

 Baptist Health

Turkey TrotSM

MIAMI 5K|10K



2021 Athlete Guide

TURKEYTROTMIAMI.COM

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HUGE THANK YOU TO OUR VOLUNTEERS!!



For more information, visit TurkeyTrotMiami.com or email tkymia@LTevents.zendesk.com

HAPPY THANKSGIVING

Welcome to the 2021 Baptist Health Turkey Trot Miami 5K/10K & Kids Race! We are honored that you have chosen to share your family's first course with us, and we have an incredible event in store for you. Please take a moment to read through the information within this guide to help ensure your event experience is as enjoyable as possible.

Event day offers a variety of activities to help you and the family kick off the holiday on the right foot, including our 5K, 10K and Kids Trot races. The event also offers our holiday-inspired Finish Festival filled with fun for your entire flock. We've brought back some traditional favorites and have added some new perks and highlights to make this event even better than before!

- Finisher medals for 5K, 10K and Kids Race athletes!
- Earlier 5K/10K start time – 7:00 AM
- Staggered start waves including seeded corrals A & B
- Course modification - includes Bird Road and through the former home of Miami's famous Santa's Enchanted Forest
- Convenient Packet Pickup locations including the brand new Life Time Coral Gables athletic resort
 - Plus, a weekend Packet Pickup date - Sunday, Nov. 21
- Entertainment and games at the Finish Festival
 - Bounce house, giant Jenga and Connect 4, Corn Hole, face painting and more!
- Post-race food and refreshments
- Photo opp with the giant 20' Perky Turkey
- 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.
 - Plus, the return of the Prize Purse for first place overall male/female/wheeler athletes in 5K & 10K

Life Time would like to send a special thank you to the City of Miami, Miami-Dade County and other various city agencies that make this race possible, as well as the Tropical Park management team. And a huge thank you to all participants and their families and friends, as well as 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 Life Time Miami Events Team

Alex De Gracia, Race Director

Frankie Ruiz, Chief Running Officer

JC Alam, Athlete Services Manager

Nicole Bostick, Marketing Director

Samantha Bailey, Marketing Manager



PARTICIPANT INSTRUCTIONS

BIB NUMBERS WILL BE ASSIGNED AT PACKET PICKUP

Registration

Online registration will remain open through Thursday, November 25 at 6:00 AM or until sell-out. Onsite registration on race morning will be open from 5:00 AM to 6:30 AM at the Registration tent, space permitting. Registration for the Kids Race will remain open onsite until 7:15 AM or until sell-out.

Packet Pickup

All participants must pick up their packet and bib numbers will be assigned onsite at Packet Pickup. Please **bring a photo ID and a screenshot/print out of the QR code received in your registration confirmation email** to the pickup location of your choice (listed below) in order 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) and a photo of their QR code confirmation is encouraged. **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: tkymia@LTevents.zendesk.com*

Packet Pickup Schedule

Sunday, November 21 | 12:00 pm – 5:00 pm

DICK'S Sporting Goods - Doral

1720 NW 117th Place, Doral, FL 33182

Tuesday, November 23 | 12:00 pm – 7:00 pm

Life Time Coral Gables

237 South Dixie Highway, Coral Gables, FL 33133

Parking available in the garage above Trader Joe's at US-1 & Ponce de Leon. Parking ticket validation available at Life Time.

Wednesday, November 24 | 12:00 pm – 7:00 pm

DICK'S Sporting Goods - Dadeland Station

8364 South Dixie Hwy, Miami, FL 33143

Thursday, Nov. 26 (Race Morning) | 5:00 am – 6:30 am

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

EVERY SEASON STARTS AT



LIFE TIME®

CORAL GABLES

Our partner, [DICK'S Sporting Goods](#), is offering 20% discount to our fellow Turkey Trot participants! Redeem in-store from 11/21 - 11/24 with the coupon that will be distributed at Packet Pickup. Limit one per customer.

Items You Will Receive

All participants will receive a race bib with timing chip, race shirt* and safety pins. The 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.*

*Note: participants who register after the 3,000-participant threshold is met will not be guaranteed a race shirt.

Those who purchased the festive Turkey socks or hats during registration will pick them up during Packet Pickup hours. (2021 socks pictured right)

Attention Wild Turkeys & The Flock!

