



TAMMANY

TURKEY
TROT

2025
ATHLETE
GUIDE



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#EarnYourTurkey



ABOUT THE RACE

WELCOME TO THE 8TH ANNUAL TAMMANY TURKEY TROT

Thank you for joining us for the 8th 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:

Doug Cain : Permitting & Security Director

Ray Castle : Medical Director

Julie Domma : Corporate Partnerships Director

Courtney Dziuba : Timing Director

Jonathan 'Juba' Dziuba : Finance & Admin Director

Eric Engemann : Sales Director

Patrick Fellows : Experiential Director

Lauren O'Brien : Volunteer & VIP Director

Patrick O'Brien : Race Director

Nan Urban : Athlete Services Director

Haley Wattigny : Marketing Associate

Mike Wattigny : Marketing & Creative Director

Diane Weiss : Registration Director



EVENT SCHEDULE

Tuesday, November 25

4:00 pm - 6:00 pm

Packet Pickup

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

Wednesday, November 26

11:00 am - 4:00 pm

Packet Pickup

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

Thursday, November 27

6:00 am - 7:45 am

Race Day Packet Pickup

St. Tammany Justice Center
701 N. Columbia St.
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-Mile 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 St.

10:00 am

Race Concludes

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

The Details of Dream Backyards

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PACKET PICKUP

WHEN AND WHERE

WHEN: Tuesday, 11/25 - 4pm - 6pm

WHERE: Varsity Sports Mandeville - 624 Girod St., Mandeville, LA 70448

WHEN: Wednesday, 11/26 - 11am - 4pm

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

PARKING

Free parking available at Varsity Sports and Academy Sports + Outdoors.

WHAT TO BRING

Confirmation email (sent race week or original) **OR** Photo ID. *Digital copies (your cell phone screen) are allowed.*

PROXY PICKUP

Proxy pickup available 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).

CHARITY PARTNERS

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



NORTHSHORE
HUMANE SOCIETY
rescue • care • no-kill • outreach



MAIL MY BIB - SWAG PICK UP

SWAG PICK UP OPTIONS

*Pick up event SWAG (event shirt, bag, etc.) pre-race at any scheduled Packet Pickup.

*Pick up event SWAG (event shirt, bag, etc.) post-race at the MAIL MY BIB SWAG PICK UP tent.

WHAT TO DO IF YOU DID NOT RECEIVE YOUR BIB

*Bibs are mailed via USPS 2+ weeks prior to race day to the SHIPPING ADDRESS provided when you registered.

*If you paid to have your bib mailed, but did not receive it, please report to a pre-race Packet Pickup and a staff member will be able to rectify the situation.

PARKING

There is plenty of 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.



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!

- **Clearly display your bib number at all times.** This means having it on the center of your torso on your outermost garment. It doesn't help if it's under a sweatshirt or on your back.
- Look up. Keep an eye out for our Official Race Photographers. They will be on course and at the Finish Line capturing images of you.
- 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

AID STATIONS AND EMS

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

MEDICAL SUPPORT

The 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.

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JOURNEY**
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BROOKS



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624 Girod Street • Mandeville

