

MUSIC CITY TURKEY TROT

5K & 1 MILE WADDLE FINAL INFORMATION



Race Weekend Timeline

Please read the contents of this document to ensure you are race day ready!

PRE-RACE PACKET PICKUP (PLEASE NOTE DIFFERENT PICKUP LOCATIONS FOR EACH DAY)

Tuesday, November 22, 2022 – 3PM – 7PM
Location: Dick's Sporting Goods – Mt. Juliet Location
Address: 401 S Mt Juliet Rd, Ste 605, Mt Juliet, TN

Wednesday, November 23, 2022 – 12pm – 6pm
Location: Dick's Sporting Goods – Nashville West
Address: 6812 Charlotte Pike, Nashville, TN

RACE DAY – THURSDAY, NOVEMBER 24, 2022

Start & Finish Line: Titans Stadium
Race Day Packet Pickup Opens: 7AM
5K Start Time: 8AM
1 Mile Waddle Start Time: After 5K

Start/Finish Line area is open to the Public.

HELPFUL TIPS & REMINDERS

- The event will be utilizing dynamic bib assignment and your race number will be assigned at check in
- You can pickup a packet for others but must have a copy of their ID and their QR code
- Arrive early for race day to avoid traffic and delays
- At the start, line up according to your pace with faster runners to the front. This will allow participants to get into their pace at the start of the event.
- Wear your race number on the front of all clothing during the race and do not bend or wrinkle the bib.

Packet Pickup

We encourage runners to pick-up their packets prior to race morning to avoid long waits and start delays:

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Help Your Friends

- You can pick up packets for others if you have a copy of their QR code and their ID
- When picking up multiple packets, please make a note of the participant's name on the back of the bib to avoid timing issues on race day.

Race Day Packet Pickup – November 24, 2022

Start & Finish Line: Titans Stadium
Packet Pickup Opens: 7AM

Start/Finish Line

START & FINISH LINE VILLAGE

The Start/Finish Line Festival area will be at Titans Stadium in Downtown Nashville. Within this area will be all the amenities you need for a successful race! Please refer to the Venue Map at the end of this document for the location of Packet Pickup, Porta Potties, Refreshments and MORE!

RACE DAY PARKING INFORMATION

FREE Parking is available near the start/finish line area at **Titans (Nissan) Stadium, LOT A**. Please enter the lots via Interstate Drive and Russell St entrances. Refer to the parking map at the end of this document.



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Start

START LINEUP

We ask that participants line up at the starting line based on their pace. This means that faster runners will start first followed by walkers. This will allow runners to settle into their pace quickly after starting. Once we signify "go" all runners will be released onto the course.

1 Mile participants will need to line up behind the 5K participants. Once the 5K has cleared Victory Lane, the 1-mile participants will be released onto the course

FIRST AID

The safety of our participants is our highest priority. We will offer first aid care during the event to treat any minor issues that hinder your participation in the event. Please visit the St. Thomas first aid station located at their ambulance.

Restrooms will be located at the start/finish line area.

TIMING

We will use ChronoTrack timing technology. To get an official race time and be included in results, participants MUST wear a bib number with timing device on front of body so they can be validated at the finish on camera. The B-Tag technology allows for precision and timing accuracy in road racing performance. All race numbers/bibs will have the timing tag affixed to the back of the bib.

Course

5K COURSE

1 MILE WADDLE COURSE – untimed fun run!

FUEL ON THE COURSE & FIRST AID

Water will be provided at one location on the 5K course. The station at approximately Mile 1.5 will be located on Demonbreun Ave between 6th and 5th Avenues. Exact location [here](#).

Finish

FINISH LINE FESTIVAL

Once you cross the finish line you will receive your finisher medal and water. After you exit the finish line area, proceed to the refreshment tents for bananas, granola bars, Grab the Gold snack bars, and [Dole](#) Fruit Bowls!

Thank you to our refreshment sponsors!



TRAVELIN' TOM'S COFFEE TRUCK

Celebrate your finish and treat yourself to a cup of Travelin' Tom's Coffee, located at the Finish Line Festival! Be sure to grab a coupon from them at the finish line.



POST RACE YOGA

After your finish stop by the bKYND Recovery Zone for some post-race yoga featuring a 10-minute yoga flow (starting approximately every 15 minutes until the end of the race)



RESULTS

Official results can be found at the Best Times tent located in the festival area.

