Modifications\*** The 5K & 10K course will exit the park onto 82nd Ave. and proceed onto Bird Rd. to return back into the park near the stables, then wind through the park toward the stadium, where the 5K runners will split off and head to the Finish Line on the track. The 10K will then proceed through the park and exit through Miller Dr., make a U-turn on 82nd Ave. and head 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

## Headphone Rule

Use only one ear bud for your safety and that of other participants.

## First Aid

provided by Baptist Health South Florida

The Kids Race will start at 9:15 AM, beginning with the youngest age group (2-3 year-olds), from the corresponding starting point per age group. Participants must gather at the bleachers on the west side of the stadium behind the stage at 9:00 AM. (See map on p. 11)

- \*Parents are NOT permitted to run with their kids on the track & 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.
- Parents must present the "Guardian" tab from their child's bib in order to have their child released from the Finish Line corralling area.

## 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.

## Community Shoe Drive: GotSneakers?

Do you, your family or friends have old or unwanted sneakers you're ready to get rid of? We've got you covered! Empty out your closets and donate them during packet pickup and on race morning to be recycled by our partner, [GotSneakers](#).

\*Proceeds help support the Life Time [Kids Run Miami](#) youth running program.

# LIFETIME<sup>®</sup> MIAMI MARATHON AND HALF

presented by  
**cbdMD**

REGISTER NOW AND  
BECOME #MIAMIFAMOUS!

FEBRUARY 9, 2020



THEMIAMIMARATHON.COM

cbdMD

Baptist Health

invisalign<sup>®</sup>

ENDURANCE

verizon<sup>✓</sup>

HOKA ONE ONE  
TIME TO FLY<sup>™</sup>

Gillette<sup>®</sup>

JAGUAR  
LAND ROVER

bakerly<sup>®</sup>

BOLAY  
SO FRESH SO BOLD

ALTRED  
BETALAINS UNLEASHED

DeliverLean<sup>™</sup>

Bluebird Run

Michael's  
ULTRA

HEX  
PERFORMANCE

MIAMI BEACH  
VISITOR AND CONVENTION  
AUTHORITY

MIAMI DDA  
DOWNTOWN DEVELOPMENT AUTHORITY

FLORIDA SPORTS  
COMMISSION

MIAMI-DADE  
COUNTY

Miami Herald  
El Nuevo Herald

ATHLINKS

LIFE TIME  
HEALTHY WAY OF LIFE



# PARTICIPANT INSTRUCTIONS

## Results

Race results will be available from the Results tent at the post-race area. Please keep in mind that all times are tentative and preliminary upon initial postings.

## Awards

The Awards Ceremony will begin at 8:00 AM for the 5K and 8:30 AM for the 10K races from the main stage where Overall Winners (three deep) will be announced – each of these winners will win 2 tickets to Cirque du Soleil! Awards for the top three places per age group category in the 5K and 10K (pictured right) will be given out at the Results tent.



## NEW Prize Purse

The first place overall winner in the following categories will each win \$100 in the 5K and \$200 in the 10K: Male, Female, Male Wheeler, Female Wheeler

## Photos by FinisherPix

FinisherPix is the official photographer at the Baptist



Health Turkey Trot Miami 5K/10K & Kids Race presented by Publix. Your personal race photos will be available at [www.finisherpix.com/lifetime](http://www.finisherpix.com/lifetime). Make sure your bib number is facing front at all times and don't forget to smile when you cross the finish line.

Pre-order your FinisherPix Photo Pack now at and save! Your FinisherPix Photo Pack includes all photos we identify of you in all digital formats (basic image, image with race time, image in certificate format). Order your photos: [2019 Turkey Trot Miami 5K/10K](http://www.finisherpix.com/lifetime)

## 2019-20 Florida Storm Series

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.

