



Baptist Health

TURKEY DAY

MIAMI 5K|10K *presented by* Publix

NOVEMBER 24, 2016



2016 PARTICIPANT GUIDE

HAPPY THANKSGIVING!

Welcome to the Baptist Health Turkey Day 5K/10K Miami presented by Publix.

We are honored that you have chosen to share your holiday with us, and have an incredible event in store for you. Please take a moment to read through the information within this guide to ensure your event experience is as enjoyable as possible.

Event day offers a myriad of options to help you and the family kick off the holiday the right way, including our 5K, 10K and Kids Trot races. The event also offers our holiday inspired Finish Festival filled with fun for your entire family.

The Turkey Day Run Miami is proud to partner with the St. Vincent DePaul Food Bank. In 2015 we collected more than 1 ton of food to help Miamians who do not know from where their next meal will come.

This year, we challenge you, our runners, to help us grow that number via these simple steps:

1. Make an online donation during registration
2. Bring 2 non-perishable food items to Packet Pick Up and deposit it in the food collector on race morning.

Life Time would like to send a special thank you to the City of Miami and the various city agencies that make this race possible, and to the 6,000 participants, their families and friends and to our volunteers, sponsors and charities.

You deserve tremendous credit for beginning your Thanksgiving with the Healthy Way of Life. Enjoy the day and have a great holiday!

Sincerely,

Turkey Tom & The Miami Life Time Fitness Events Team

Alex Degracia, Race Director
Mari Lopez, Production Manager
Maria Alea, Athlete Services
Frankie Ruiz, Chief Running Officer
Ana Perez, Race Coordinator

Samantha Bailey, Marketing Coordinator
Bryan Embrey, Volunteer Coordinator
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THANK YOU TO OUR SPONSORS



FOR MORE INFORMATION
 visit turkeyday-run.com or contact FLevents@lifetimefitness.com





Celebrate Chicago's emergence from winter and the kick-off to distance running season. Coming May 21 to the Park at Lakeshore East, the *Chicago Spring Half Marathon & 10K* features an intimate urban venue, gorgeous lakefront course and gourmet hot breakfast with the energy of the Michelob ULTRA 13.1 finish line and post-race experience.

CHICAGOLAND
HALF MARATHON SERIES.

Don't miss the 2017 Chicago Half Marathon on Sunday, September 24 -- and earn the 26.2 mile commemorative medal when you complete the Chicagoland Half Marathon Series.

CHICAGO
SPRING
HALF MARATHON/10K

5.21.17



Register soon. Last year's race SOLD OUT in March
CHICAGOSPRINGHALF.COM

CULTURE,
COMPETITION
& THE COASTS

- MIAMI MARATHON JAN. 29, 2017
- 13.1 MIAMI BEACH MAR. 5, 2017
- FIRST WATCH SARASOTA HALF MARATHON MAR. 19, 2017
- SOUTH BEACH TRIATHLON APR. 5, 2017



2016 Participant Instructions

YOUR BIB NUMBER WILL BE EMAILED TO YOU



Registration

Online registration will remain open through Wednesday, November 23, 2016 at 4:00 PM. Race morning registration will open from 5:30 AM to 7:00 AM. at the Registration tent. *Registration for the Kid's Trot event will remain open until 7:30 AM.*

Packet Pick-Up

An email with your bib number will be sent to you prior to packet pick up. You will need to know your bib number to pick up your packet. All participants must pick-up their packet. Please bring a photo ID to the pick-up location to retrieve your packet. You may pick up on behalf of other participants. A copy of the participant's photo is required.

