



### **WHAT IS THE YMCA TURKEY TROT?**

Known to be the oldest continuously run footrace in the world, the YMCA Turkey Trot is an 8K (4.97 mile) road race that attracts approximately 14,000 runners, joggers, and walkers of all ages and abilities to the City of Buffalo on Thanksgiving Day each year.

### **REGISTRATION**

#### **How do I register for the 2023 YMCA Turkey Trot?**

Online registration is available at [ymcaturkeytrot.org](http://ymcaturkeytrot.org) starting August 8, 2023 and goes until race capacity (14,000) is met.

#### **How much is it to register for the race?**

The cost is \$37 per person to participate either in-person or virtually. The price goes up to \$42 per person after October 13. The non-refundable registration fee includes all online processing fees and a commemorative t-shirt.

#### **What happens to the funds raised from the YMCA Turkey Trot?**

YMCA Buffalo Niagara is a charitable, community-based organization dedicated to strengthening the community through youth development, healthy living, and social responsibility. Your participation in the YMCA Turkey Trot helps fund YMCA programs that empower youth, ensure health equity, and provide support to our community's most vulnerable.

#### **If I cannot make the race, will I be issued a refund?**

Due to the nature of the event and the advanced ordering of supplies no refunds will be issued. Your registration fee supports the delivery of YMCA youth development and healthy living programs in Western New York.

#### **Can I register my group as a team to run the YMCA Turkey Trot?**

Yes, we offer both a family team category and a corporate all comers category with awards presented to 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place in each category. Each team member must be individually registered before a team can be registered. Teams can have an unlimited number of participants and include virtual participants. Team awards are determined by the average combined chip time of the top four in-person team members.

#### **How does virtual participation work?**

Virtual entrants complete an 8k run or walk at the time and place of their choosing anytime between Thanksgiving Day (Thursday, November 23) and Sunday, November 26, 2023. Registered participants receive an official Turkey Trot t-shirt and race-bib that can be picked up during pre-race packet pick-up hours. Shipping is available only for registered participants living outside Erie and Niagara Counties.

#### **I am travelling in from out of town. Do you partner with any area hotels?**

Yes. Several area hotels are offering discounted rates for Turkey Trotters travelling to Buffalo for this year's race. Click [here](#) for a complete list of participating hotels and their contact information.

**128<sup>TH</sup>**  
**ANNUAL**  
YMCA BUFFALO NIAGARA  
**TURKEY TROT**  
THANKSGIVING 2023

## FREQUENTLY ASKED QUESTIONS

### **PACKET PICK-UP**

#### **When and where do I pick-up my race packet?**

Pre-Race packet pick-up is available at the [Independent Health Family YMCA](#) (150 Tech Drive Amherst) between 10:00 am and 7:00 pm from Monday November 20 through Wednesday, November 22. Race Day packet pick-up is available between 7:00 and 8:30 am at the [Delaware Family YMCA](#), 2564 Delaware Avenue in North Buffalo. (If you are able to do so, it is highly recommended that you pick up your packet prior to race day.)

#### **I can't make it to packet pick-up. Can someone else get my packet for me?**

Yes. You can have someone pick it up for you.

#### **Can I have my packet shipped to me?**

Packing shipping is only available to virtual registrants living outside Erie and Niagara counties.

#### **Will there be a Runners Expo this year at packet pick-up?**

Yes. Runner's Roost is sponsoring this year's Expo at the Independent Health Family Branch YMCA from Monday, November 20 thru Wednesday, November 22 between 10:00 am – 7:00 pm each day.

### **RACE LOGISTICS**

#### **When does the race take place?**

The event is held every Thanksgiving morning. This year's race takes place Thursday, November 23, 2023. The starting gun goes off at 9:00 am SHARP!

#### **What is the race route?**

The race course is point to point covering approximately 5 miles. It starts at Delaware & Tacoma Avenues, travels south on Delaware Avenue through Niagara Square, and continues south on Delaware Avenue to Church Street. Runners then turn left on Church and travel to Franklin Street. Runners will turn left on Franklin and take Franklin just past Court St. to the finish line. The route map can be accessed on the Turkey Trot webpage at [ymcaturkeytrot.org](http://ymcaturkeytrot.org).

#### **What time should I arrive on the day of the race and where do I check in?**

Depending on where you decide to park you should plan to arrive at least 1 hour before the race. If you have your bib number in hand, simply head to the start line and line up according to your running ability using the large pace flags as a guide. If you are unable to pick up your race packet prior to race day, go to the Delaware YMCA (2564 Delaware Avenue in N. Buffalo) between 7:00 and 8:30 am to obtain your race bib/number and then head to the start line.

