



**2022**

NOVEMBER 24 - THANKSGIVING DAY

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**ATHLETE GUIDE**

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# ABOUT THE RACE

## WELCOME TO THE 36TH ANNUAL BATON ROUGE TURKEY TROT

Thank you for joining us for the 36th Annual Baton Rouge Turkey Trot! This race is a local thanksgiving tradition – one that serves the community by keeping them active and fit through racing and by partnering with the March of Dimes as a fund-raiser to help their organization financially and by spreading the word about the work they do.

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:

Ray Castle : Medical Director

Jonathan 'Juba' Dziuba : Managing Director

Patrick Fellows : Experiential Director

Kelly Goff : Marketing Coordinator

Patrick O'Brien : Race Director

Matt Peralta: Logistics Director

Craig Sweeney : Strategic Partnerships

Nan Urban : Athlete Services Director

Mike Wattigny : Marketing/Creative Director

Diane Weiss : Registration Director

# #earnyourturkey

# CHARITY PARTNERS

The Baton Rouge Turkey Trot is proud to partner with the March of Dimes.



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## EVENT SCHEDULE

### Wednesday, November 23

10:00 am - 6:00 pm    Packet Pickup

Dick's Sporting Goods  
9330 Mall of Louisiana Blvd., Suite 200  
Baton Rouge, LA 70810

### Thursday, November 24

6:00 am - 7:15 am    Race Day Packet Pickup

Race Site  
368 Convention St.  
Baton Rouge, LA 70801

7:30 am    1 Mile Race Start

368 Convention St.

8:00 am    5K Race Start

368 Convention St.

9:30 am    Race Concludes

368 Convention St.

# ***FREEDOM FROM BACK & NECK PAIN IS CLOSER THAN YOU THINK.***

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# PACKET PICKUP

## PACKET PICKUP

The 2022 Packet Pickup and Late Registration will be held at the Dick's Sporting Goods, located at the Mall of Louisiana, [9330 Mall of Louisiana Blvd., Suite 200, Baton Rouge, LA 70809](#) on Wednesday, November 23rd from 10:00 am - 6:00 pm.

## PARKING

There is a tremendous amount of parking available at Dick's Sporting Goods adjacent to the Mall of Louisiana.

## 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.

## LATE REGISTRATION

Late registration is available during packet pickup unless the race sells out. The BR Turkey Trot will post a notice regarding closed races on our website and Facebook page. Participants can register on the website until the event sells out.