AWARDS

Awards will be presented 3-deep in the divisions below for both male and female categories. You will only be allowed to claim a prize in one category. Awards must be picked up at the event and will be given out within 30 minutes of the last eligible winner crosses the finish line.

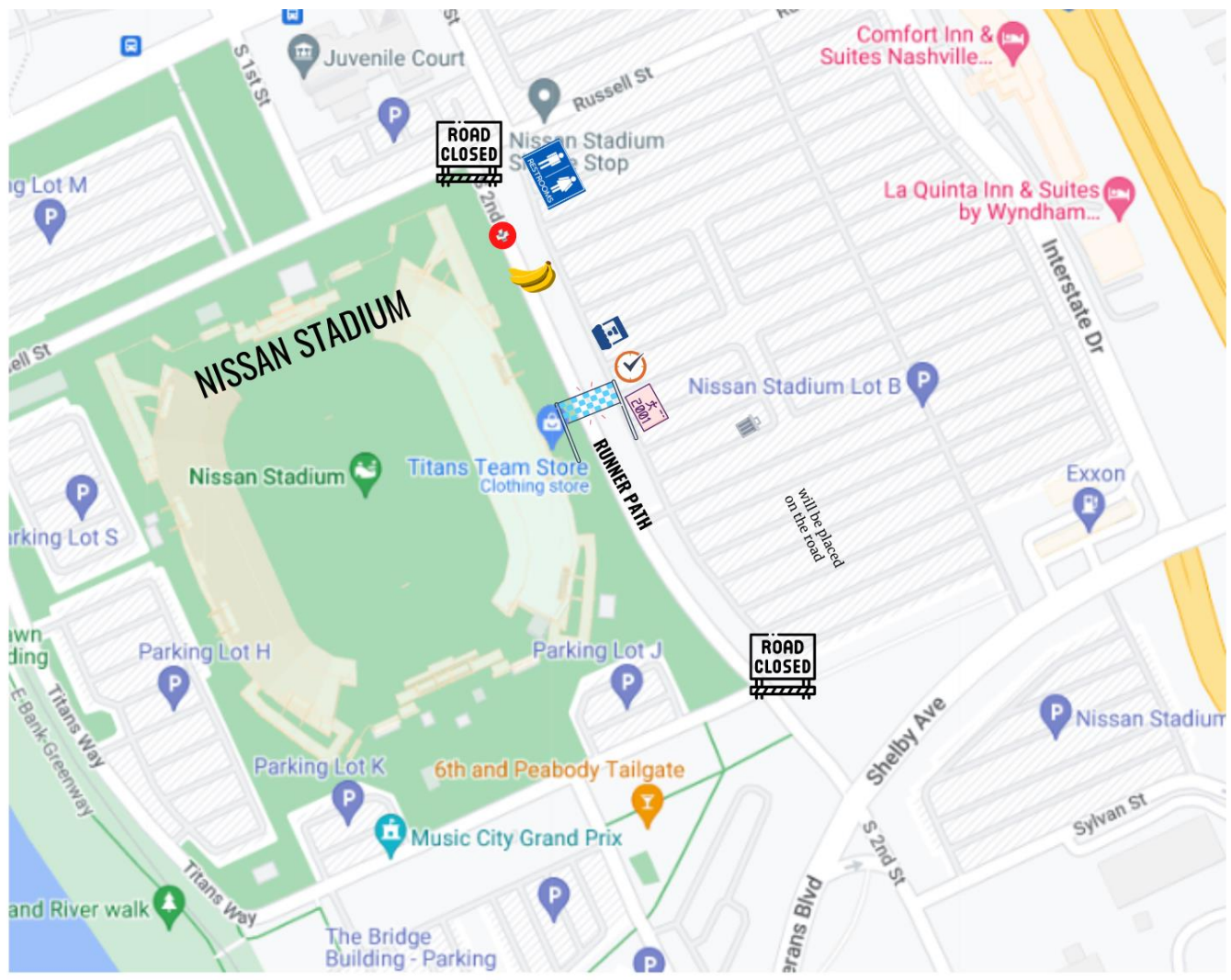
- Overall
- Masters (Age 40-50)
- Grandmasters (Age 50-59)
- Seniors (Age 60-69)
- and... Top 3 Costumes!