#### **Will there be water handed out anywhere along the course?**

Water stations are only available at the finish line. There are no water stations along the course.

#### **Is there assistance available if I can't do the whole course?**

Yes, there will be a trail bus following the end of the race pack which can transport you to the finish line. A first aid station is also located on the first level of the Convention Center if needed. Paramedics will also be on hand at the finish line to assist as needed.

#### **Will bathroom facilities be available before the race?**

Port-o-potties are available near the start line at the Delaware Family YMCA on the north side of the building. Bathroom facilities are also available inside the Convention Center at the finish.

### **Can I participate with a stroller/baby jogger or wheelchair?**

Strollers are strongly discouraged for the safety of all Turkey Trot participants. In the event you choose to participate with a stroller, we recommend that you line up at the back of the run/walk pack. People who use wheelchairs are also encouraged to line up at the back of the run/walk pack.

In either instance, we ask that you exercise extra caution for your own safety and the safety of others running around you. We want all participants to complete the course safely.

### **Can my dog run the race with me?**

With large crowds pets can be excitable (regardless of size). Animals/pets are NOT permitted for this event.

### **Will there be a Costume Contest again this year?**

Yes! Anyone planning to run in costume is encouraged to show off your creativity for a chance to win a prize. To register, simply head to the stage outside the Delaware Family YMCA (just north of the start line) no later than 8:20 am. Best individual and group costume winners will be chosen by crowd reaction.

## **RACE DAY PARKING/SHUTTLE BUS SERVICE**

### **Where do I park on race day?**

There is street parking and parking lots available near both the start and finish lines. (Please note some lots may require a fee). Shuttle bus service to and from the start and finish lines is available both before and after the race.

### **Where are the shuttles located and what time do they run?**

Shuttle buses run continuously from the Pearl Street side of the Convention Center to the North Buffalo Target Plaza parking lot (2626 Delaware Ave.). Pre-race buses run between 6:30 to 7:45 am (plan to arrive EARLY as lines will be long). Post-race buses run between 10:00 am to 11:45 am.

## **POST RACE PARTY/AWARDS CEREMONY**

### **Where do I go once I cross the finish line?**

Please join us for our annual post-race party and awards ceremony! Our awards ceremony takes place on the upper floor of the Convention Center where you can enjoy music, refreshments, and adult beverages. Our family friendly, alcohol-free zone is located in Room 106 on the Convention Center's lower level.

### **\*\*NEW THIS YEAR\*\***

Please be aware that we have enhanced our security measures for the Turkey Trot post-race party. All attendees must enter the Convention Center using the Franklin Street main entryways and pass through a security screening station before heading to the post-race party. All other doors will be locked and exit only.

We appreciate your patience as we work to provide a safe and secure post-race experience for all.

**128<sup>TH</sup>**  
**ANNUAL**  
YMCA BUFFALO NIAGARA  
**TURKEY TROT**  
— THANKSGIVING 2023 —

## FREQUENTLY ASKED QUESTIONS

### **Do I have to show ID or wristband to partake in adult beverages at the Convention Center?**

Yes. All participants aged 21 and over will receive a colored wristband with their race packet. You must be wearing your wristband and show proper ID to be served alcohol at the post-race party.

### **What race awards are given out for what categories?**

Awards are determined by gun time for overall and masters winners. Age group winners are determined by chip time. Trophies are awarded to 1st place overall male and female, and 1st place overall male and female masters at the post-race party.

Age group awards are given to 1st through 3rd place male and female in the following age categories: 9 & under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over. Team awards are given to 1<sup>st</sup> through 3<sup>rd</sup> place in the family team and corporate all comers categories.

## **ADDITIONAL WAYS TO PARTICIPATE**

### **Are volunteer opportunities available?**

There are a number of pre- and race day volunteer opportunities available. Volunteers must be 18 or older or accompanied by a parent or guardian. For a complete listing of volunteer opportunities and to register visit [ymcaturkeytrot.org](http://ymcaturkeytrot.org).

### **Will there be a food drive again this year?**

We are proud to partner with **Feed More WNY** and **Channel 2** to help combat hunger through our annual food drive! Please bring two cans (or more!) of non-perishable food items to with you when you pick-up your race packet at the Independent Health Family Branch (Nov. 20-22). On race day, collection bins will be located at the start line, at the Delaware Family YMCA entrance and at the Convention Center. Donations are also being accepted during the month of November at all YMCA Buffalo Niagara locations.

## **MORE QUESTIONS?**

Call the YMCA Turkey Trot call line at (716) 565-6000.