If you have been assigned to 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. **Corral changes may be made at Solutions during Packet Pickup with proof of a faster time.*



PARTICIPANT INSTRUCTIONS

Race Day Schedule

• 5:00 am – 6:30 am	Registration (space permitting) + Packet Pickup Registration tent
• 5:00 am – 7:15 am	Kids Trot Registration (space permitting) Registration tent
• 7:00 am	5K & 10K Start
• 7:00 am – 10:00 am	Finish Festival Open
• 8:00 am	5K Overall Winners Award Ceremony Finish Festival stage
• 8:30 am	10K Overall Winners Award Ceremony Finish Festival stage
• 9:15 am	Kids Trot participants gather by Volunteer tent on the southeast end of the stadium (see map p. 10)
• 9:30 am	Kids Trot Start
• 10:00 am	Finish Festival Closed

Start Times and Locations

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

Start Time The 5K/10K will start promptly at 7:00 AM by the batting cages. The Kid's Trot will start at 9:30 AM at the track. Kids will meet by the Volunteer tent on the southeast end of the track near the Finish Festival at 9:15 AM and walked to their respective starting locations, per age group. (see map p. 10)

Parking

Tropical Park provides FREE parking! There are two entrances to the parking area: 79th & Bird Road and further down at 82nd and Bird Road. The Miller entrance will NOT be open 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 support our athletes throughout race week! This event wouldn't be possible without the hard work and dedication of the volunteers who will be out there us. Be sure to take a moment and thank them throughout the week!

Shout out to our groups:

Doral Academy Key Club
Doral Academy National Honor Society
Ronald Reagan HS Multicultural Club
Miami Senior High School BETA Club
John Ferguson HS Key Club
Highpoint Academy
Miami-Dade 4-H



Volunteer at the 20th annual Life Time Miami Marathon & Half race weekend (Feb. 4 – 6, 2022)! Groups 10+ will receive a donation. [Learn more.](#)

THE RUN MISSES YOU.

Whether it's running or any other activity, our team can get you back to what you love. So don't let an injury stand in your way, go where the pros go and get back to hitting your stride.



**Miami Orthopedics &
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A not-for-profit organization supported by philanthropy and committed to our faith-based charitable mission of medical excellence. For giving opportunities, visit BaptistHealth.net/Foundation

Providing Sports Medicine Services for



PARTICIPANT INSTRUCTIONS

Course Basics

- 5K and 10K will start together promptly at 7:00 AM.
- Only those with wristbands will be admitted into Corrals A & B
 - *Corral changes may be brought to Solutions at Packet Pickup. Proof of a faster time is required.*
- Walkers & strollers are to line up in the last corral.

Course Details The 5K & 10K course will exit the park onto 82nd Ave. and proceed onto Bird Rd. to return back into the park through the former home of Miami's famous Santa's Enchanted Forest, around 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., then 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

Music devices with headphones are permitted for use on the course; however, participants must be alert to their surroundings at all times. Use only one ear bud for your safety and that of other participants.

First Aid

Provided by our partners at Baptist Health South Florida.

Kids Race

The Kids Race will start at 9:30 AM, beginning with the youngest age group (2-3 year-olds), from the corresponding starting point per age group. Participants must meet by the Volunteer tent on the southeast end of the track near the Finish Festival at 9:15 AM. (See map p. 10)

- 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 after the race. Parents MUST meet their child immediately following their race wave.
- **Parents must remove the "Guardian" tab from their child's bib prior to the race and present it at the Finish Line corralling area in order to have their child released.**



The Gift of Giving: Canned Food Drive

We are thrilled to collect and donate canned and non-perishable food items to those in need once again this year! Please assist us in this donation benefitting our partner [Camillus House](#), by bringing canned & non-perishable items to any of our Packet Pickup locations or on race morning.

Community Shoe Drive: Sneaker Impact

Do you, your family or friends have old or unwanted sneakers you're ready to get rid of? Keep them out of landfills and help create opportunities for people in need! Empty out your closets and donate your shoes during Packet Pickup and on race morning to be recycled and reused through our partner, [Sneaker Impact](#).

PARTICIPANT INSTRUCTIONS

Results

Race results will be accessible via your mobile device – scan the QR codes posted on signage in the Finish Festival area or visit our website: turkeytrotmiami.com. Results will also be available at the Results tent.

