

2023 MANASQUAN TURKEY TROT

Information you need to know! 40th Annual

Thanks for being a part of the Manasquan Turkey Trot. Enjoy & Thanks for the Support!



IMPORTANT: ALL REGISTRATION WILL CLOSE SUNDAY NOVEMBER 12

Pre-Race Pickup Schedule – No in-person registration. Bib (numbers) & T-Shirts can be picked up before the race. Avoid a rush & pick up your stuff before race day. All bibs need to be picked up (they won't be mailed)! Important: Bibs must be worn on front on race day.

Thursday Night	Nov. 16th 5:30 – 7:30 PM	Leggett's Sand Bar, 217 First Avenue, Manasquan
Friday Night	Nov. 17th 5:30 – 7:30 PM	Leggett's Sand Bar, 217 First Avenue, Manasquan

Race Day – Saturday, November 18th – Event Schedule:

8:30 AM - Pickup at 69 Second Ave, Manasquan, NJ 08736. Large tent near Little League Field.

Shirt must be picked up by 12:30pm Race Day, after which shirts are given to Volunteers.

NO EXCEPTIONS, NO MAILINGS, NO REGISTRATION PAST SUNDAY NOVEMBER 12

10 AM - Start of **One Mile Fun Run** - on 1st Ave north of Ocean Avenue. Near house #61 Ocean Avenue

11 AM - Start of **5 Mile** - on 1st Ave south of Brielle Road. Please be at starting area at 15 minutes before start.

Line up in accordance with your speed – Swiftest runners at the front.

Information / Problems – [Click Here](#) to confirm registration.

Email us at manasquanturkeyrun@gmail.com, or check in at the “Help Desk” on race day.

Visit us on [Facebook](#) and [Instagram](#)

Recognition and Finish - Medals to all finishers age 12 and under in both races. [Awards](#) to top 20 Male & Female finishers in Five Mile race. Both events Finish on Second Ave near Little League Field. Official Race photos by Geroge Ertle will be posted at [HERE](#)

Parking – Street Parking will available in the surrounding streets Except for 2nd Ave. Extra parking at three lots - on 3rd Ave just north of Main St., on 4th Ave just South of Main St. & 3rd & Pompano Avenue.

Restrooms – Port-O-Johns – are located in Park. You may also use facilities Leggett's & Main Beach Pavilion.

Water - It is important for runners to drink plenty of water prior to, during and after the race. Water is available before & after the race in parking lot of the Little League field. Water stops on the 5-mile course.

Safety - For the safety and enjoyment of all Turkey runners the course is restricted to registered runners & race personnel: dogs, skateboards, any skates, bicycles & **baby joggers/strollers are prohibited**. We ask that you don't use radio/recorder head phones or earbuds, and any headphones and earbuds must be removed before crossing the finish line chute. First Aid will be on site. Note: Time Limit for the 5 Mile is 90 minutes. **Current CDC Covid-19 Protocols encouraged.**

IMPORTANT: to repeat, only the registered runner will be permitted to cross the finish line - do not have children or other family members jump in to finish with you.

Course - See map of 5-mile route at this link: <http://www.mapmyrun.com/routes/view/918471853>

Post Race – Complimentary refreshments for all registrants are available at the ballfield. Please be considerate of the other runners; take only one item per runner. Refreshments are for runners only! Shirt size exchanges race day only after finish. Music provided by Jersey Shore Running Club's John O'Gorman

OFFICIAL RUNNER'S PRE & POST RACE PARTIES (*please support these sponsors*)

- **LEGGETT'S SAND BAR, 217 First Avenue, Manasquan, www.leggetts.us (Race Headquarters)**
- **THE SALTY WHALE, 390 E. Main Street, Manasquan, www.thesaltywhale.com**
- **REEF & BARREL, 153 Sea Girt Avenue, Manasquan, www.reefandbarrel.com**

Directions to Race - GSP Exit 98 to Rt. 34 South. After circle stay in right lane & take Manasquan exit. Follow Atlantic Ave East to light. Make a right turn onto Main St., follow to available parking space near 3rd or 4th Avenues.

Sponsors - Thank you to our Sponsors - see list posted at www.manasquanturkeyrun.com

See you on November 18th
Thank you from the **Manasquan Turkey Trot Committee.**