# 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.



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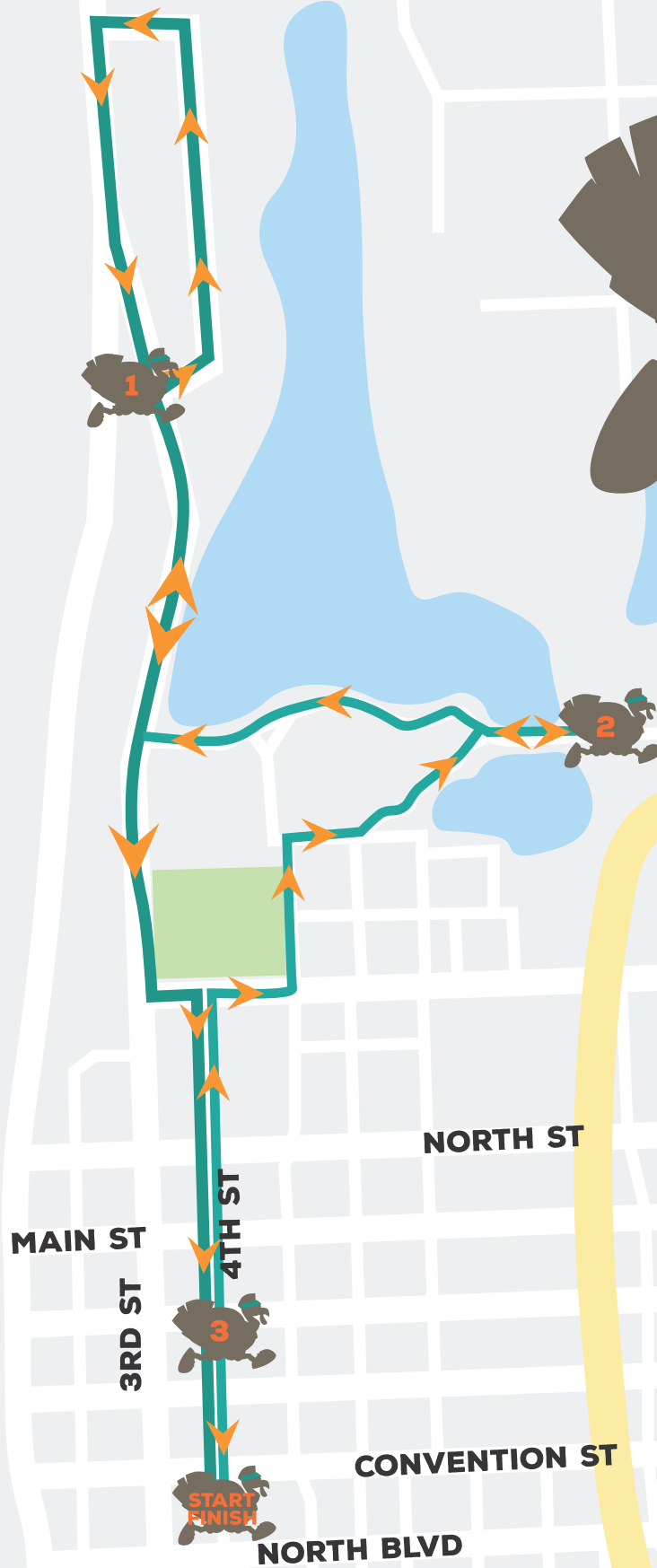


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4TH ST

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COURSE MAP

GOVERNMENT ST



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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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for  
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CARE



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FOR  
COMPASSIONATE  
CARE &  
TAKING THE  
TIME TO LISTEN

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high quality  
care you and your  
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OPEN 365  
DAYS A  
YEAR



PATIENTS  
AGES  
ZERO TO 21

ON-SITE  
SERVICES

-X-ray  
-Laboratory  
-Pharmacy

# TIMING & SCORING

Results will be posted on our website immediately following the race at:

<https://runsignup.com/Race/Results/98650>

Your timing chip is attached to the back of your race bib. DO NOT remove the timing chip and be sure your race bib is on the front center of your torso.

Want to find your results as soon as possible? Scan the QR code at signs around the venue to jump right to the results. Remember to select the distance/event that you participated in under the 'Result Set' drop down menu.

## AWARDS

The top finishers in the 5K 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)

There are no Age Group awards for the 5K race.

There are no awards for the 1 Mile Fun Run.

**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.**



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## 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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**Tiger 10K**  
**Mississippi Gulf Coast Marathon**  
**Louisiana Marathon**  
**Mardi Gras Mambo**  
**War Eagle Run Fest**  
**Amazing Half Marathon**  
**Skyway 10K**  
**Tuscaloosa Half Marathon**

**December 4, 2022**  
**December 10-11, 2022**  
**January 14-15, 2023**  
**February 4, 2023**  
**February 26, 2023**  
**March 4, 2023**  
**March 12, 2023**  
**March 25, 2023**

**24 Events - 6 States**  
**For Athletes. By Athletes.**



**SAVE THE DATE**  
**BATON ROUGE TURKEY TROT**  
**NOVEMBER 23, 2023**





# WE'RE READY TO EXPLORE

## Hit the Ground Running

Whether you're a history buff, foodie or someone just looking to have a good time, there's much to explore, eat and experience when you come to Baton Rouge.

To plan how you'll spend your time post-race, head over to [visitbatonrouge.com](https://visitbatonrouge.com).