

## **BIG FINAL TROT DETAILS:**

**SHARE ANY AND ALL PHOTOS AND VIDEOS!! PLEASE TAG "CHARLIESTROT" ON INSTAGRAM**

**\* ALL REGISTERED RUNNERS CAN GET 2 FREE BEERS AT SANDBRIDGE ISLAND RESTAURANT WITH THEIR RACE NUMBER. FULL BAR WILL BE AVAILABLE FOR SALE. THANK YOU ELAINE AND MARK MCCONNELL, OWNERS, FOR THEIR GENEROUS SUPPORT SINCE YEAR ONE!**

\* MELLO BEAN COFFEE will be on site selling lattes and coffees.

**\* FREE COFFEE, BANANAS, GRANOLA BARS, AND POST RACE WATER WILL BE ON HAND AS WELL.**

\* PLEASE BRING A NEW, UNWRAPPED TOY FOR A LOCAL NEEDY CHILD! SANTA CLAUS WILL BE MAKING HIS FIRST PUBLIC APPEARANCE OF THE HOLIDAY SEASON WITH THE NOBLEMEN TO COLLECT.

**\* PRIZES WILL BE REWARDED RANDOMLY BY OUR FAMILY (CHARLIE'S FAMILY) DURING THE ONE MILE WALK TO TROTTERS OR VISITORS WHO ARE IN THEME COSTUME (COASTAL CHRISTMAS), ANY COSTUME, OR SIMPLY HAVING JOY. PLAN ON BOTH OR EITHER**

\* THE MILE FUN RUN WILL BEGIN 45 MINUTES AFTER THE 5K. LISTEN FOR ANNOUNCEMENTS!

**THE RUNNERS WILL TAKE THE STARTING LINE FIRST** AND THEN...

**\* I ASK, ENCOURAGE ALL VISITORS, ALL 5K RUNNERS, ALL AND ANYONE TO WALK THE MILE** BEHIND THEM. CATCH UP WITH A FAMILY MEMBER, RUN WITH YOUR DOG, PUSH YOUR STROLLER...

Race results will be official after the mile fun run. We have 54 trophies to distribute, 8 age groups will receive 1st, 2nd, 3rd place trophies. People who do NOT expect to win, will win. Please walk the mile and check the trophy table before leaving!

**This is why we rise and grind, defrost turkeys, pack cars, join the Trotters. We are living for the good moments, recognize and pause them. This is the youngest any of us will ever be. This is the youngest you, your children, your family, your friends will ever be.**

These are the moments that will make your children say they had a great childhood, a great Thanksgiving. These are the moments we will remember for the rest of our lives.

**\*Trot Swap is optional but encouraged for any and all. Bring a fun or local or personal gift for a random trotter. We will distribute them to random people during the mile fun run/walk. You may drop off at packet pick up or the morning of the race. It really made everyone's day.**

\* Please let me know if you take excellent photos and if you are willing to share. I would like to share Sandbridge as a "Top Thanksgiving town, Christmas town" to Country Living and other travel companies. I'd love someone to intentionally take pictures of all parts of the event and holiday flair.

For everyone else, for all visitors and runners, please tag @charliestrot on Instagram. Again, click "tag people" and tag charliestrot

**\* Packet pick up will be at Lagomar Pizza on Sandbridge Road from 2-5pm Wednesday, Nov. 26. Pick up some family pizza for 10% off. Call ahead and mention Turkey Trot at 757-721-2500 or order in person.**

\* We have sweatshirts, race numbers, free autumn dog bandanas, and light up LED light Christmas beanies for our Gobble Wobbles, provided by Dr. and Mrs Pasternack of Sandbridge.

**\* All people walking, jogging, running with dogs or pushing strollers PLEASE avoid the front section of the 5K starting line. Our results are certified by the US Track and Field Association and we want our competitive runners to get their best time.**

## Charlie Normile's Turkey Trot Sandbridge 2025

### IMPORTANT DETAILS

The Turkey Trot will take place Thanksgiving morning, at the corner of Sandbridge Road and Sandfiddler Road at the Sandbridge Island restaurant with a 9am start.

We, the parents, and brothers and sisters of Charlie and James Normile, thank you for joining us. We can't WAIT to trot with our town.

