



Thank you for pre-registering for the Walnut Creek Sports & Fitness Turkey Trot. Please read on for important times and other information.

Packet Pick Up

Your "race packet" includes your bib number and t-shirt. You have two options for picking up your packet:

1. Pick up Tuesday or Wednesday, Nov. 22-23

Where: Walnut Creek Sports & Fitness Club, 1908 Olympic Blvd in Walnut Creek.
Times: 9am to 7pm each day

2. Pick up Race Day, Thursday, November 24

Where: Race Start/Finish at Civic Park, Walnut Creek
Times: 6:30 - 7:45 am (5K or 10K); until 9:45 am for Kids runs.

You may pick up a packet for a friend if you would like during the pre-race packet pick up.

Still need to sign up additional friends or family? Registration will be accepted both at Packet Pick Up as well as on Race Morning.

- View entry fees on our website [here](#).
- Save time and fill out the form at home - [Download here](#).

Important Times for Race Day

6:30 am - Late Registration & Packet Pick Up opens
7:45 am - Registration closes (except for kids fun runs)
7:50 am - Pre-Race Warm Up
8:00 am - Start of 5K & 10K
9:30 am - Costume Contest
9:45 am - Registration closes for Kid's Runs
10:00 am - Start of Kid's Runs (age-based heats)
11:00 am - Event concludes

When Should I Arrive on Race Morning?

In order to allow sufficient time for parking, warming up, picking up bib and tshirt (if not previously done) and using the restrooms, we suggest arriving a minimum of one hour early. We anticipate over 4,000 runners and walkers to participate this year.

Parking

Most of the City parking structures in Downtown Walnut Creek will be closed on Thanksgiving morning for the holiday. We suggest you arrive early to find parking. There are several banks and other businesses near to Civic Park which will be closed on Thanksgiving and have available parking. Other options include street parking. Please note that the parking lot at Civic Park will be closed for the staging area of the race.

Food Bank of Contra Costa and Solano Counties

If you are able, please bring non-perishable canned food and other prepackaged goods to donate to the Food Bank of Contra Costa and Solano Counties. Their booth will be located near registration on event morning to accept your donation.

Chip Timing

We are excited to be utilizing the latest in chip timing at this year's event. Attached to the back of all 5K and 10K bibs are two timing chips. The chips stay on your race bib, and all you need to do is wear your bib on the front of your body. (nothing to put on your shoe). Please do not fold or mess around with the timing chips.



At the start of the 5K/10K race, there will be timing mats on the ground under the start banner. Be sure to cross the mats. Your timing chip will be read and your "net" time will start. This means that it does not matter how close or far from the start line you are when the gun goes off, because your time does not start until you cross the line.

When you cross the finish line, there will be a second set of mats to cross. This will determine your finish time. Awards and finish placement will be determined by chip time.

Three Easy Steps to ensure your time is properly recorded:

1. Wear your bib on the FRONT of your body on your outermost layer of clothing. (Bibs and chips are waterproof)
2. Cross the timing mats at both the start and finish line
3. Report to timing officials any changes to your gender, age or race distance than what is listed on the label on your bib number.

Race Results

Race Results will be posted on-site as available, and by 3:00 pm on our website at: http://changeofpace.com/wctt_results.html.

Winners of each age division in the 5K/10K may pick up their prizes either on race day or at the Walnut Creek Sports and Fitness Club starting on Friday.

Professional Race Photography

Professional race photographers from Brightroom.com will be joining us this year to capture your image as you participate in the event. A few days after the race, you can view and purchase official photos [here](#).

Our Photos and Videos will be posted on Facebook

We will post our own race photos and video after the race. Links will be posted on our [Facebook page!](#)

Weather

Our fingers are still crossed for dry conditions on Thanksgiving morning. The event will take place rain or shine.

A few tips for running/walking in the rain, should it occur:

- 1) Don't overdress. Remember that you will warm up as you begin moving.
- 2) Wear breathable clothing. Athletic apparel that repels water makes for a great outer shell; breathable clothing next to your skin helps keep you dry.
- 3.) Wear a running hat to shield your eyes/face from the rain.
- 4.) Have Fun! Running in the rain is like a free shower and a chance to splash in puddles and act like a kid again.
- 5.) Leave some dry clothes and shoes in your car to put on afterwards.

Thank you again for participating in this year's event and we hope you have a fantastic time!

Walnut Creek Sports & Fitness Club

Visit our website <http://wcsf.net>



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In This E-Mail

[Packet Pick Up](#)

[Start Times](#)

[When to Arrive](#)

[Parking](#)

[Canned Food Drive](#)

[Chip Timing](#)

[Race Results](#)

[Race Photos](#)

[Weather](#)

[Facebook](#)

Race Route

5K/10K courses start/finish at Civic Park in Downtown Walnut Creek.

[Course Maps](#)

Start Times

** 5K/10K Start **
together at **8:00 AM**

Kids Runs
in heats based on age
at 10:00 AM

Participant List

View a list of pre-registered participants:

[Click here](#)

Facebook



The Turkey Trot now has it's very own page on Facebook! Become a Fan by [clicking here!](#) It's a free and easy way to stay connected. :)

Follow Walnut Creek Sports and Fitness on [Facebook!](#)