Packet Pick-Up Schedule

Fit2Run, Dadeland Mall	Monday, November 21, 2016	12:00PM to 7:00PM
7535 N. Kendall Drive Space 2440	Tuesday, November 22, 2016	12:00PM to 7:00PM
Miami, FL 33156	Wednesday, November 23, 2016	10:00AM to 7:00PM
Tropical Park (RACE DAY ONLY)	Race Day, November 24, 2016	5:30AM to 7:00AM
7900 SW 40th Street Miami, FL 33155		

Items You Will Receive

All participants will receive a race bib with timing chip, race shirt and safety pins. The Chronotrack B-Tag is a lightweight, single-use timing device that stays attached to your bib during the race. **All participants are strongly encouraged to complete the emergency information on the back of the race bib prior to race day.**

The Gift of Giving: Canned Food Drive

We are excited to partner with **St. Vincent De Paul Food Bank** this year! Please join us in helping out this great organization by bringing canned food to any of our packet pick-up locations or on race morning.

Charity Shoe Drive: Rotary Club of Miami/Dadeland/Pinecrest

Do you, your family or friends have old sneakers you're ready to get rid of? We've got you covered! Donate them during packet pickup and race morning, and receive a free Bayside cruise certificate when you donate 3 or more pairs. **The Rotary Club** annual shoe collection drive converts these donations into cash to fund educational scholarships.

Start Times and Locations

Tropical Park 7900 SW 40th Street Miami, FL 33155

The **5K/10K** will start **promptly** at 7:30 AM by the batting cages behind the registration area.

The **Kid's Trot** will start at **9:00 AM** at the track. Kids will meet at the stage and will be walked to their respective starting lines based on their age.

Parking

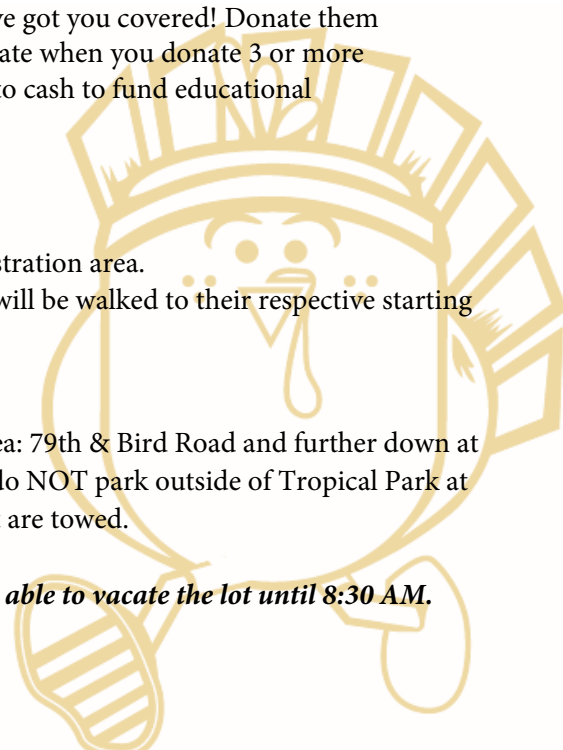
Tropical Park provides free parking! There are two entrances to their parking area: 79th & Bird Road and further down at 82nd and Bird Road. The Miller entrance will NOT be open on race day. Please do NOT park outside of Tropical Park at any of the nearby shopping centers. Life Time is not responsible for any cars that are towed.

Please plan to arrive early. No cars will be allowed into the park after 7:00 AM.

****Please note: All participants who use the lots within Tropical Park will not be able to vacate the lot until 8:30 AM.**

LIFE TIME

THE HEALTHY WAY OF LIFE COMPANY



2016 Participant Instructions

Gear Check

There will be a small, complimentary gear check provided on race day. Please use the clear bags to store your gear. Do not give your items to any volunteers except those at gear check. Please arrive early; gear check will close five minutes before race start. *Life Time Fitness is not responsible for any lost or stolen items.*

Course Basics

- 5K and 10K will start together promptly at 7:30 AM
- The 5K course will be one lap around the park and then into the stadium.
- The 10K course will exit the park on Miller Drive and use 82nd Ave. and then returns back into the park then into the stadium.
- Hydration Station (water and UCAN Hydration) locations:
 - 5K: Mile 1 and Mile 2
 - 10K: Mile 1, Mile 2, Mile 3-4, and Mile 5
- Headphone Rule: Use only one ear bud for your safety and the safety of other participants.
- First Aid provided by Baptist Health South Florida.