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 and presented with an award plaque (pictured below). Awards for the top three finishers per age group category in the 5K and 10K (pictured below) will be distributed from the Results tent.

Prize Purse to Top Winners!

The First Place Overall Winner in each of the following categories will each win \$100 in the 5K and \$200 in the 10K: Male, Female, Male Wheeler, Female Wheeler



Awards not picked up on race day by the winning participant may be picked up at the Life Time Events Miami office or mailed for an additional fee within 6 weeks of the race. Mailings are available only within the continental US and will be sent only one time. Life Time is not responsible for lost packages.



Baptist Health

305

HALF MARATHON 5KSM

MARCH 6, 2022

DO IT LIKE A LOCAL!

The Baptist Health 305 Half Marathon & 5K is all about local vibes, attracting visitors from all over the world and those who are fired up to call Miami their home. Count on a fast and coastal course with a fresh and vibrant Miami soul. It's how we do it in the 305!

Register Today

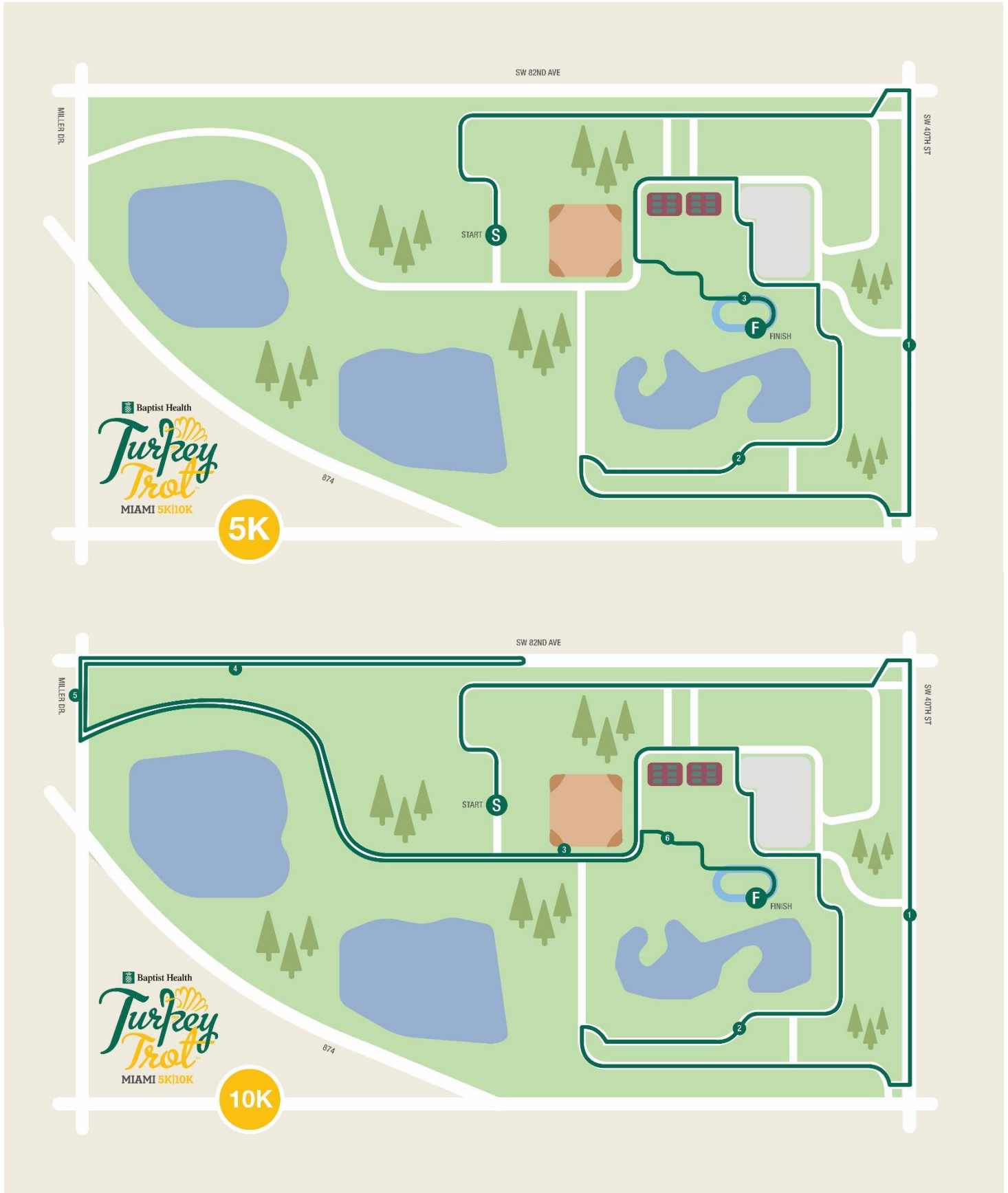
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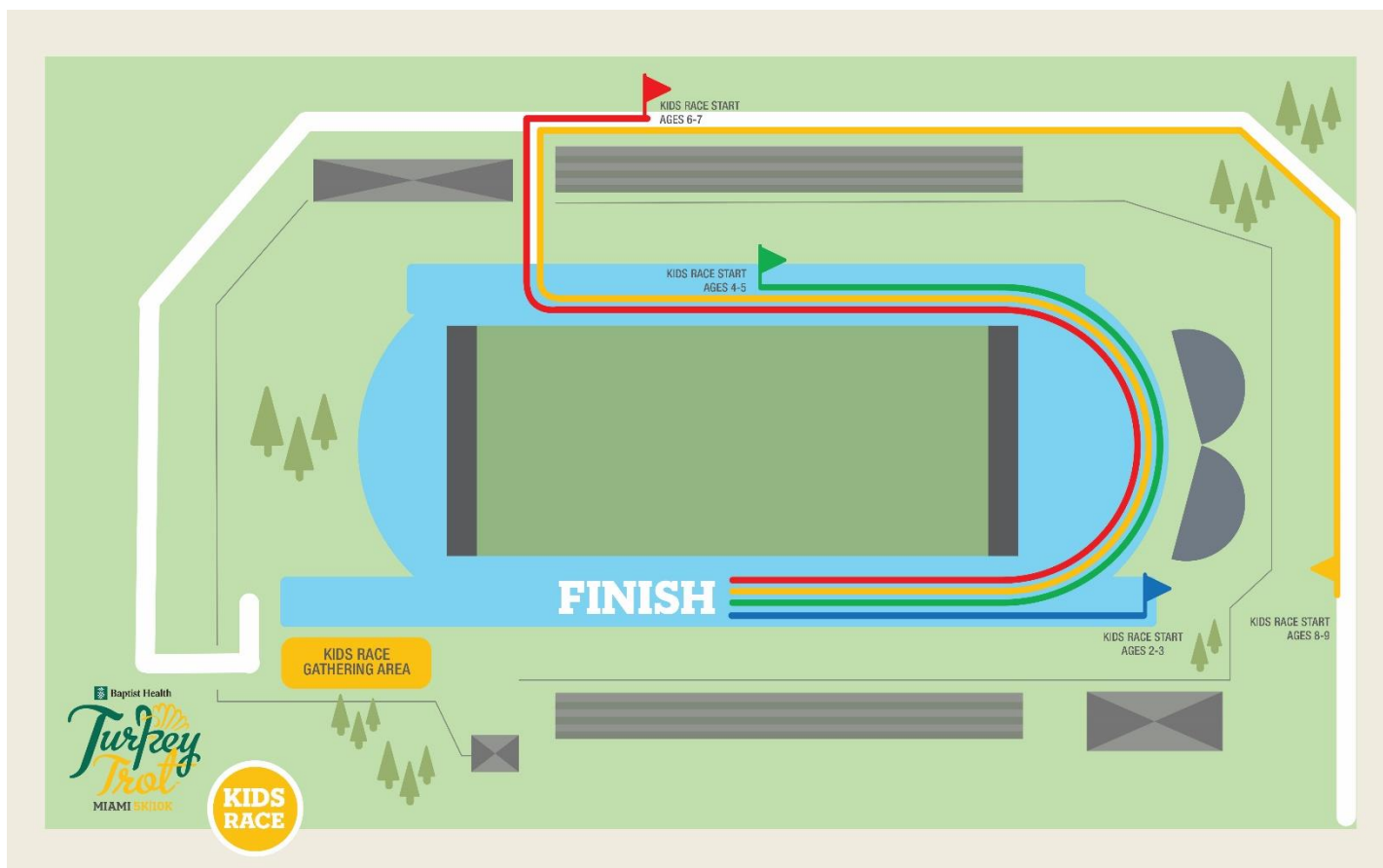
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COURSE MAPS



KIDS RACE MAP



All Kids Race participants (and parents/guardians) **MUST** report to the Kids Race Gathering Area by the Volunteer tent located on the southeast side of the stadium near the Finish Festival (indicated in yellow above) at **9:15 AM**.

