

 Baptist Health

*Turkey Trot*SM

MIAMI 5K|10K



2022 Info Guide

[TURKEYTROTMIAMI.COM](https://turkeytrotmiami.com)

HAPPY THANKSGIVING

Welcome to the 2022 Baptist Health Turkey Trot Miami 5K/10K & Kids Race produced by Life Time! 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 on our [Athlete Instructions](#) webpage, as well as the details included within this guide. Here are a few things you can look forward to on race day!

- 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
- Entertainment and games at the Finish Festival
 - Bounce house, giant Jenga and Connect 4, Corn Hole, football challenges 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 overall wheeler and nonbinary winners.
 - Plus, the return of the Prize Purse for first place overall male/female/wheeler athletes in 5K & 10K

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. 4) |
| • 9:30 am | Kids Trot Start |
| • 10:00 am | Finish Festival Closed |

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

Life Time would like to send a special thank you to the City of Miami, Miami-Dade County, Tropical Park management team and other city agencies that make this race possible. Huge thank you to all participants, their family 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

Mike Neira, Event Production Manager

Frankie Ruiz, Chief Running Officer

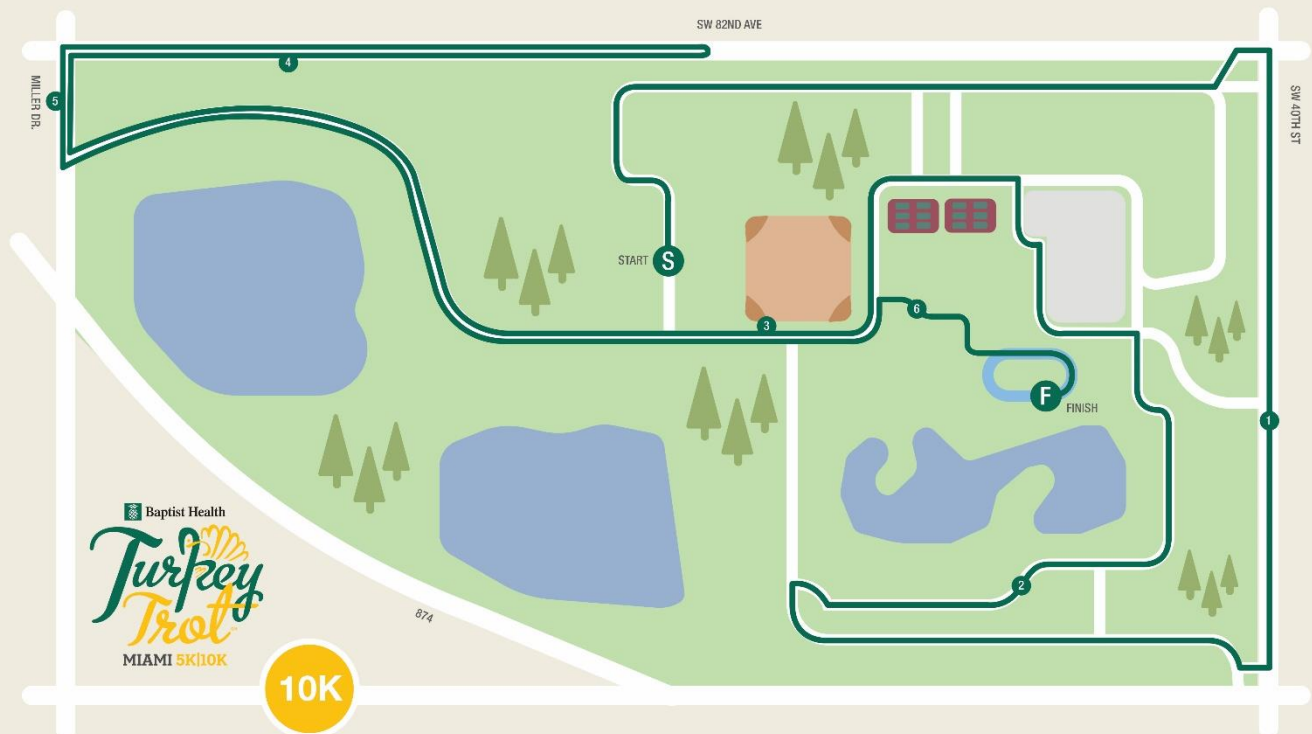
JC Alam, Athlete Services Manager

Nicole Bostick, Marketing Director

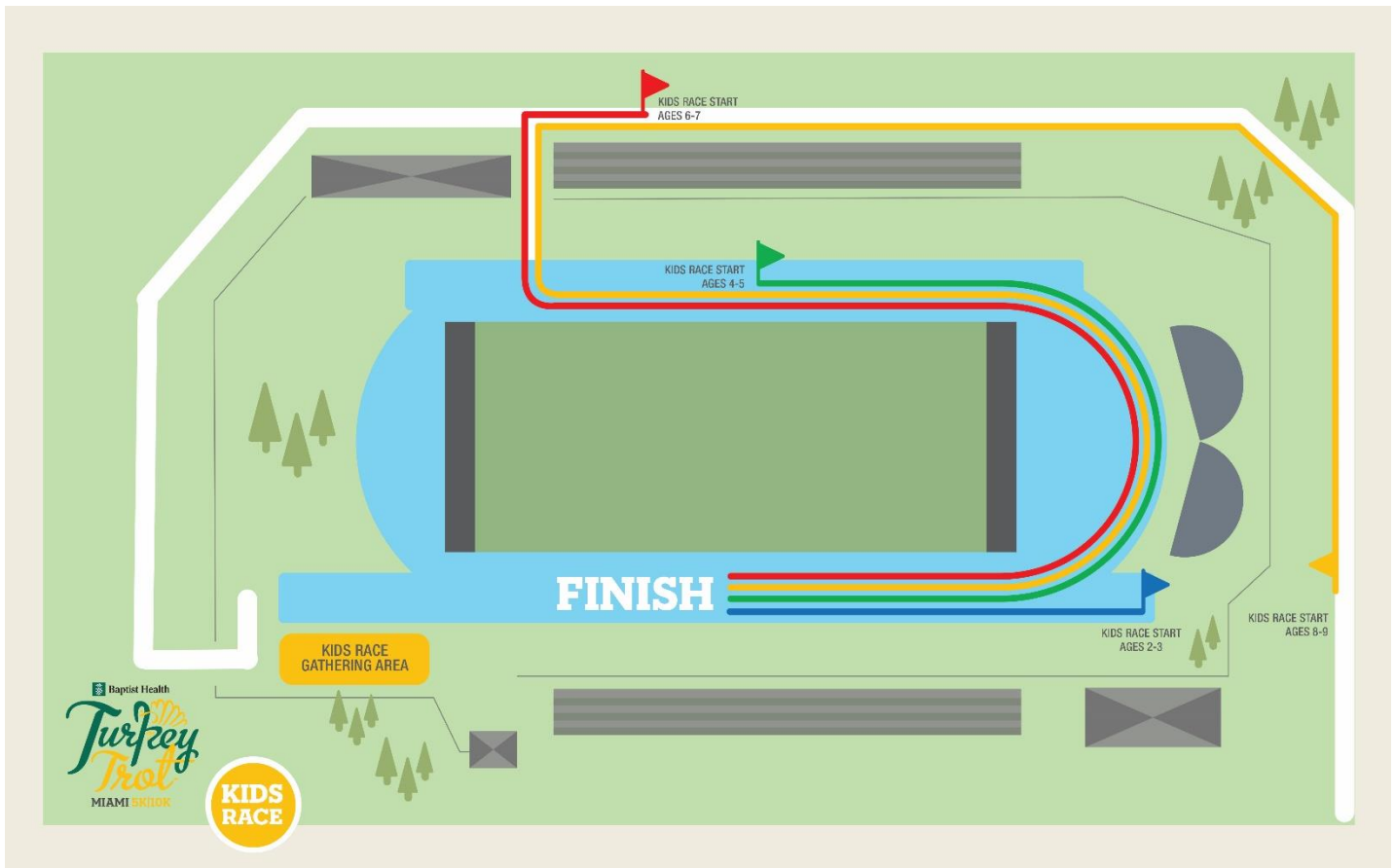
Samantha Bailey, Marketing Manager



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



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 20 | 12:00 pm – 5:00 pm

Tank Brewery – Doral

5100 NW 72nd Ave, A-1, Miami, FL 33166

Tuesday, November 22 | 12:00 pm – 7:00 pm

DICK'S Sporting Goods - Kendall

Town and Country, 11900 Mills Drive, Miami, FL 33183

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

DICK'S Sporting Goods - Dadeland Station

8364 South Dixie Hwy, Miami, FL 33143

Thursday, Nov. 24 (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.

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 and nonbinary 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. & SW 79th Ave as well as Bird Rd. & 82nd 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.