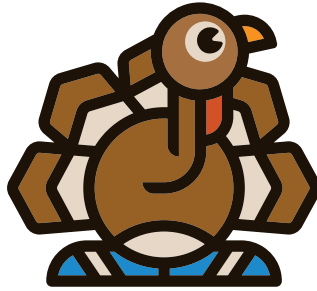




OUR LADY OF THE LAKE



TAMMANY
TURKEY

TROT

benefitting
the
northshore
FOOD BANK

2019

Athlete Guide

Race Welcome

Thank you for joining us for the 2nd Annual Our Lady of the Lake Tammany Turkey Trot to benefit the Northshore Food Bank. Not only are you getting a healthy start to your Thanksgiving Day but your food donations help to “Pack the Pantry” at the food bank which serves thousands of families in need each year.

Participants are encouraged to bring non-perishable food items on Thursday morning to the Northshore Food Bank. For every 3 items donated participants will receive one entry to our drawing for 1 of 4 pairs of Asics Running Shoes generously donated by Varsity Sports Mandeville. The more items you donate the better your chances to win!



The Official Event Schedule

PACKET PICK-UP

PRE-RACE: Date: Wednesday, November 27, 2019

Location: Varsity Sports Mandeville

2021 Claiborne St. Mandeville, LA 70448

Time: 11:00 am to 5:30 pm

RACE DAY: Packet Pick-up

Date: Thursday, November 28nd, 2019

Location: Northshore Food Bank

840 Columbia St. Covington, LA 70433

Time: 6:00 am to 7:15 am

RACE DAY INFO

Race Start Times: Gobble Jog (1/2 mile or 1 mile) starts at 7:45 am; 5K & 5 Miler starts at 8:30am

Location: Corner of N Jefferson Street and Columbia Street in Downtown Covington



Packet Pick Up Information

Every participant in the event will receive a confirmation email with your race bib number. Please bring your bib number and a photo ID with you to pick up your packet. Participants will be picking up their bibs by their assigned bib number instead of last name so be sure to look for the email with your bib number. We will also have a large sign with everyone's name and bib number on it at packet pickup in case you need to look up your bib number again.

You CAN pick up bibs for other participants. In order to do this you MUST HAVE a copy of their photo ID OR a copy of their registration confirmation, as well as their bib number. Digital copies (your cell phone screen) are allowed. This can ONLY BE DONE on Wednesday.



northshore
FOOD BANK

FOOD DRIVE COLLECTION MOST NEEDED ITEMS

Breakfast Cereal

(14oz-18oz)

Peanut Butter

(16oz)

Canned Meats

(5oz)

Dried Beans

(2lbs)

Rice

(2lbs)

Oatmeal

(18oz)

Cornbread Mix

(16 oz)

