

OUR LADY OF THE LAKE

Tammany

# TURKEY TROT

# 2020

NOVEMBER 26 - THANKSGIVING DAY

---

# ATHLETE GUIDE

---

# RACE WELCOME



Thank you for joining us for the 3rd Annual Our Lady of the Lake Tammany Turkey Trot! We have partnered with the Northshore Community Food Bank and Our Lady of the Lake Children's Health to bring you a safe, socially-distanced event as well as make a positive impact on our community. We wish you and your family a wonderful Thanksgiving and look forward to seeing you on Race Morning!

## Official Event Schedule

### PACKET PICK-UP

#### PRE-RACE

Date: Tuesday, November 24, 2020

Time: 3:00 pm - 5:30 pm

Location: Varsity Sports Mandeville, 2021 Claiborne Street, Mandeville, LA 70448

Date: Wednesday, November 25, 2020

Time: 12:00 pm - 3:00 pm

Location: Abita Brewery, 21084 LA-36, Covington, LA 70433

#### RACE DAY - remember **NO RACE DAY REGISTRATION**

Date: Thanksgiving, Thursday, November 26, 2020

Time: 6:00 am - 7:15 am

Location: In front of the St. Tammany Justice Complex, across from the Covington Fire Station

### RACE DAY INFO

Race Start Time: 8:00 am (5-Miler, followed by the 5K | Social Distanced Start Protocol)

Location: N. Jefferson between the Courthouse & the Parking garage in Downtown Covington

Course Limit to make the 5-Miler turn onto S. Louisiana Street  
8:30 a.m.

Course Limit  
10:00 a.m.

**Be the most stylish Turkey  
wherever you gather to gobble!**



## PACKET PICK-UP INFORMATION

You can pickup your race packet before race day at either of the times & locations listed on the previous page. See below about what you need to claim your packet. We will be practicing proper social distancing at all packet pickups and ask that you please wear a mask while interacting with race staff, volunteers, and other patrons.

Packet Pickup will be available on race morning at the race site from 6:00am to 7:15am. We strongly encourage all participants to pickup their packet or have someone pick it up for them prior to race day. Lines can be long so if you do have to pickup race day, please come early!

### WHAT DO I NEED TO BRING WITH ME TO PICK UP MY PACKET?

Every participant in the 5K and 5 Mile Run will receive a confirmation email the week of the race. In the email is your assigned **BIB NUMBER**. Please bring either that email or your original confirmation email and your photo ID to pick up your packet.

### CAN I AUTHORIZE ANOTHER PERSON TO PICK UP MY RACE PACKET?

If you are unable to get your packet, a friend can pick up your packet with a copy of your photo ID or a copy of your registration confirmation. Digital copies (your cell phone screen) are allowed. Please remember they can only do this at Pre-Race Packet Pickup and NOT on race day.



#PackThePantry



northshore  
FOOD BANK

FOR EVERY 3 NONPERISHABLE FOOD  
ITEMS THAT YOU DONATE TO OUR  
FOOD DRIVE YOU WILL RECEIVE A  
CHANCE TO WIN A PAIR RUNNING  
SHOES COMPLIMENTS OF BROOKS &  
VARSITY SPORTS.

 **BROOKS**  
RUN HAPPY

 **VARSITY  
SPORTS**



## PARKING

There is plentiful parking around downtown Covington and especially at the St. Tammany Parish Courthouse. Please be respectful of the area and only park in legal, designated parking areas.

**DO NOT PARK ON  
N. COLUMBIA STREET.**

This is the beginning of the race course and will be the most tightly congested area.



## AWARDS

The top finishers in the 5K and 5 Miler will receive an overall award in the following categories:

Overall Male and Female (1st, 2nd, & 3rd)  
Masters (40+) Male and Female (1st Only)  
Grand Masters (50+) Male and Female (1st Only)  
Great Grand Masters (60+) Male and Female (1st Only)

All awards must be picked up at the event. Awards can be claimed as soon as there are adequate results available from the timers. Results and Awards are based on chip time. There are no Award ceremonies for 2020. No awards will be shipped post-race. Results will not be printed, but available online. As soon as divisions are finalized, awards will be distributed at the Awards Tent. In order to claim award you must show your results on your phone and will be confirmed with Event Staff.

### DOOR PRIZES

Due to COVID-19 restrictions on gatherings we will not be drawing for door prizes this year. We look forward to resuming this tradition at the 2021 Tammany Turkey Trot.



