

Tammany
TURKEY
TROT

2021

NOVEMBER 25 - THANKSGIVING DAY

ATHLETE GUIDE



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ABOUT THE RACE

WELCOME TO THE 4TH ANNUAL TAMMANY TURKEY TROT

Thank you for joining us for the 4th Annual Tammany Turkey Trot! We have partnered with the Northshore Community Food Bank to bring you a safe and fun event as well as, make a positive impact on our community.

We encourage you to bring non-perishable food items on Race Day to contribute to our 'Pack the Pantry' food drive benefitting the Northshore Food Bank. For every 3 non-perishable items donated you will receive a chance to win one of two pairs of ON Cloud shoes donated by Varsity Sports.

Thank you for making the decision to #EarnYourTurkey by taking part in a healthy start to your day. We wish you and your family a wonderful Thanksgiving and look forward to seeing you on Race Morning!

MEET THE KREWE

Turkey Trot Organizing Committee:

Ray Castle : Medical Director

Jonathan 'Juba' Dziuba : Managing Director

Patrick Fellows : Retail/Finish Director

Marina Gelpi Clay : PR Coordinator

Patrick O'Brien : Race Director

Emily Kathryn Saucier : Volunteer Director

Craig Sweeney : Strategic Partnerships

Nan Urban : Athlete Services Director

Mike Wattigny : Marketing/Creative Director

Diane Weiss : Registration Director

#earnyourturkey



Let's get healthier together!

Good luck to all the participants

Working together towards a common goal, Keesler Federal is invested in the success of our members and communities. Let us help you achieve your objectives, one race at a time!



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Membership and credit eligibility required

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CHARITY PARTNERS

The Tammany Turkey Trot is proud to partner with the Northshore Food Bank.



EVENT SCHEDULE

Wednesday, November 24

11:00 am - 4:00 pm	Packet Pickup	Academy Sports + Outdoors 7205 Pinnacle Pkwy. Covington, LA 70433
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Thursday, November 25

6:00 am - 7:45 am	Race Day Packet Pickup	St. Tammany Parish Justice Center 701 N. Columbia Street Covington, LA 70433
8:00 am	5K and 5-Mile Race Start	St. Tammany Parish Justice Center (N. Jefferson Ave. side)
8:56 am	Any 5 Miler participant NOT past the turn onto South Louisiana Street will be directed onto the 5K course to finish their race.	Corner of E. 12th Ave. and S. Louisiana Street
10:00 am	Race Concludes	St. Tammany Parish Justice Center (N. Jefferson Ave. side)



PACKET PICKUP

PACKET PICKUP

You can pick up your race packet before race day at Academy Sports + Outdoors listed on the previous page. See below about what you need to claim your packet.

Packet Pickup will be available on race morning at the race site from 6:00am to 7:45am. We strongly encourage all participants to pick up their packet or have someone pick it up for them prior to race day. Lines can be long so if you do have to pick up race day, please come early!

PARKING

There is a tremendous amount of parking available at Academy Sports + Outdoors in the Pinnacle Park Shopping Center.

WHAT TO BRING

Every participant will receive a confirmation email the week of the race. Please bring either that email, or your original confirmation email and your photo ID to pick up your packet. Digital copies (your cell phone screen) are allowed.

PROXY PICKUP

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.

GROUP PICKUP

If you plan to proxy pickup for 3 or more, please look for signage indicating 'GROUP PICKUP.' This will allow us to keep the line moving for individual pick up while providing focused help to anyone picking up for multiple running buddies.

LATE REGISTRATION

Late registration is available during packet pickup unless the race sells out. The Tammany Turkey Trot will post a notice regarding closed races on our website and Facebook page. Participants can register online until 7:30 am on Race Day (if available).

MAIL MY BIB - SWAG PICKUP

Participants who paid to have their bib mailed to them will be able to claim their SWAG (event shirt, bag, etc.) after they complete the race. Follow the signs to "Mail My Bib SWAG Pickup" located at the Awards tent. Present your race bib to the staff there, they will provide your SWAG and mark the back of your bib.