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VENUE MAP



-  Bib Pickup/Reg
-  Start/Finish
-  Partner Booth
-  Timing Tent
-  Refreshments
-  Toilets
-  Medical

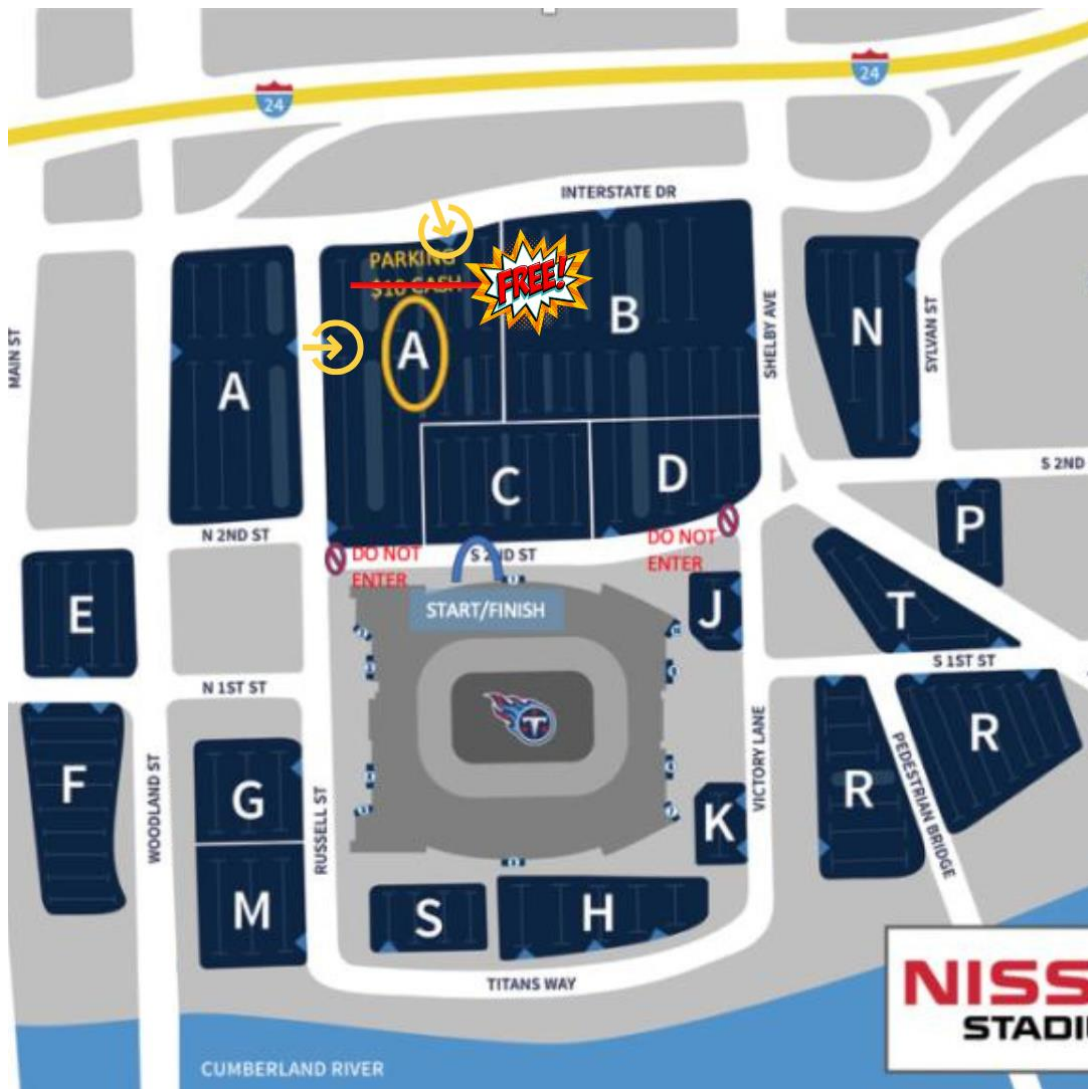
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PARKING MAP

Parking in **BIG LOT A ONLY**. All other lots will be locked!



Parking is **free!** Please enter Lot A from the Russell St or Interstate Drive entrances. All other access points will be locked.

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THANK YOU TO OUR PARTNERS & SPONSORS!

CHARITY PARTNER

The Music City Turkey Trot is proud to support Nurture the Next. [Visit their website](#) to learn more and donate.



EVENT SPONSORS