Results

Race results will be available from the Results tent at the post-race area. Please keep in mind that all times are tentative and preliminary upon initial postings.

Awards

The Awards Ceremony will begin at 9:30 AM from the main stage. Awards Given: Overall Winners (three deep) and top three places per age group in each category (5K/10K). Kid's Trot participants will receive a finishers medal!

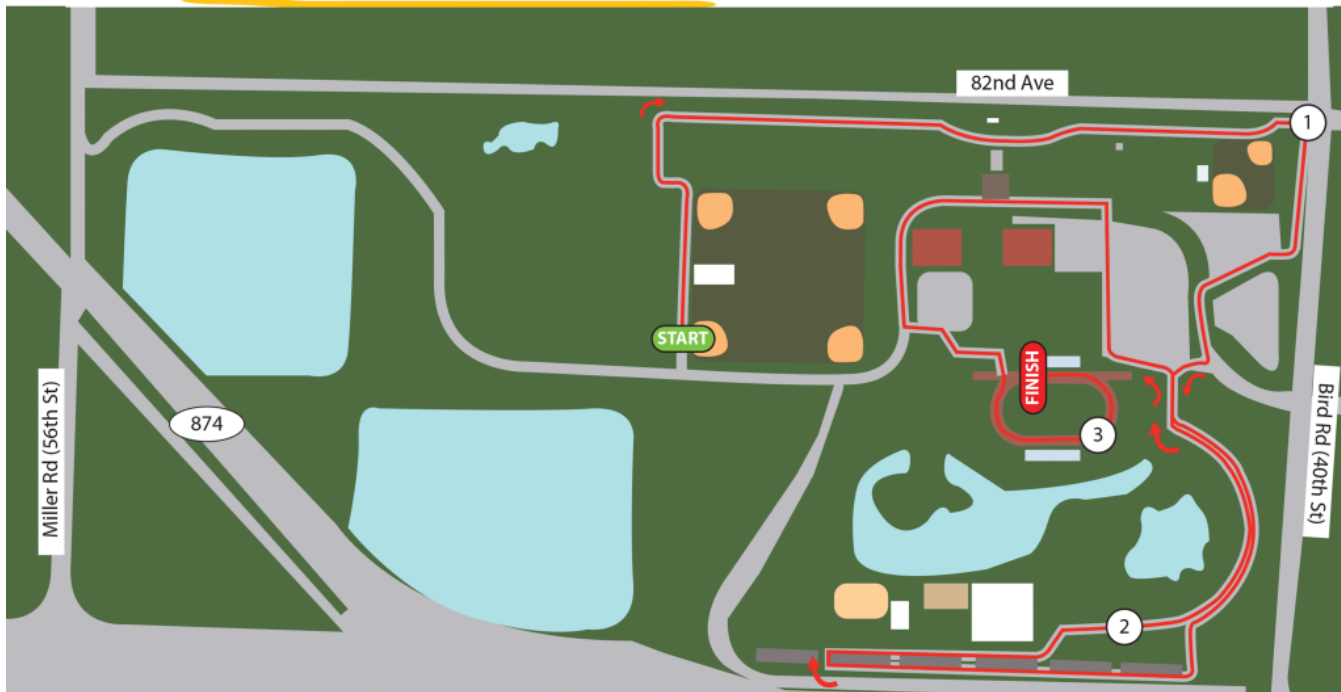
Photos

Pic2Go will be providing race-day photography along the course and at the Finish line to capture your achievements. Be sure to have your bib number visible at all times and SMILE! Event photos will be available online a few days post-event.