You are welcome to come to any of the pre-race packet pickups to claim your SWAG if you like. Present your race bib and the staff will provide your items to you.

Bibs are mailed via USPS two weeks prior to race day. They are sent to the SHIPPING ADDRESS provided when you registered. If you paid to have your bib mailed and never received it, please report to a pre-race packet pickup and a staff member will be able to rectify the situation.

you could
WIN
a pair of On



Donate 3 non-perishable food items at the Tammany Turkey Trot packet pick-up on race day.

EVERY 3 ITEMS = 1 CHANCE!

northshore
FOOD BANK



Start & Finish

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

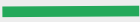
5K & 5M



5K Course



5-Miler



Be the most stylish Turkey
wherever you gather to gobble!

COURSE MAP



**THE PEOPLE
YOU WORK FOR
CAN BE RUTHLESS**

Nix the get rich quick schtick. It's about security. Peace of mind. Confidence. Magnolia Wealth Strategies makes it so you look ahead with less confusion and more clarity. We're all about aligning clients with sensible products that are truly in their best interest. The Magnolia way is designed to help you grow your own way - taking into account who you really work for - your family.

Advise. Protect. Invest. Manage.



PHOTOGRAPHY TIPS

Did you know that you will receive **FREE** digital photography at all FRESHJUNKIE Racing events?

Want to make the best possible photos? Follow these simple tips for great pics!

- Look up. Keep an eye out for our Official Race Photographers. They will be on course and at the Finish Line **dressed in reflective vests** capturing images of you.
- Clearly display your bib number at all times. This means having it on the center of your torso on your outer most garment. It doesn't help if it's under a sweatshirt or on your back.
- Thumbs up, arms above your head, peace signs, V for victory...whatever it is, have fun!
- Most importantly: **Smile!**
(Remember you paid to do this)



COURSE SAFETY

EVENT ALERT SYSTEM (EAS)

The color-coded Event Alert System (EAS) status - ranging from Low (Green) to Extreme (Black) based primarily on weather - will be communicated by way of public address announcements, digital notifications, and color-coded signs/flags at the Start/Finish Line and Aid Stations.

AID STATIONS AND EMS

Medical personnel will be stationed at each aid station along the race course to monitor and treat any athlete who is injured or in distress. Aid stations also offer water, Powerade, and portable toilet facilities. Local EMS will also be providing medical support throughout the race course.

MEDICAL SUPPORT

Each medical tent will be staffed with teams of medical professionals and equipped with emergency equipment and supplies. The Main Medical Tent is located just past the Finish Line.

Alert Level	Event Conditions	Recommended Actions
Extreme	Event Cancelled / Extreme & Dangerous	Participation stopped / Follow event official instructions
High	Potentially Dangerous	Slow down / Observe course changes Follow event official instructions Consider stopping
Moderate	Less Than Ideal	Slow down / Be prepared for worsening conditions
Low	Good	Enjoy the event / Be alert

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Tiger 10K

Mississippi Gulf Coast Marathon

Louisiana Marathon

Mardi Gras Mambo

War Eagle Run Fest

Skyway 10K

Amazing Half Marathon

Tuscaloosa Half Marathon

Crawfishman Triathlon

Indian Creek Triathlon

Northshore Half Marathon

Huey P. Long Bridge Run

Battleship 12K

December 5, 2021

December 11-12, 2021

January 15-16, 2022

February 12, 2022

February 20, 2022

March 6, 2022

March 12, 2022

March 26, 2022

May 22, 2022

June 12, 2022

October 9, 2022

October 15, 2022

November 13, 2022

SAVE THE DATE
TAMMANY TURKEY TROT
NOVEMBER 24, 2022





COMMITTED TO COMMUNITY

At Olin, we are a community of 8,000 dedicated professionals in twenty countries serving customers worldwide. Olin's global reach is complemented by our local commitment to the communities where we work, live, and play. We are grateful for the opportunity to collaborate with communities to make a difference in people's lives. Our employees volunteer their time as long-time residents who care for and inspire one another. We also care for the environment by developing innovative solutions to reduce our energy and carbon footprint, carefully steward resources, and promote safe practices.

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