



BATON ROUGE
**TURKEY
TROT**

5K + 1 MILE
FUN RUN

2025 ATHLETE GUIDE



TEAM  PATEL



THANK YOU SPONSORS



#EarnYourTurkey



ABOUT THE RACE

WELCOME TO THE 39TH ANNUAL BATON ROUGE TURKEY TROT

Thank you for joining us for the 39th 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 fundraiser 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:

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

Wednesday, November 26

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 27

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.





SOUTH LOUISIANA'S TRUSTED ROOFING CO

"Great response time on initial call out to receive the quote. Amazing job on scheduling the installation of the roof and great communication through the whole process. I would definitely recommend Pelican to anyone who is in the market for a new roof!!!"

- Burton B



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& CUSTOM AWNINGS**

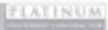
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INTEREST**

**→ UP TO 21 MONTHS ←
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AWNINGS**



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TURKEY TROT



The Olivier family (Chad, Rose, Conrad, Cole, Christopher, and Max), represent the Olivier Group every year in the annual Turkey Trot. The family loves the tradition of running together each Thanksgiving to keep active and serve their community!



Olivier Group
Innovative Wealth Planners



Securities offered through Cetera Wealth Services, LLC, member FINRA/SIPC. Investment advisory services offered through CWM, LLC, an SEC Registered Investment Advisor. Cetera is under separate ownership from any other named entity. Neither Cetera nor any of its representatives may give legal or tax advice.

The Olivier Group | 4609 Bluebonnet Blvd, Suite A | Baton Rouge, LA 70809



PACKET PICKUP

WHEN AND WHERE

WHEN: Wednesday, November 26 - 10am - 6pm

WHERE: Dick's Sporting Goods - 9300 Mall of Louisiana Blvd., Suite 200, BR, LA 70810

PARKING

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

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 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.

CHARITY PARTNERS

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





DR. SAMIR

PATEL

Interventional Pain Specialist



Dr. Samir K. Patel is board certified pain management specialist at The NeuroMedical Center in Baton Rouge. With over **5,000 patients treated annually**, Dr. Patel leads one of the busiest pain management practices in all of Louisiana. Dr. Patel and his entire team look forward to helping you find the pain relief you have been searching for.

“ *Thanks to Dr. Samir Patel, I’ve conquered chronic back pain and crossing the finish line has never felt so good!* ”

-Charles Anderson, Triathlete Champion



Team Patel specializes in treating a wide variety of painful conditions **without surgery**:

- Back Pain
- Neck Pain
- Fibromyalgia
- Plantar Fasciitis
- Arthritis
- Headaches/ Migraines
- Joint Pain
- Disc Disease
- Neuropathy
- Sports and Work Injuries

GET IN TOUCH:

225-768-2050

**BATON ROUGE
GONZALES
WALKER**

TEAM  PATEL



The
NeuroMedical
Center
CLINIC

Experts for the Brain, Spine, & Nervous System



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 Pickup 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 and never received it, please report to a pre-race Packet Pickup and a staff member will be able to rectify the situation.

TIMING & SCORING

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

<https://www.turkeytrotbr.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. You can elect to have your results sent via text message or email to your phone, and you'll receive them 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.



Fairways & Flavors

We don't do predictable in Baton Rouge. Here, you can run the lakes by morning, perfect your swing on world-class golf courses by afternoon, and toast your adventures with a killer craft cocktail by night. This is your space to explore—no rigid itineraries, just pure, unscripted excitement waiting to be experienced however and whenever you choose. Because who says heart-racing fun and soul-soothing vibes are mutually exclusive? It's all about finding your rhythm. **Find Your Pace.**

To Find Your Pace, go to VisitBatonRouge.com



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.





Baton Rouge Turkey Trot
Offers valid 11/21/2025 - 11/26/2025

Valid at the DICK'S House of Sport Baton Rouge store location.

Baton Rouge Turkey Trot

Valid 11/21/2025 - 11/26/2025

Valid at the DICK'S House of Sport Baton Rouge store location.

20% OFF YOUR ENTIRE PURCHASE **DICK'S**

**NEED AN ITEM NOT
AVAILABLE IN-STORE?**

Ask a Store Associate about ordering an item(s) through our ScoreMORE kiosk, located inside the store. Receive a 20% discount, plus free shipping, valid on the date(s) listed above. Some exclusions apply.

VALID IN-STORE ONLY. Limit one coupon per customer. Excludes taxes, prior purchases, gift cards, extended warranties such as the No Sweat Protection plan, licenses, store credit, services or excluded items, detailed in-store or at [DICKS.com/Exclusions](https://dicks.com/Exclusions). Cannot be combined with other offers. No reproductions or rain checks accepted. Offer not accepted at DICK'S Warehouse Sale or Going, Going, Gone! locations.



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NEW!

Made With Love
**Grandma's
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THE SWEET, BUTTERY TASTE OF
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Offer valid through Dec. 11, 2025.



5K COURSE MAP





**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

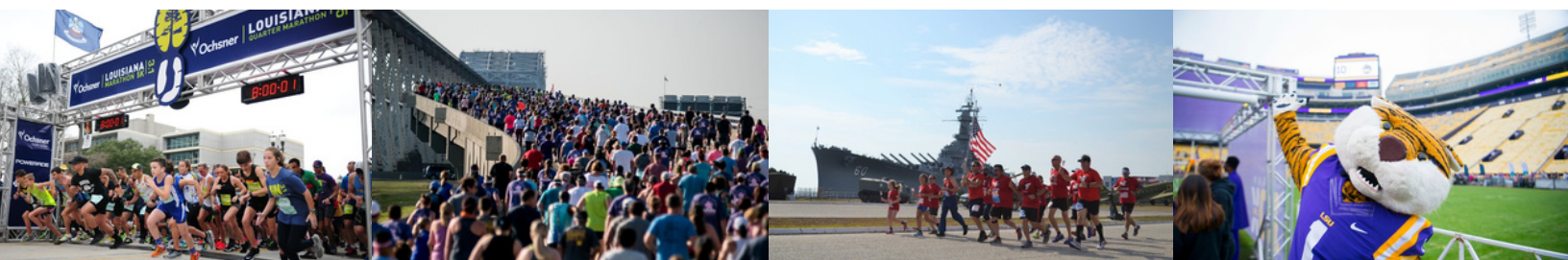
March 28, 2026

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
BATON ROUGE 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!