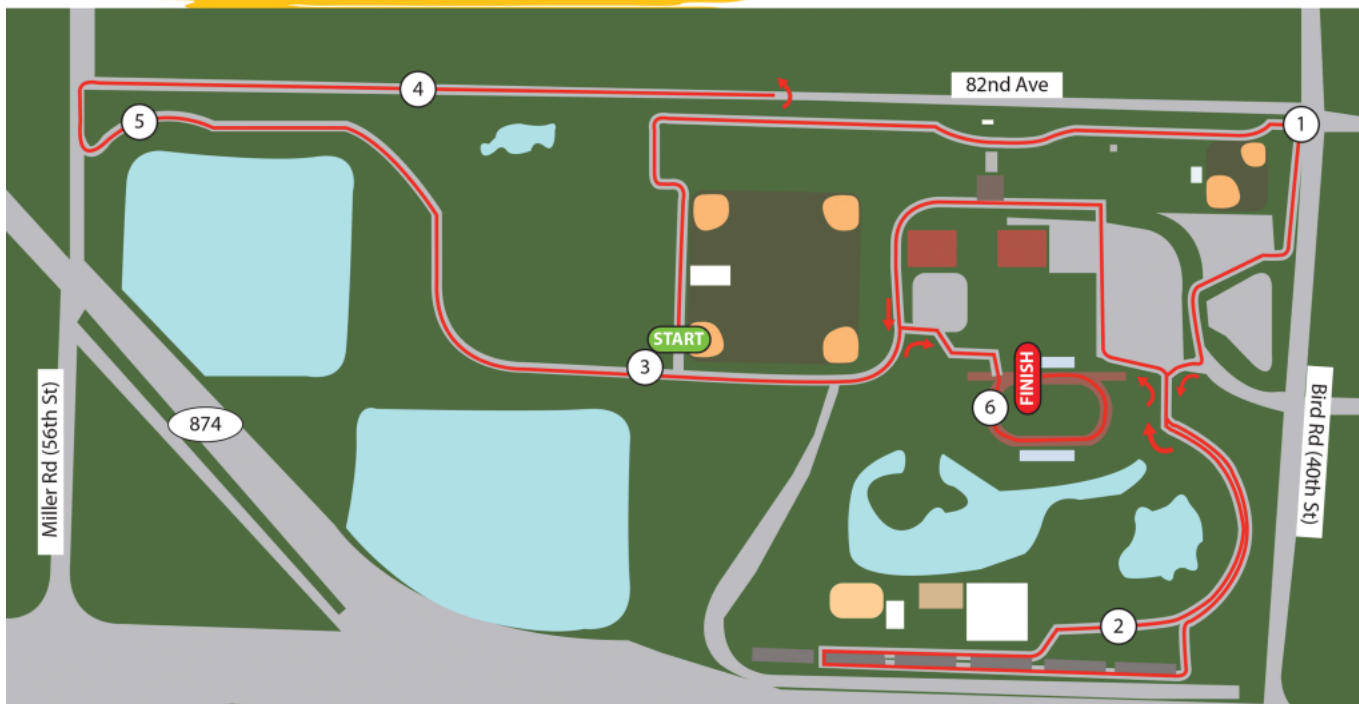
**Don't forget your
turkey hat!**



5K COURSE MAP



10K COURSE MAP



LIFETIME TRI

LIFETIMETRI.COM



EMBRACE THE EPIC.

South Beach	4.02
Tempe	4.09
Austin	5.29
Minneapolis	7.08



New York City	7.16
Chicago	8.27
Miami	9.24

Make Your Miles Matter

Together, we can save every last child. Save the Children is the leading international children's relief organization working in 120 countries including the United States. They do whatever it takes to ensure that all children get access to what they deserve — a healthy start, the opportunity to learn and protection from harm. **Race for Free with Save the Children.**



Save the Children.

LEARN MORE AND REGISTER AT
LIFETIMETRI.COM/FEATURED-CHARITY

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