## FOOD DRIVE COLLECTION MOST NEEDED ITEMS

**Breakfast Cereal** (14oz-18oz)      **Peanut Butter** (16oz)

**Canned Meats** (5oz)      **Dried Beans** (2lbs)

**Rice** (2lbs)      **Oatmeal** (18oz)

**Cornbread Mix** (16 oz)

## THANK YOU!

Northshore Food Bank 840 N Columbia Street Covington, LA 70433

[www.northshorefoodbank.org](http://www.northshorefoodbank.org) [info@northshorefoodbank.org](mailto:info@northshorefoodbank.org)

985-893-4185



# COVID-19 MITIGATION & SAFETY

## ENSURING A SAFE RETURN TO RACING



FRESHJUNKIE Racing has always taken pride in putting on safe and high-quality events for our participants. As we plan to return to event production, we will be openly communicating any/all changes to our events in regards to COVID-19. Please understand that the circumstances are constantly changing and we will continue to adjust to ensure a safe and healthy race experience.

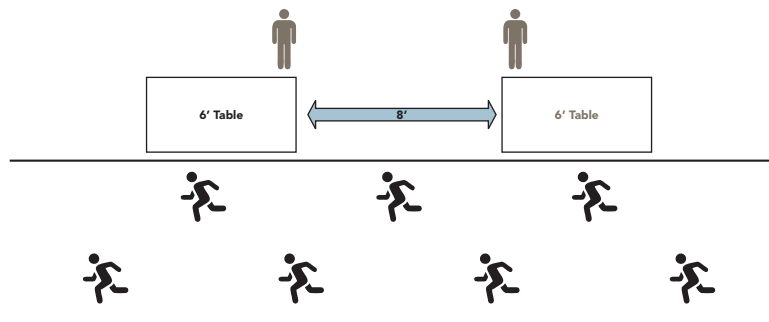
### START

- Start corrals will be assigned and limited to ensure social distance
- Runners will start in time trial/staggered start to maintain distancing
- Please do not come to starting line before your time



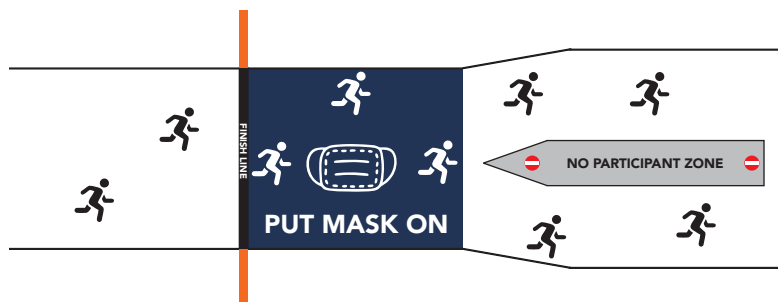
### RACING

- Tables will be spread apart
- Aid stations will be staffed
- Cups placed on tables



### FINISH

- Masks must be put on after Finish
- Spectators are not allowed
- Maintain Social Distance
- Exit the finish line quickly
- Bottled water provided as runners exit finish chute



## STAYING SAFE



**MASKS REQUIRED WHEN NOT RACING**



**PLEASE PRACTICE SOCIAL DISTANCING**



**WASHING YOUR HANDS OFTEN**

**CARRYING HAND SANITIZER**



**STAYING HOME IF SICK  
AVOID TOUCHING YOUR FACE**





FOR ALL  
WEEKEND  
WARRIORS.



The background of the advertisement is split into two horizontal panels. The top panel shows two women running on a dirt path through a forest. The woman on the left is Black, wearing a red tank top and patterned leggings. The woman on the right is white, wearing a light blue tank top and blue leggings. The bottom panel shows three people sitting on a sandy shore, fishing in a lake. A man in a grey t-shirt and white shorts is on the right, a woman in an orange shirt is in the middle, and a man in a yellow shirt is on the left. They are all holding fishing rods. The lake is calm, and there are mountains in the background under a clear blue sky.

 **Academy**  
SPORTS+OUTDOORS

**FOR ALL.  
FOR LESS.™**



## Start & Finish

N. Jefferson between the Courthouse  
& the Parking garage in Downtown Covington  
8:00 a.m.

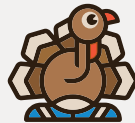
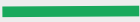
5K & 5M