2019 [First Watch Sarasota Half Marathon, Relay, 10K & 5K](#) – Oct. 20

2019 [13.1 Fort Lauderdale, Relay & 5K](#) – Nov. 10

2019 [Baptist Health Turkey Trot Miami 5K/10K presented by Publix](#) – Nov. 28

2020 [Life Time Tropical 5K](#) – Feb. 8

2020 [Life Time Miami Marathon & Half Marathon presented by cbdMD](#) – Feb. 9

2020 [305 Half Marathon & 5K](#) (formerly 13.1 Miami Beach & 5K) – Mar. 1

\*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!

2019 [Escape to Miami Triathlon \(International distance\)](#) – Sept. 22

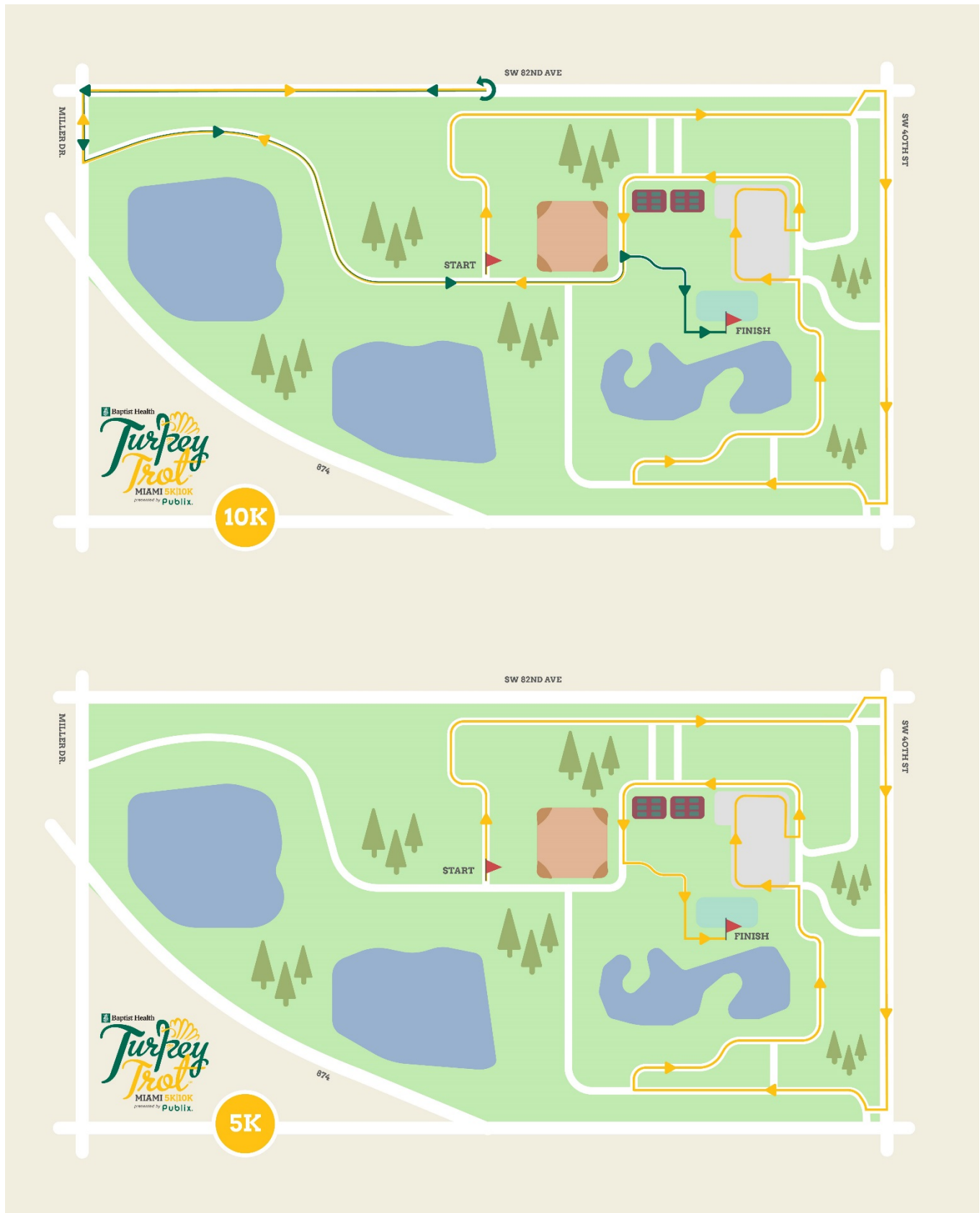
2020 [South Beach Triathlon \(International distance\)](#) – Apr. 19

\*No relays permitted.

