



Buffalo's largest and most popular road race would like to thank you for joining us this Thanksgiving! we want to give you some information to make your experience as enjoyable and safe as possible as you hit Delaware Avenue this morning.

1. First and foremost, please familiarize yourself with the Turkey Trot COVID-19 Guidelines at <https://www.ymcabn.org/covid-19-updates>. **Remember to have your mask and wristband** if planning to attend the Convention Center post-race party. Both are required for entry.

2. Early Packet Pick-ups Encouraged: We have seen a ton of you already! You have until 7:00 pm Wednesday night to come to the Independent Health Family Branch YMCA (150 Tech Drive, Amherst near ECC North Campus) and pick up your packet. Be sure to visit our Runners Expo sponsored by Runners Roost, featuring merchandise from DG Apparel & Gifts, and Nickel City Relics/Southtowns Trophy.

3. Race Day Packet Pick-up: Packets will be available from 7:00-8:30 am inside the Delaware Family YMCA (2564 Delaware Avenue, North Buffalo). Please arrive early to get your packet so that we can start the race promptly at 9:00 am. (Limited shirt size selection is available this day.) There will be no public access to the branch beyond packet pick-up.

4. Race Day Parking: Street parking is available in some lots near both the start and finish lines. A map of parking facilities near the Convention Center can be accessed at <https://buffaloconvention.com/directions-and-parking/>. Street parking is free on Thursday in downtown Buffalo. However, some parking lots and garages nearby may charge fees. These are not affiliated with our event, but you may use them.

Do not park on neighbors' lawns or driveways! Without our neighborhood support, we would not have this event. Please be kind and respectful to everyone. 😊

5. Shuttle Buses: First Student Bus Co. will provide shuttle service to and from the start and finish lines both before and after the race. Shuttle buses will run from Pearl Street behind the Convention Center to the North Buffalo Target Plaza parking lot (2626 Delaware Ave.) located just north of the Delaware Family YMCA. Pre-race shuttles run from 6:00-8:15 am (plan to arrive early to secure your spot on a bus as lines will be long). Post-race shuttles run from approximately 10:00 am to 11:45 am. Please Note: There will be no public access to the Delaware Family YMCA. Please plan accordingly.

6. Restrooms: There are port-a-potties available near the start line by the Delaware Family YMCA, and bathroom facilities in the Convention Center and Statler City (Family Area) at the finish line.

7. Ready, Set, Go... The race starts promptly at 9:00 am. Due to the large number of participants we ask that NO one run with animals, shopping carts, rollerblades, strollers, etc. on the race course. This is for the safety of all participants. Please line up according to a realistic pace that you plan to run using the pace signs set up along Delaware Avenue. Up front we will have the elites and the sub-7 min per mile pace. This will be followed by the 7-min to 9-min per mile pace, 9-11, and 11+. We have an on-course



time limit of two hours, at which point the course will be closed and roads will be re-opened to traffic.

8. Emergency Medical Care: EMTs will be located along the course, inside the Buffalo Niagara Convention Center, and ambulances will be stationed outside by the finish line.

9. SAG Vehicle: We will have a First Student bus following the last runner. This bus will be prepared to transport you to the finish line should you drop out of the race. We will also have EMT's from AMR trailing the race.

10. Awards Ceremony: Begins at approximately 10:00 am. We will be announcing awards for 1st place overall male and female and 1st place overall male and female Masters. All other categories will have their awards shipped to their address on file.

11 Bib Placement: Each bib has a timing chip secured in it. Please pin your bib on your outermost running garment. Do not cover up your bib. In order to cross the finish line, your bib must be visible. This ensures timing results and accuracy.

12. Safety & Security: We reserve the right to inspect any/all bags at will. K9 sweeps will be conducted throughout the day. Uniformed and plain clothed officers will be on site as always.

13. Post-Race: Once you cross the finish line, **participants ages 21 & up** can head inside the Convention Center for the Post-Race Party, including the awards ceremony and DJ. **Wristbands and masks are required for entry.** Food and refreshments for runners will be available, including:

- Fresh Fruit (Apples, Bananas, Oranges), Bagels, Cookies, Yogurt, Water, Coffee and Soda,
- Beer will also be available at the Convention Center for those 21 and older. Proper ID is required for service.

For families and those under age 21, we offer an alcohol-free zone with a DJ and refreshments across the street in the lobby of Statler City. Masks are required for entry.

14. Water Station: Water stations are available at the Finish Line and inside the Convention Center and Statler City. There are no race-sponsored water stations available along the course.

15. Pictures: Our official photographer is Trent Wellott Photography. There will be several spots on the course where you will be photographed. Photos can be purchased when they are available at <http://twphoto.us/>



16. Results: Live results will be posted at www.ymcabn.org/ymca-turkey-trot. Following the race, please check the website for your official time and place.

17. Personal Item Storage: There are no storage facilities available at either the start line or finish line for personal items. For your safety, please be sure to secure all personal items in the trunk of your car.

18. Weather /Course: The most recent forecast for Thursday looks dry and in the 40's. You will be able to enjoy the warmth of the Buffalo Niagara Convention Center or Statler City after the race, but we ask that you check the early morning forecast and dress accordingly. We recommend dressing in LAYERS.

19. Costume Contest: We're looking for the best of the best when it comes to Turkey Trot costumes! Show off your creativity and maybe win a prize! You'll need to check in at the stage outside the Delaware Family YMCA (look for the Y logo just north of the start line) no later than 8:25 am to be eligible for consideration. Prizes will be awarded for the best individual and group costume.

20. Food Drive: Together with FeedMore WNY and WGRZ-TV, the Y is teaming up to fight hunger in Western New York. Please remember to bring two cans of food with you to packet pick-up! Donation bins will also be available on race day at the Delaware Family YMCA and inside at the Buffalo Niagara Convention Center.

YMCA Buffalo Niagara wishes to thank our sponsors, our volunteers, medical staff, the Buffalo Police Department, City of Buffalo, and everyone involved. Without you, this event and it's amazing impact would not be possible! See you Thanksgiving morning at the 126th Annual YMCA Turkey Trot!