

RACE START TIME

- Race starts at 9am
- Recommended to arrive at or before 8:30am (downtown parking is limited so please allow enough time to walk to the Y)
- Distances: 5K Walk / 5K Run
- Start & Finish at the Carlisle Family YMCA
- Course map at carlislefamilyymca.org (click on the CenturyLink Turkey Trot logo)

PACKET PICK-UP

Available at the Carlisle Family YMCA:

- Tuesday, Nov. 20 from 6am-9pm
- Wednesday, Nov. 21 from 6am-9pm
- Thanksgiving Morning from 6:45-8am

IT IS HIGHLY RECOMMENDED THAT YOU PICK UP YOUR PACKET BEFORE RACE DAY. RACE DAY REGISTRATION AND PACKET PICK-UP WILL CLOSE PROMPTLY AT 8AM SO WE CAN START THE RACE AT 9AM SHARP.

IMPORTANT RACE DAY INFO FOR YOUR SAFETY

- Please do not bring dogs or other pets with you to the race
- The Carlisle Family YMCA discourages the use of headphones / iPods

WEATHER POLICY

The race will be held rain or shine. In the event of extreme weather conditions, the race will be cancelled and all entry fees will be viewed as charitable contributions to benefit the mission of the Carlisle Family YMCA. If the event is cancelled, it will be posted at carlislefamilyymca.org before 6:30am on race day morning.



DIVISIONS & AWARDS*

FOR 5K RUN

12-U	M / F	1 st	2 nd
13-16	M / F	1 st	2 nd
17-19	M / F	1 st	2 nd
20-24	M / F	1 st	2 nd
25-29	M / F	1 st	2 nd
30-34	M / F	1 st	2 nd
35-39	M / F	1 st	2 nd
40-44	M / F	1 st	2 nd
45-49	M / F	1 st	2 nd
50-54	M / F	1 st	2 nd
55-59	M / F	1 st	2 nd
60-64	M / F	1 st	2 nd
65-69	M / F	1 st	2 nd
70+	M / F	1 st	2 nd
5K Run	M / F	1 st Overall	

*All awards must be claimed in person at the Carlisle Family YMCA before Friday, Dec. 7.

RACE RESULTS

Will be posted on carlislefamilyymca.org:

- Click on the CenturyLink Turkey Trot logo and follow the links

FEED THE HUNGRY

Bring canned fruits, vegetables or shelf-stable protein (tuna, chicken etc.) to packet pick-up or on race day to support Project SHARE and be entered to win a free Massage, Personal Training or Reiki Session. Five lucky winners will be chosen. Must be present to win. <https://wp.me/P7TaH3-28J>



PROCEEDS BENEFIT...

...the Carlisle Family YMCA's commitment to strengthen youth development, healthy living and social responsibility in our community.

REGISTRATION & FEES

EARLY TURKEY – SEPT. 1 – OCT. 31

- Register by Oct. 31 at 11:45pm to be able to choose no shirt or a performance shirt or hoodie.
- Registration Options:
 - 5 & Under No Shirt Option = FREE!
 - 5 & Under Youth Performance Shirt = \$11
 - 6-12 Performance Shirt = \$21
 - 6-12 Hoodie = \$26
 - 13 & Up Performance Shirt = \$28
 - 13 & Up Hoodie = \$34
 - 13 & Up No Shirt Option = \$21

PRE-TURKEY – NOV. 1-19

- Register by Nov. 1 at 11:45pm to guarantee a performance shirt.*
- Registration Options:
 - 5 & Under No Shirt Option = FREE!
 - 6-12 Performance Shirt = \$21*
 - 13 & Up Performance Shirt = \$32*

TURKEY'S IN THE OVEN – NOV. 20-22

- Last Minute Registration
- Race Day Registration open 7-8am
- Registration Options:
 - 5 & Under No Shirt Option = FREE!
 - 6-12 Performance Shirt = \$21*
 - 13 & Up Performance Shirt = \$38*

*Performance Shirts will be handed out on a first come, first served basis at packet pick-up for those who register after Nov. 1 at 11:45pm.

HOW TO REGISTER

- Online at carlislefamilyymca.org (click on the CenturyLink Turkey Trot logo)
- Online Registration ends Nov. 21 at 11:45pm
- No transfer of registration to another party



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THANK YOU...

TO OUR SUPPORTING SPONSORS



PET Carlisle Inc.

TUCKEY TEAM AWARD

The Golden Fork is back! The team with the most registered participants by Nov. 19 at 11:55pm gets the fork. While it is not recommended to use it to eat turkey, the Golden Fork will make the perfect addition to your living room or office. Get your co-workers, friends or family and create a team today. The team with the most creative team name (selected by Y staff) also wins a prize!



NEW & EXCITING FEATURES

- New, easier race registration website
- Share and post on Facebook to save money on your registration
- **Want a FREE entry?** Forward your registration link to others. When they register with your link your entry gets cheaper up to a free entry! Spread the word with your confirmation link.
- Five year age division awards (20 and up)
- Photo booth, picture area & balloon artist provided by Strouse Entertainment & face painting by CALC from 8-10:30am
- Snapchat Geofilter to share where you are & what you're up to Thanksgiving morning!
- Bobby Rahal Automotive Group race bib coupon (\$250 off the Market Driven Price for any Bobby Rahal Automotive Group vehicle, valid through 3/31/19) Must provide bib or coupon for the deal. See race bib for further details.



CHRISTMAS TREE SALES

The Y's Men's and Women's Club will start selling Christmas trees & holiday wreaths November 23.

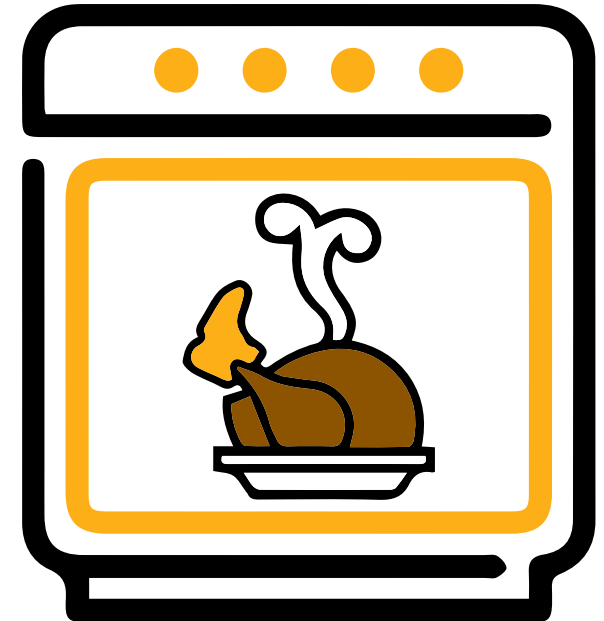
Thank you to everyone who took the survey last year. Your responses help us gauge areas where we can improve to make your race day experience excellent. Please take a few moments to fill out this year's survey (e-mailed after the race) so we can continue to make the CenturyLink Turkey Trot the premiere Thanksgiving Day race in Southcentral PA!



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY



TURKEY TROT



17th Annual 5K Run / Walk • Carlisle Family YMCA

FITNESS BEFORE THE FEAST!

November 22, 2018

THANK YOU!