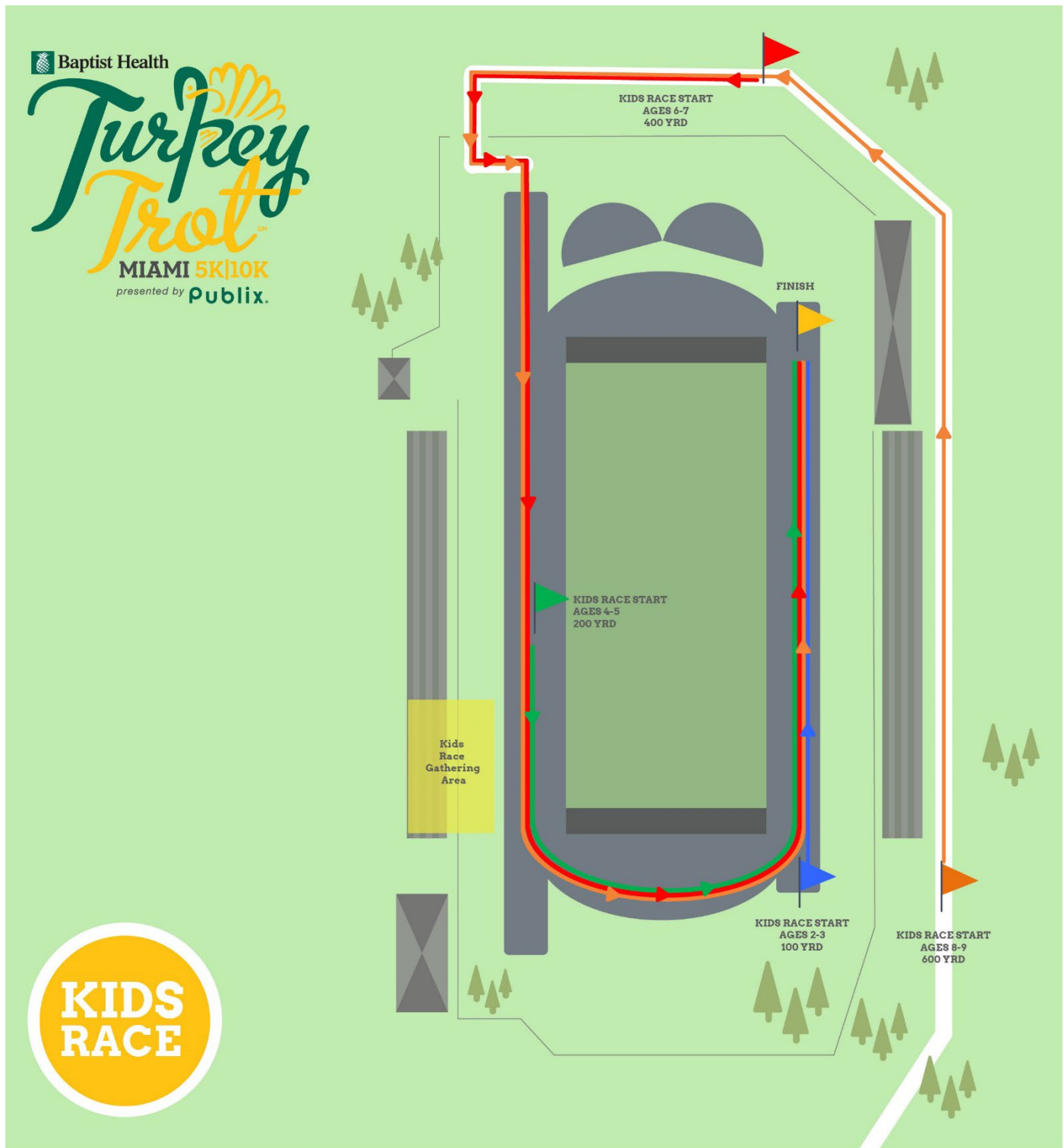


Those who already completed the First Watch Sarasota Half Marathon, Relay, 10K & 5K, the 13.1 Fort Lauderdale, Relay & 5K, and who cross the Finish Line at the Turkey Trot Miami 5K/10K will receive their Category 3 medal from the Marketing tent in the Finish Festival on race day! \*Only one race may be a 5K.

# COURSE MAPS



# KIDS RACE MAP



All Kids Race participants (and parents/guardians) **MUST** report to the Kids Race Gathering Area location in the bleachers on the west side of the stadium (indicated in yellow above) at **9:00 AM**.

Each age group will then be guided to their respective starting locations (indicated by color above) for the youngest age group (age 2-3) to start first at **9:15 AM** with the next oldest age group to follow etc.

**\*IMPORTANT\*** Parents **MUST** remove the "Guardian" tab from their child's bib prior to race start in order to retrieve their child from the corralling area at the Finish Line.



# FINISH FESTIVAL MAP



# FAQs

**Q:** What do I need in order to pick up my race packet?

**A:** Please present a valid photo ID.

**Q:** Can I pick up packets for friends or family members?

**A:** Yes, you must bring a copy of their photo ID.

**Q:** Can I pick up packets for a group of people?

**A:** Yes - in order to pick up for 10 or more participants at a time, please email Athlete Services at [fl events@l tevents.zendesk.com](mailto:fl events@l tevents.zendesk.com) with the list of names plus the packet pick up date and location to arrange group packet pickup. All requests must be received at least 24 hours in advance.

**Q:** Where and when can I pick up my race day packet?

**A:** You have the choice of attending either of the two DICK'S Sporting Goods locations listed below, as bibs will be dynamically assigned upon pickup:

**\*NEW\*** Sunday, November 24 12:00 p.m. – 5:00 p.m.

Dadeland Station – 8364 South Dixie Hwy, Miami, FL 33143