### THINGS TO KNOW BEFORE WE TROT:

**TROT SWAP:** We encourage and thank anyone who wishes to donate a random gift for another Turkey Trot person. You can gift ANYTHING you wish... a baked good, a gift reflecting your hometown or skill, or something funny or encouraging. These will be distributed during the event to random people. Last year was a huge success and had a few "what a small world" or "just what I needed at this time in my life" moments. **If you wish to gift a random trotter, just include a message and your name with the item(s) and drop the item(s) off at the Packet Pick Up or at the event packet pick up.**

**THEME:** This year the trot theme is "A Sandbridge Shell-abration: A Coastal Holiday" ... So, we encourage you to wear any coastal, beach, crabs, fishing or holiday attire or ALL of it.

**JOY GIFTS:** Our family has been shopping! Charlie's brother and sister will be rewarding people who show the holiday spirit in their attire, costume, or family fun... YES! You can be rewarded for simply being caught having a laugh or enjoying the moment.

**TROT SWAP AND RANDOM GIFTS OF JOY:** The trot swap and gifts from Charlie's family will be distributed as we walk the mile. We ask that everyone join us for a walk and talk during the mile fun run/canine crawl. Whether you ran the 5k or not, whether you registered for the event or not, please join us in walking the mile. Be present, enjoy the good day, take photos, catch up in conversation with a friend or relation. This is what the day and event try to encourage. Pause and enjoy the moments.... And maybe win a gift while you do 😊

**SEAS AND GREETINGS:** The Turkey Trotters will gift the village of Sandbridge with their first official outdoor Christmas tree in gratitude for being our home since the start. The Barringer family and their Beach Window friends made the tree possible with their longstanding sponsorship of the Turkey Trot. The Parker family and their Rudee Inlet Jetski crew have made the coastal tree ornaments possible through their constant partnership. This 15 foot pre-lit tree will be at the Sandbridge Rescue lawn across from Sandbridge Market. Be sure to visit it or leave an ornament from your family!

## EVENT DETAILS:

(For those who are 21 years or older, Mark and Elaine McConnell, owners of Sandbridge Island restaurant, will provide 2 beers with your race number. Full bar options are available for payment.)

**Packet Pickup: Wednesday, November 26 at Lagomar Pizza, Sandbridge Road. 2-5pm.**

**You can call 757-721-2500 to order** pizza in advance or order when you come and get 10% discount. Mention Turkey Trot.

YES! You can pick up packets for as many people as you wish. We prefer packets are picked up here.

YES! You can register for the event at the packet pick up and or at the event but, **plan on arriving early.**

Packets CAN be picked up at the event on Thanksgiving morning but, please plan on arriving early.

**PLEASE PLAN TO ARRIVE AT THE TURKEY TROT THANKGIVING BY 8:30-8:45am.** Announcements and greetings will start promptly at 9am.

Event Details:

- Announcements and greetings will begin promptly at 9am
- **The first event is the Gobble Wobble** immediately after greetings. PLEASE KEEP THE STARTING LINE AND ROAD SOUTH OF IT CLEAR FOR THE GOBBLE WOBBLERS!
  - \*Parents: Take the photos, run with them if needed, we will provide time for you to join the 5k crowd after they Wobble.
  - \* Gobble Wobble Fans: You can watch the event from the sand dunes; we'll provide time for you to join the 5k crowd after.
- **The timed 5k will begin after the Gobble Wobble.** VERY IMPORTANT! For those experienced timed runners, please position yourselves towards the starting line. Your race time will NOT begin until you cross the starting line so position yourself well.
- **VERY IMPORTANT: No strollers or people who will walk, run with a dog, or fun jog should be near the starting line.** These results are certified, and we want the competitive trotters to earn their best time.
- **The Mile Fun Run/Canine Crawl/Walk and Talk:** Will begin 45 minutes after the 5k, approximately 10am.

**For those running the mile, please line up at the starting line at approximately 10am. LISTEN FOR ANNOUNCEMENTS. Once your run has begun... we will walk behind you.**

**ALL OF US.**

Whether you registered for the mile, 5k, or just stopped by to cheer, we ask you to walk with us.... Walk a mile to just be present, slow down, and enjoy the moment... Today is the youngest we will ever be again. Take photos, walk the walk.

All fun prizes will be distributed to those participating in the mile as we walk and jog with you.

All timed 5k prizes will be distributed AFTER the mile. at 10:20am approximately