varsityrunning.com





1 MILE FUN RUN COURSE MAP





5K + 5 MILE COURSE MAP

Start & Finish

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

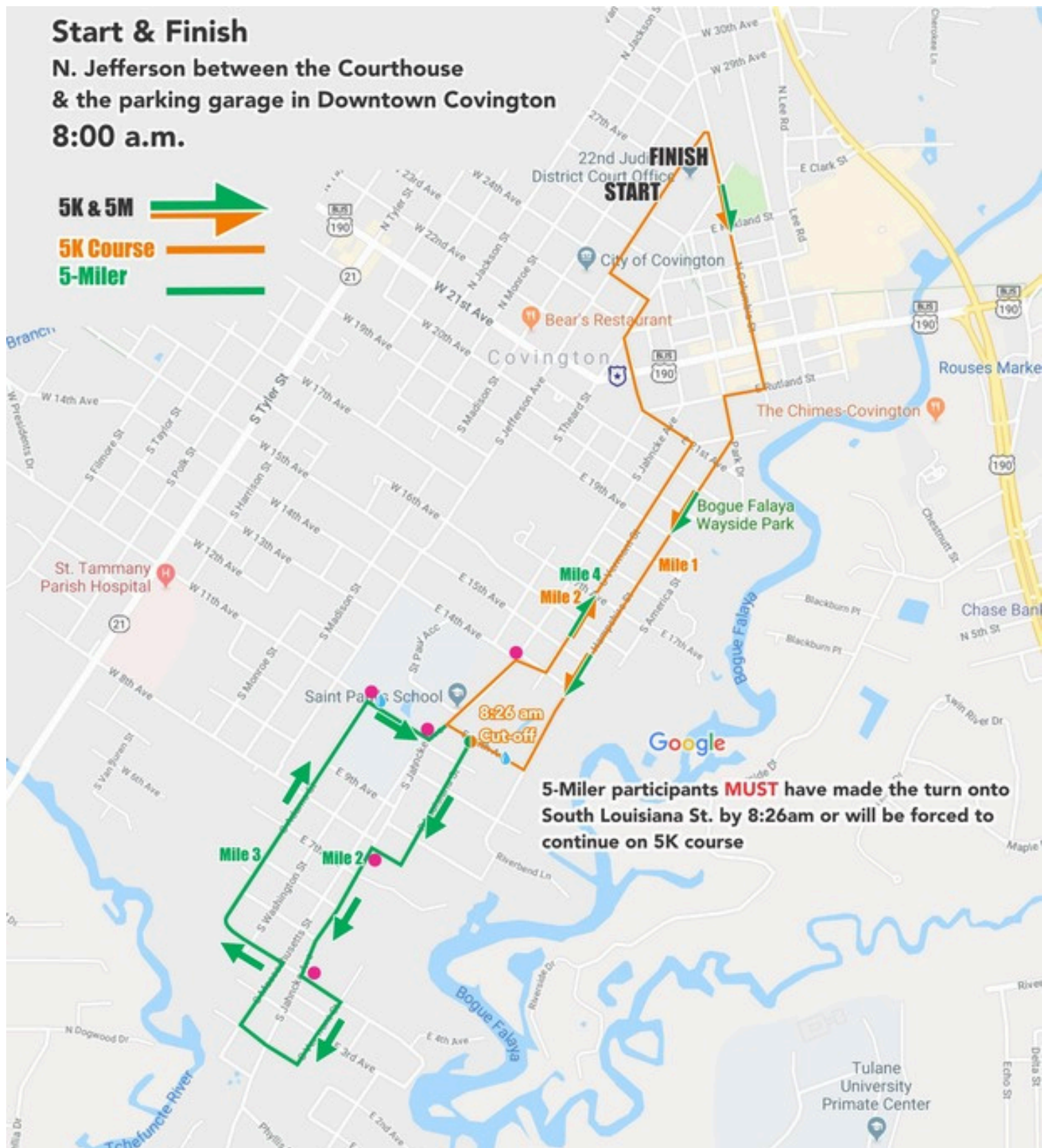
5K & 5M



5K Course



5-Miler





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or to find your nearest store.

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20% OFF
your entire purchase

Tammany Turkey Trot

You're invited to
Academy Sports + Outdoors
for exclusive savings.

November 26, 2025
7205 Pinnacle Parkway
Covington, LA 70433

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Present this coupon at checkout to receive your one-time discount.

Offer valid 11/26/2025 in-store on qualifying items. Present coupon at checkout; coupon must be surrendered at time of redemption. Discount taken pre-tax and applied at checkout. Cannot be combined with a price match. Cannot be combined with other offers, discounts, or coupons. Not valid on clearance, Hot Deals, ammo, firearms, deer corn, licenses, services, gift cards, sales tax, shipping & handling, exchanges, store credit, or previous purchases. If you return a portion of your purchase, a portion of the discount will be lost and refund will be in the amount actually paid. No cash value, no cash back. Limit one redemption per customer per purchase per day. Void if altered, reproduced, transferred, auctioned or sold, and where prohibited. Additional exclusions and restrictions may apply. Selection, prices, offers, and exclusions may vary online and by store. Limited stock; offer valid while supplies last. No rain checks. Academy Sports + Outdoors reserves the right to limit quantities. This offer is subject to change, alteration, or termination by Academy Sports + Outdoors at its sole discretion at any time.