Tuesday, November 26 12:00 p.m. – 7:00 p.m.

The Shops at Midtown Miami – 3401 N Miami Ave, Miami, FL 33137

Dadeland Station – 8364 South Dixie Hwy, Miami, FL 33143

Wednesday, November 27 12:00 p.m. – 7:00 p.m.

The Shops at Midtown Miami – 3401 N Miami Ave, Miami, FL 33137

Dadeland Station – 8364 South Dixie Hwy, Miami, FL 33143

**Q:** Can I switch from the 5K to the 10K or vice versa?

**A:** Yes, please come directly to Solutions when you come to Packet Pickup and we will tell you your options.

**Q:** Can I register on race day?

**A:** Yes, registration will be available on Race Day if the race is not sold out.

**Q:** How can I check if I am registered?

**A:** You can check your registration [HERE](#)

**Q:** Can I exchange my race shirt?

**A:** You may exchange your shirt post-race only at the Results tent by bringing back your originally assigned shirt (unworn). Exchanges only available while supplies last.

# FAQs

**Q:** Will the race be timed?

**A:** Yes, the 10K and 5K races will be chip timed. Your packet includes a B-tag timing chip, already affixed to your bib.

**Q:** Am I able to switch corrals?

**A:** Yes, you may move back to a slower corral without officially changing your assignment that will be listed on your bib. If you want to move to a faster corral, you must provide proof of a faster time within the past year to Solutions at Packet Pickup in order to be assigned to a faster corral. See corral pace times [here](#).