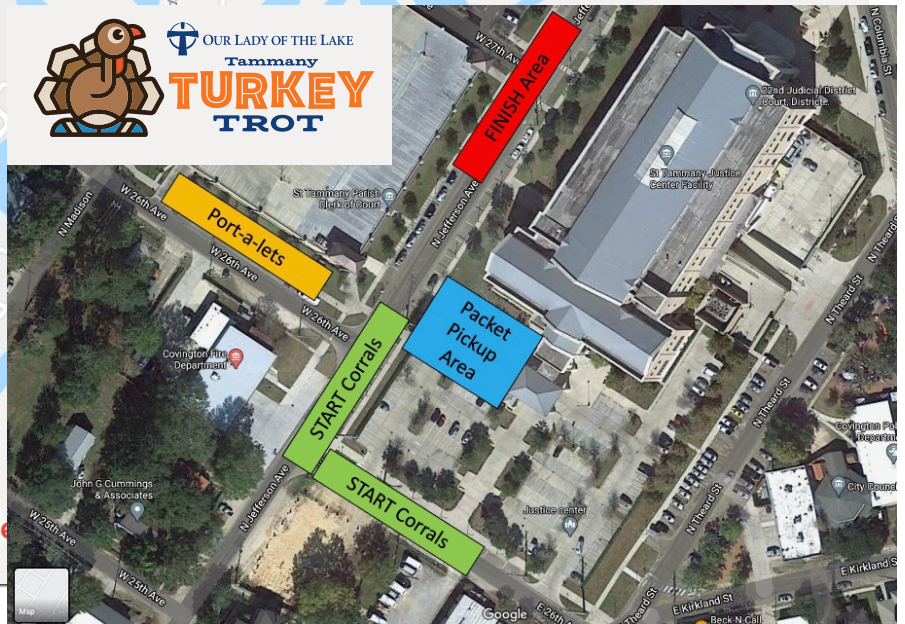
5K Course



5-Miler



OUR LADY OF THE LAKE  
Tammany  
**TURKEY  
TROT**





OFFICIAL SPONSOR OF THE NORTHSORE HALF MARATHON

RUN

RECOVER

REPEAT



POST-RUN CBD AIDS RECOVERY AND GIVES  
YOU A BALANCED STATE OF MIND

[WWW.SEED2SYSTEM.COM](http://WWW.SEED2SYSTEM.COM)

USE COUPON CODE **NORTHSORE20** FOR 20% OFF

# THANK YOU TO OUR GREAT PARTNERS



OUR LADY  
OF THE LAKE  
REGIONAL MEDICAL CENTER



## RACE CALENDAR

2020-2021

MISSISSIPPI GULF COAST MARATHON  
LOUISIANA MARATHON  
MARDI GRAS MAMBO  
OUR LADY OF THE LAKE AMAZING HALF  
TUSCALOOSA HALF MARATHON  
CRAWFISHMAN TRIATHLON  
INDIAN CREEK TRIATHLON  
NORTHSHORE HALF MARATHON  
BATTLESHIP 12K

DECEMBER 12-13, 2020  
JANUARY 16-17, 2021  
FEBRUARY 6, 2021  
MARCH 20, 2021  
MARCH 27, 2021  
MAY 22, 2021  
JUNE 13, 2021  
OCTOBER 10, 2021  
NOVEMBER 14, 2021

[FRESHJUNKIERACING.COM](http://FRESHJUNKIERACING.COM)

# STAYING SAFE

## #Return2Racing



### STAY HOME IF SICK

If you're feeling ill, running a fever, or have come in contact with anyone with COVID-19 you are asked to stay home.



### MASKS REQUIRED WHEN NOT RACING

Participants, staff, and volunteers must wear a mask at all times around event venues, like packet pick-up. Masks are not required while racing.



### PLEASE PRACTICE SOCIAL DISTANCING

Markers around the venue will assist with social distancing. Please review signage, be courteous, and provide distance between yourself and others.



### UTILIZE HAND SANITIZER STATIONS

Hand sanitizer will be readily available at the event venue. Additional emphasis has been placed on cleaning and sanitizing.



### STARTING LINE

The starting line configuration allows for 6 ft of social distancing. Participants are preassigned their wave numbers. This can be found on the back of your bib. Please listen for your wave to be announced before loading into the respective start corral.



### AID STATIONS

Cups will be filled and placed on the tables, which have been spread out to reduce congestion and provide participants more spacing.



### FINISH LINE

The Finish Line will have additional spacing to alleviate crowding. Finishers will be handed a bag including post-race hydration, nutrition, and medals (if a part of the event).



### AWARDS

Awards will be based on Chip Timing. Results will not be printed, but available online. As soon as divisions are finalized, awards will be distributed at the Awards Tent. In order to claim your award, you must show your results on your phone, which will be confirmed with Event Staff.



### NO SPECTATORS

Spectators are asked to avoid the event venue to reduce congestion and improve social distancing.



OUR LADY OF THE LAKE

Committed to keeping you healthy