GENNUSA



FIRM

Louisiana's Husband and Wife Legal Team

www.gennusafirm.com



**Keesler Federal Credit Union
Mississippi Gulf Coast Marathon** Biloxi, MS

December 13-14, 2025

Louisiana Marathon Baton Rouge, LA

January 17-18, 2026

**Baton Rouge General
Mardi Gras Mambo** Baton Rouge, LA

January 31, 2026

War Eagle Run Fest Auburn, AL

Feb 28 - March 1, 2026

Tuscaloosa Half Marathon Tuscaloosa, AL

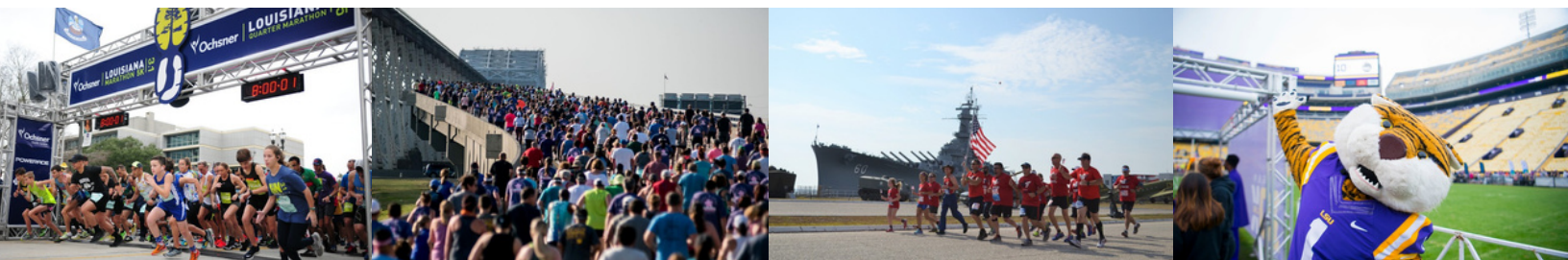
March 28, 2026

Our Lady of the Lake Tiger 10K Baton Rouge, LA

April 19, 2026

Huey P. Long Bridge Run Elmwood, LA

May 9, 2026



**SAVE THE DATE
TAMMANY TURKEY TROT
NOVEMBER 26, 2026**



RUN

GULF COAST

FOUNDATION



Run Gulf Coast Foundation believes that everyone deserves the opportunity to lead an active lifestyle, regardless of age, background, or ability. We recognize that cost, access to facilities, and lack of awareness can create significant barriers to participation.

RunGulfCoast.org

Joy Alert! This Race is in RaceJoy!



Available for Apple
and Android devices.

Live Phone Tracking!
GPS Progress Alerts!
Send-a-Cheer!



Share your race
experience with
supporting
friends and family!

Download RaceJoy Today!

Questions?

Email: support@racejoy.com

Website: racejoy.com

See RaceJoy Buzz Alerts or FAQ in App

Like us on Facebook to see what
races are offering RaceJoy!



Key RaceJoy Features!



Live Tracking

Live phone tracking of up to 50 participants moving along the official course map. Receive NearMe alerts as a participants draws near and use the MeetUp feature to find one another.



Progress Alerts

GPS-based progress alerts are issued continuously in audio format. Typically these are sent every mile and include pace and estimated finish time.



Send-a-Cheer

Send entertaining, motivational audio cheer clips or custom personal messages with text-to-cheer.

The race participant must carry their phone and enable tracking on race day.

Note: Make sure the spectator logs in as themselves or RaceJoy will track their phone and not yours.

Start My Race
Click When Crossing the Start Line

Participants! Come back on race day and click the Start My Race button as you cross the start line.

Be sure to follow the in-app prompts to ensure proper setup of the various features available to you on race day.

If you have any questions about RaceJoy for this race, contact support@racejoy.com. We're happy to help!