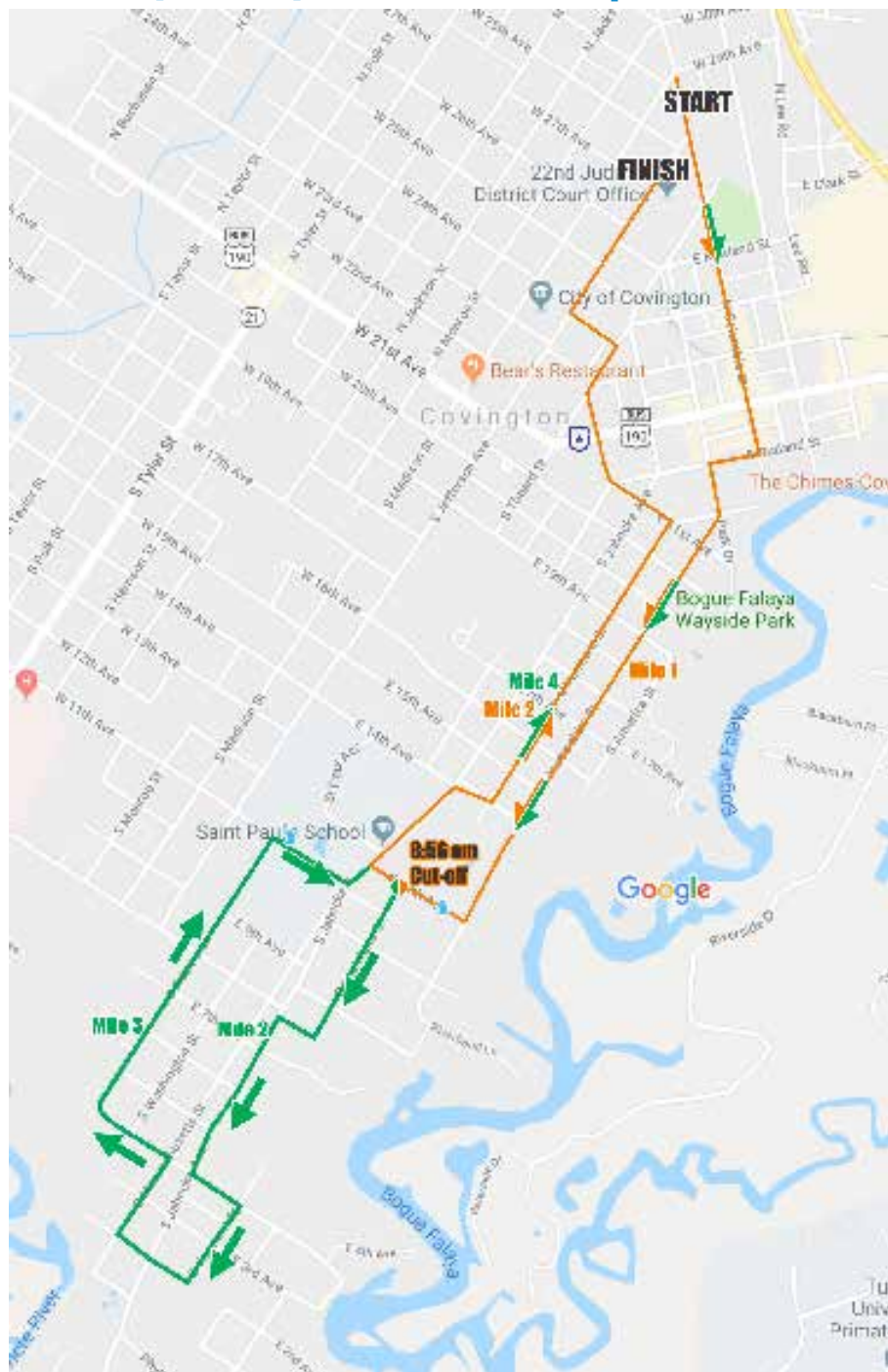
THANK YOU!

Northshore Food Bank 840 N Columbia Street Covington, LA 70433

www.northshorefoodbank.org info@northshorefoodbank.org

985-893-4185

Tammany Turkey Trot Course Map



Thank You Sponsors

Great Partners Make Great Races! We are thankful to our sponsors for supporting our event as well as our runners.

Next Up

If you are looking for your next race. Check out the races listed below. FRESHJUNKIE Racing produces 15 great events each year with a variety of distances from which to choose.





FRESHJUNKIE™
RACING

RACE CALENDAR **2019 - 2020**

ST. JUDE CHILDREN'S WALK/RUN	SEPTEMBER 28, 2019
NORTSHORE HALF MARATHON	OCTOBER 27, 2019
BATTLESHIP 12K	NOVEMBER 17, 2019
BATON ROUGE TURKEY TROT	NOVEMBER 28, 2019
ST. TAMMANY TURKEY TROT	NOVEMBER 28, 2019
TIGER 10K	DECEMBER 8, 2019
MISSISSIPPI GULF COAST MARATHON	DECEMBER 14-15, 2019
LOUISIANA MARATHON	JANUARY 18-19, 2020
MARDI GRAS MAMBO	FEBRUARY 8, 2020
SKYWAY 10K	MARCH 1, 2020
OUR LADY OF THE LAKE AMAZING HALF	MARCH 7, 2020
TUSCALOOSA HALF MARATHON	MARCH 28, 2020
HUEY P BRIDGE RUN	MAY 9, 2020
CRAWFISHMAN TRIATHLON	MAY 17, 2020
INDIAN CREEK TRIATHLON	JUNE 14, 2020

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FRESHJUNKIERACING.COM



FRESHJUNKIE™
RACING

FOR **ATHLETES**
BY ATHLETES