Each age group will then be guided to their respective starting locations (indicated by color above). The youngest age group (age 2-3) will start first at **9:30 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



VIRTUAL EXPERIENCE

Complete your race anytime/anywhere at your convenience and at your own pace. Whether you run on a treadmill, jog around the neighborhood or walk around the block, our Virtual Turkey Trot Miami 5K/10K is a great way to join the Thanksgiving family fun! And of course, the bragging rights are yours.

Virtual Event Details

Whether you are a seasoned athlete or brand new to the sport, anyone can participate! Athletes are invited to trot wherever they are using their favorite device to track the time and distance of your 5K or 10K.

Bibs are available to download through athletes' [RunSignup profile](#) and are not required to be worn during the virtual run.

What's Included?

Custom downloadable race bib, badge and finisher certificate
Finisher medal
Turkey socks

Registration Period: Now open until November 25, 2021 (3:00 pm ET)

Registration Fee: \$25

Results Submission Period: November 21 – 25, 2021 (11:59 pm ET)

**Finisher kit shipping will begin 4-6 weeks after the virtual experience ends to those who submit their results online before the deadline November 25, 2021 (11:59 pm ET). Shipments only available within the continental US.*



[VIRTUAL REGISTRATION STILL OPEN](#)



Baptist Health Pineapple Race Series

Complete any distance in each of the following 3 Life Time Miami Events and earn your sweet PINEAPPLE medal upon crossing the Finish Line of the 2022 Baptist Health 305 Half Marathon & 5K!



2021 Baptist Health Turkey Trot
Miami 5K/10K – November 25



2022 Life Time Miami
Marathon & Half – February 6



2022 Baptist Health 305 Half
Marathon & 5K – March 6

Limited spots available! Register for all 3 events above as soon as you can to make sure your name is on the qualifying athlete list. *Terms and conditions apply. Only confirmed registrants qualify.*

FAQs

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

A: Please present a valid photo ID and the QR code received in your registration confirmation email.

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

A: Yes, you must bring a copy of their photo ID. A photo of their QR code confirmation is encouraged.

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 tkymia@LTevents.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: Choose to attend one of the locations below to pick up your packet:

Sunday, November 21 | 12:00 pm – 5:00 pm

DICK'S Sporting Goods - Doral

1720 NW 117th Place, Doral, FL 33182

Tuesday, November 23 | 12:00 pm – 7:00 pm

Life Time Coral Gables

237 South Dixie Highway, Coral Gables, FL 33133

Wednesday, November 24 | 12:00 pm – 7:00 pm

DICK'S Sporting Goods - Dadeland Station

8364 South Dixie Hwy, Miami, FL 33143

Thursday, Nov. 26 (Race Morning) | 5:00 am – 6:30 am

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

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

A: Yes, please come directly to Solutions at Packet Pickup and the team will outline your options.

Q: Can I register on race day?

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

Note: The first 3,000 registrants in the 5K/10K will receive the green participant shirt; registrants after that threshold are not guaranteed a shirt.

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 Winner males/females in the 5K/10K races and Overall male/female wheeler division in both races. The Awards Ceremony is tentatively scheduled to take place at 8:00 AM for the 5K and 8:30 AM for the 10K at the Finish Festival stage. Age group awards will be available for pickup at the Results tent.

A2: Plus, there is a 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 AM. 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.

LIFETIME MIAMI

TROPICAL 5K

FEBRUARY 5, 2022 Kick-off the Life Time Miami Marathon & Half race weekend with the Life Time Tropical 5K! Suited for veterans and newcomers alike, athletes of all levels will enjoy 3.1 miles in paradise and earn a Miami-inspired medal upon crossing the Finish Line. Register today before all spots are taken!



TROPICAL5K.COM