



2025 Buffalo YMCA Turkey Trot Information Packet

Buffalo's largest and most popular road race would like to thank you for joining us this Thanksgiving! You and many other runners will hit Delaware Avenue on Thursday and we want to give you some information to make your experience as enjoyable and safe as possible.

1. Early Packet Pick-up is Encouraged: We have seen a ton of you already! You have until Wednesday night to come to the [Independent Health Family Branch YMCA](#) (150 Tech Drive, Amherst near ECC North Campus) and pick up your packet. Hours are from 10:00 am to 6:30 pm each day. Be sure to visit our Runners Expo sponsored by Runners Roost, featuring merchandise and products from DG Apparel & Gifts, Nickel City Relics/Southtowns Trophy, and Lewiston Live Well & LKPT Energy House.

2. Race Day Packet Pick-up: Packets will be available from 7:00-8:30 am at the tent just outside the former [Delaware Family YMCA](#) (2564 Delaware Avenue, North Buffalo). Please arrive early to get your packet so that we can start the race promptly at 9:00 am. (Limited shirt size selection is available this day.)

3. Race Day Parking: Street parking is available in some lots near both the start and finish lines. A map of parking facilities near the Convention Center can be accessed [HERE](#). Street parking is free on Thursday in downtown Buffalo. However, some parking lots and garages nearby may charge fees. These are not affiliated with our event, but you may use them.

Do not park on neighbors' lawns or driveways! Without our neighborhood support, we would not have this event. Please be kind and respectful to everyone. 😊

4. **Shuttle Buses:** First Student Bus Co. will provide shuttle service to and from the start and finish lines both before and after the race. Shuttle buses will run from Pearl Street behind the Convention Center to the North Buffalo Target Plaza parking lot (2626 Delaware Ave.) located just north of the Delaware Family YMCA. Pre-race shuttles run from 6:45-8:30 am (plan to arrive early to secure your spot on a bus as lines will be long). Post-race shuttles run from approximately 10:00 am to 11:45 am.

5. **Restrooms:** There are port-a-potties available near the start line by the former Delaware Family YMCA, and bathroom facilities in the Convention Center at the finish line.

6. **Ready, Set, Go...** The race starts promptly at 9:00 am. Due to the large number of participants, we ask that NO one run with animals, shopping carts, roller blades, scooters/bikes, etc. on the racecourse. This is for the safety of all participants.

Please line up according to a realistic pace that you plan to run using the pace signs set up along Delaware Avenue. Up front we will have the elites and the sub-7 min per mile pace. This will be followed by the 7-min to 9-min per mile pace, 9-11, and 11+. We have an on-course time limit of two hours, at which point the course will be closed and roads will be re-opened to traffic.

7. **Emergency Medical Care:** EMTs (AMR) will be located along the course, inside the Buffalo Niagara Convention Center, and ambulances will be stationed outside by the finish line.

8. **SAG Vehicle:** We will have a First Student bus following the last runner. This bus will be prepared to transport you to the finish line should you drop out of the race. We will also have EMTs from AMR trailing the race.

9. **Awards:** Begins promptly at 10:00 am. We will be announcing awards for 1st place overall male and female, and 1st place overall male and female Masters. The top three finishers in all other categories, plus the top family and corporate teams can pick up their awards beginning Friday morning at the [Independent Health Family Branch YMCA](#) (150 Tech Drive, Amherst near ECC North Campus)

10. **Bib Placement:** Each bib has a timing chip secured in it. Please pin your bib on your outermost running garment. Do not cover up your bib. In order to cross the finish line, your bib must be visible. This ensures timing results and accuracy.

11. Safety & Security: We reserve the right to inspect any/all bags at will. K9 sweeps will be conducted throughout the day. Uniformed and plain clothed officers will be on site as always.