**Q:** Will there be awards?

**A:** Awards will be given to the top (3) Overall winners males/females in the 10K/5K races and Overall male/female wheeler division. The Awards Ceremony is tentatively scheduled to take place at 8:30 AM at the Finish Festival stage. Age group awards will be available at the Results tent.

**A2:** Cirque du Soleil tickets will be awarded to the top 3 overall winners in the 5K and 10K distances (Female, Male, Wheeler), plus a NEW Prize Purse for the first finisher in the 5K and 10K in the following categories: Female, Male, Female Wheeler, Male Wheeler. [View More.](#)

**Q:** Can I walk in the event or do I have to be a runner?

**A:** Walkers are welcome and encouraged to participate in the race! Those who choose to walk must start in the last wave within the Walker/Stroller corral.

**Q:** Can I run with my dog?

**A:** No. For safety reasons, we request that dogs be left off the course.

**Q:** Are strollers allowed on the course?

**A:** Yes, all are welcome to participate. For those who decide to utilize a stroller, please be advised that you must start in the last wave within the Walker/Stroller corral, acknowledge and accept the dangers associated with strollers on the Event course, and assume all risk associated with the stroller driver's and passenger's actions. See the stroller waiver [here](#).

**Q:** Where do I park on Race Day?

**A:** Race Day parking will be available at the Tropical Park entrance located at the intersection of Bird Rd. and SW 79th Ave. Please plan to arrive early. No cars will be allowed into the park after 6:30 a.m. The exits will be open to traffic leaving the park at 8:30 AM post-race.

If you are dropping off a runner, please do so at the shopping center across the street from the park as there will be no outgoing traffic permitted until after the race. Please do NOT park in the shopping centers near Tropical Park. Life Time is not responsible for any cars being towed.





# 305

HALF MARATHON 5K

## MARCH 1, 2020

The new 305 Half Marathon & 5K (March 1, 2020) 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](http://305HALFMARATHON.COM)

**LIFETIME**

HEALTHY WAY OF LIFE



LIFE TIME  
**MIAMI**  
 TROPICAL5K

FEBRUARY 8, 2020

TROPICAL5K.COM



**cbdMD**



Baptist Health



invisalign®



ENDURANCE

verizon®

**HOKA** ONE  
 TIME TO FLY

**Gillette**



JAGUAR  
 SOUTH FLORIDA JAGUAR LAND ROVER RETAILERS



**bakerly**



BOLAY  
 SO FRESH. SO BOLD.

**ALTRED**  
 BETALAINS UNLEASHED

**DeliverLean**™



Michelob  
**ULTRA**  
 II

**HEX**  
 PERFORMANCE

MIAMI BEACH  
 VISITOR AND  
 CONVENTION  
 AUTHORITY

MIAMI DDA  
 DOWNTOWN DEVELOPMENT AUTHORITY

FLORIDA SPORTS  
 FOUNDATION

MIAMI-DADE  
 COUNTY

Miami Herald  
 el Nuevo Herald

**ATHLINKS**

**LIFE TIME**  
 HEALTHY WAY OF

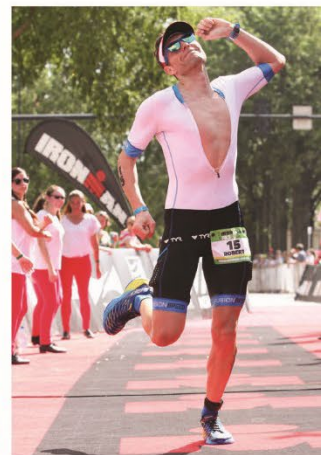




**FinisherPix**® Powered by Smiles



NEVER FORGET **YOUR RACE**



ORDER YOUR RACE PHOTOS HERE:  
[www.finisherpix.com](http://www.finisherpix.com)  
[www.facebook.com/finisherpix](https://www.facebook.com/finisherpix)  
#finisherpix

