



# Run with the flock at the Turkey Trot 5K Run/Walk! Race begins at 8 a.m.

## RACE CATEGORIES

Participants are divided into four groups with staggered starting lines.

RED ZONE

**Elite:** For runners who have completed a timed 5K race in the last 18 months in less than 21 minutes/men and 24 minutes/women. No dogs or strollers allowed. Elite category starts first.

GREEN ZONE

**Runner:** For runners who will run the entire race without walking breaks. No dogs or strollers allowed. The Runner category starts second, just after Elite.

WHITE ZONE

**Walker/Family/Group/Stroller:** For anyone participating with a group, small children or a stroller. Participants may run or walk. No dogs. This category starts third, just after Runner.

YELLOW ZONE

**Pet:** For anyone participating with a dog. All dogs must be on a leash. (No dogs in Elite or Runner categories.) Participants may run or walk. Strollers, families and groups are allowed. Please clean up after your dog. Pet category starts last.

## PACKET PICK-UP

Be sure to pick up your race packet, t-shirt and color-coded race bib with your timing device:

**Wednesday, Nov. 22, 8 a.m. -5:30 p.m.,** or  
**Thursday, Nov. 23, 6-7:15 a.m.,** at  
Springfield Expo Center, 635 E. St. Louis Street  
Downtown Springfield

Please share your Thanksgiving and **bring five nonperishable food items** to donate to Ozarks Food Harvest! Donations are collected at Springfield Expo Center during packet pick-up and on race day.  
**No unattended bags or items allowed on race day.**



**OZARKS  
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HARVEST**  
THE FOOD BANK

Race day instructions, map and parking info at [ParkBoard.org/TurkeyTrot](http://ParkBoard.org/TurkeyTrot)

417-837-5817 • 417-864-1049

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## Why do we trot?



Proceeds from Turkey Trot benefit the Springfield-Greene County Park Board Scholarship Fund and Developmental Center of the Ozarks.

The Scholarship Fund allows youth who qualify for free/reduced lunch to participate in Park Board programs, sports, summer camp and other fee-based activities. Since 2008, more than 7,000 scholarships have been awarded!

DCO provides therapies and educational support to infants and children with developmental disabilities or delays, ages birth to three; as well as an inclusive childcare center and preschool for all children six weeks through six years of age. It also provides daytime educational, training and employment services for adults who have disabilities.

Thank you for supporting Turkey Trot!

## Did you know?

Turkey Trot is one of the largest one-day food drives for Ozarks Food Harvest! More than 6,500 meals were donated last year. Remember to bring **five nonperishable food items** to donate.



# Thank you, Turkey Trot sponsors!

Presented by:



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Specialized Medical Training  
*The critical difference.*



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