All attendees joining the post-race party must enter the Convention Center via one of the three main entrances on Franklin Street and undergo a security screening. Please note that all other doors will be locked and designated for exit only. We appreciate your understanding and cooperation as we work to ensure a fun and safe post-race experience for everyone.

12. Post-Race: Once you cross the finish line you can head inside the Convention Center via the front entrances on Franklin Street for the Post-Race Party. This event features a brief awards ceremony and live band. Food and refreshments for runners will be available, including:

- Fresh Fruit (Apples, Bananas)
- Yogurt
- Water
- Coffee
- Soda
- Beer will also be available at the Convention Center for those age 21 and older. All registrants 21 and over will receive a wristband with their packet at packet pick-up. A wristband and proper ID is required for service.

13. Post-Race Family Area: A family friendly alcohol-free zone with water and refreshments is available in **Room 106** on the Convention Center's lobby level.

[Buffalo Rehab Group](#) will have a stretch tent stationed in the Family Area providing stretching and massage.

14. Water Stations: Water stations are available only at the finish line and inside the Convention Center. There are no Turkey Trot sponsored water stations available along the course.

15. Results: Live race results will be posted at www.YMCATurkeyTrot.org. Following the race, please check the website for your official time and place.

16. **Race Photos:** Our official photographer is Trent Wellott Photography. There will be several spots on the course where you will be photographed. Photos can be purchased when they are available at:

<https://twellottphotography.zenfolio.com/f302102296>

17. **Personal Item Storage:** There are no storage facilities available at either the start line or finish line for personal items. For your safety, please be sure to secure all personal items in the trunk of your car.

18. **Weather /Course:** The most recent forecast for Thursday is showing morning temperatures expected to be in the low 30's with a chance for a dusting of snow. You will be able to enjoy the warmth of the Buffalo Niagara Convention Center after the race, but we ask that you check the early morning forecast and dress accordingly. We recommend dressing in LAYERS.

19. **Costume Contest:** We're looking for the best of the best when it comes to Turkey Trot costumes! Show off your creativity and maybe win a prize! You'll need to check in at the stage outside the former Delaware Family YMCA (look for the Y logo just north of the start line) no later than 8:25 am to be eligible for consideration. Medals will be awarded for the best individual and group costume.

20. **Food Drive:** Together with FeedMore WNY and WGRZ-TV, the Y is teaming up to fight hunger in Western New York. Please remember to bring two cans of food with you to packet pick-up! Donation bins will also be available on race day at the tent by the former Delaware Family YMCA only.

21. **Post-Race Shirt Swaps / Pick Up:** If you did not pick up your shirt this week or if you want to swap shirt sizes (while available), please visit the Independent Health YMCA starting Monday (12/01/25 after 10:00 am) located at 150 Tech Dr, Amherst, NY.

22. **Finisher Hoodies:** Online hoodie, beanie, and extra race t-shirt orders will be shipped after the YMCA Turkey Trot. The last day to place an order is Sunday, 11/30/25. <https://runsignup.com/Race/Store/NY/Buffalo/YMCATurkeyTrot>

23. Big Sustainability News: We're excited to announce that we're collecting your gently used sneakers.

Here's how it works:

1. Request a [free prepaid shipping bag](#).
 2. Fill it up with gently used sneakers or running shoes.
 3. Drop it off at your local FedEx — the shipping label is already paid for!
- For every pair donated, \$1 goes directly to YMCA Buffalo Niagara to support community program centered on youth development, healthy living, and social responsibility.

We will also have sneaker bins at packet pick-up, as well as in all our YMCA branches year-round. Your sneakers will become inventory for families of micro-enterprises in developing nations, creating opportunities and reducing waste.

YMCA Buffalo Niagara wishes to thank our sponsors, our volunteers, medical staff, the Buffalo Police Department, City of Buffalo, and everyone involved. Without you, this event and its amazing impact would not be possible!

See you Thanksgiving morning at the 130th Annual YMCA Turkey Trot!