



Tammany  
**TURKEY**  
TROT

**2023**

NOVEMBER 23 - THANKSGIVING DAY

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**ATHLETE GUIDE**

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# ABOUT THE RACE

## WELCOME TO THE 6TH ANNUAL TAMMANY TURKEY TROT

Thank you for joining us for the 6th Annual Tammany Turkey Trot! We have partnered with the Northshore Humane Society to bring you a safe and fun event, as well as make a positive impact on our community.

Thanksgiving is the most popular running day of the year, with Trots happening across the country. We thank you for making the decision to #EarnYourTurkey with us 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:

Amanda Becnel : Sales Associate

Doug Cain : Safety Director

Caroline Cardinal: Marketing Associate

Ray Castle : Medical Director

Jonathan 'Juba' Dziuba : Managing Director

Eric Engemann : Sales Director

Patrick Fellows : Experiential Director

Lauren O'Brien : Volunteer & VIP Director

Patrick O'Brien : Race Director

Matt Peralta: Logistics Director

Nan Urban : Athlete Services Director

Haley Wattigny : Marketing Associate

Mike Wattigny : Marketing/Creative Director

Diane Weiss : Registration Director

# #earnyourturkey



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# CHARITY PARTNERS

The Tammany Turkey Trot is proud to partner with the Northshore Humane Society.



## EVENT SCHEDULE

### Tuesday, November 21

4:00 pm - 6:00 pm      Packet Pickup

Varsity Sports Mandeville (@ the Trailhead)  
624 Girod St.  
Mandeville, LA 70448

### Wednesday, November 22

11:00 am - 4:00 pm      Packet Pickup

Academy Sports + Outdoors  
7205 Pinnacle Pkwy.  
Covington, LA 70433

### Thursday, November 23

6:00 am - 7:45 am      Race Day Packet Pickup

St. Tammany Parish Justice Center  
701 N. Columbia Street  
Covington, LA 70433

7:30 am      1 Mile Walk/Run Race Start

St. Tammany Parish Justice Center  
(N. Jefferson Ave. side)

8:00 am      5K and 5-Mile Race Start

St. Tammany Parish Justice Center  
(N. Jefferson Ave. side)

8:26 am      Any 5 Miler participant NOT past the turn onto South Louisiana Street will be directed onto the 5K course to finish their race.

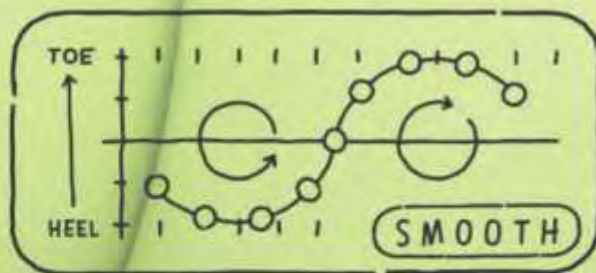
Corner of E. 12th Ave. and  
S. Louisiana Street

10:00 am      Race Concludes

St. Tammany Parish Justice Center  
(N. Jefferson Ave. side)



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*Tuesday, November 21*  
*4-6pm*

Stop by our location at the trailhead  
and demo the Brooks Ghost Max  
during packet pickup!

624 Girod St.  
Mandeville



varsityrunning.com



# PACKET PICKUP

## PACKET PICKUP

You can pick up your race packet before race day on Tuesday, 11/21 at Varsity Sports Mandeville and on Wednesday, 11/22 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

The new Varsity Sports Mandeville at the Trailhead has off-street parking available. 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.

## 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 7:00am 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 "PACKET PICKUP" once you finish the race and 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.





# GENNUSA FIRM

Husband and Wife Legal Team

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the Tammany Turkey Trot





# COURSE MAP - 1 MILE FUN RUN





# COURSE MAP - 5K | 5 Miler

## Start & Finish

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

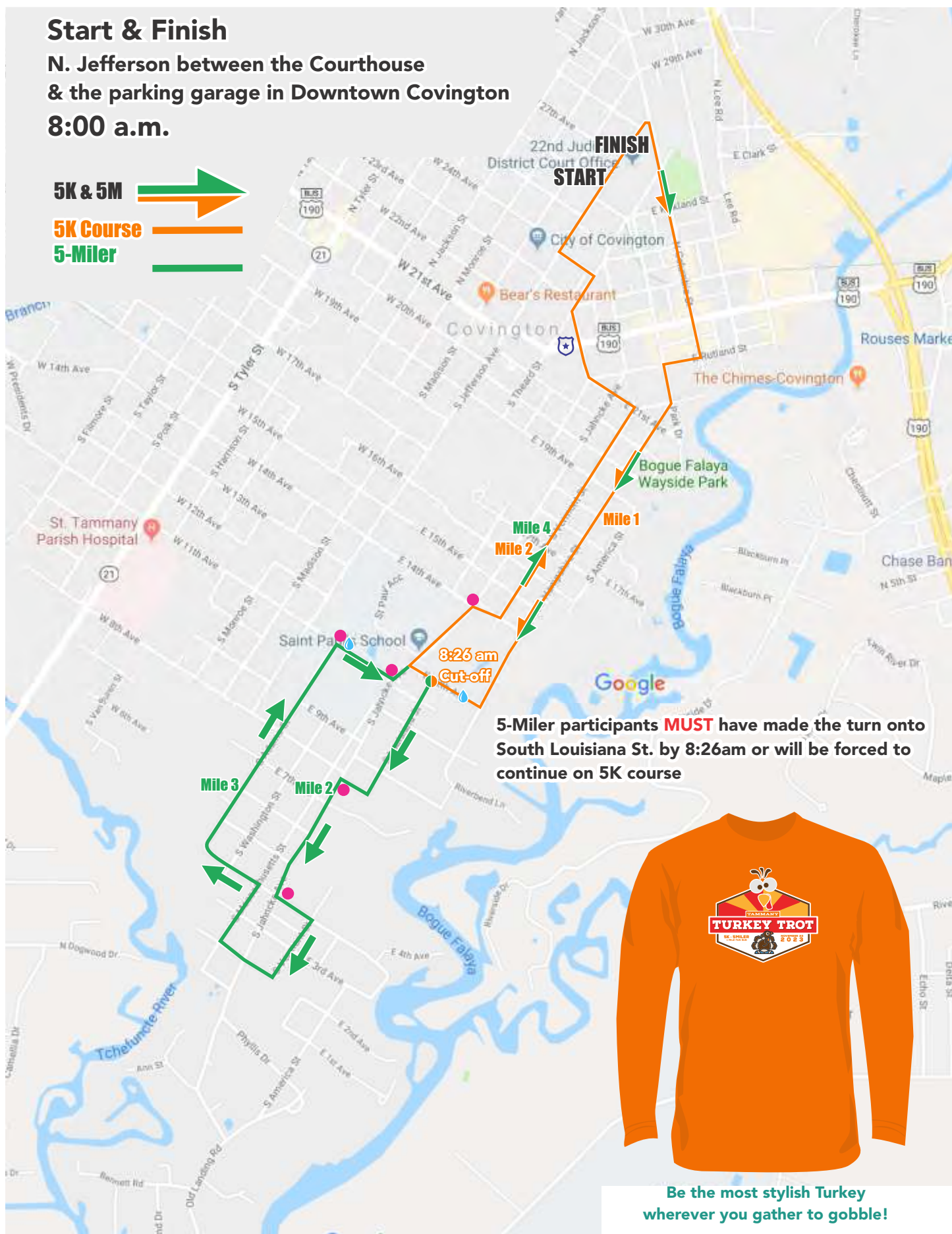
5K & 5M



5K Course



5-Miler







# RACE DAY PARKING

## PARKING

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

**DO NOT PARK ON  
N. JEFFERSON AVE.  
or  
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. When registering, you can elect to have your results sent via text message or email to your phone. These are sent within minutes of you finishing the race. Results can also be checked at our TIMING AND RESULTS tent near the finish line. Awards can be claimed AFTER 9:00am from the AWARDS Tent. There are no Award ceremonies. Awards will not be shipped post-race.**

# *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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# 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**  
**Tuscaloosa Half Marathon**  
**Northshore Half Marathon**  
**Huey P Long Bridge Run**  
**Battleship 12K**

**December 3, 2023**  
**December 9-10, 2023**  
**January 13-14, 2024**  
**January 27, 2024**  
**February 18, 2024**  
**March 3, 2024**  
**March 23, 2024**  
**October 13, 2024**  
**October 19, 2024**  
**November 17, 2024**



**SAVE THE DATE**  
**TAMMANY TURKEY TROT**  
**NOVEMBER 28, 2024**







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