

# TURKEY TROT

Event Details &  
Instructions



# Welcome to the 1st Annual Virtual Turkey Trot - 5K, 10K & Half Marathon!

## GENERAL INFO

### WHAT/WHERE:

This a virtual run/walk Thanksgiving weekend, where participants complete their chosen distance - 5K, 10K, or Half Marathon - from any location - Whether it's your neighborhood, a local trail, or a treadmill, the choice is yours!

### WHEN:

The event begins Thanksgiving morning - Thursday, November 27, 2025 and the completion deadline is Sunday, November 30<sup>th</sup>, 2025.

### SHIPPING DETAILS:

- Race packages, including your bib number and race gear, will be shipped by November 14th to ensure arrival by Thanksgiving
- Registrations completed November 14th will have their packages shipped within 24 hours of registration, but can not guarantee arrival by Thanksgiving.

### SUPPORT:

- RunSignUp - [info@runsignup.com](mailto:info@runsignup.com)
- RaceJoy App - [support@racejoy.com](mailto:support@racejoy.com)
- Run Life, LLC - [info@runlifellc.com](mailto:info@runlifellc.com)
- Emergencies: Text 760-585-6631
- Event Webpage: <https://www.runlifellc.com/turkeytrot2025>

# **Live Leaderboard & Tracking Instructions**

## **LIVE LEADERBOARD**

- Opens at 12:00am PST on Thanksgiving
- RunSignUp [Leaderboard Link](#)

Your RunSignUp profile and the official live leaderboard are both hosted on RunSignUp.com.

## **ACCESSING YOUR RUNSIGNUP PROFILE**

1. Visit [www.RunSignUp.com](http://www.RunSignUp.com).
2. Click "Sign In" (upper right corner).
3. Log in to view your registration profile and leaderboard access.

## **TWO WAYS TO LOG YOUR MILES**

### **1. Manual Entry - Quickest way**

- Use any GPS app/device (e.g., Strava, Garmin, Apple Watch).
- Go to the Leaderboard and click on "Submit Virtual Results"
- Enter distance and time to appear on the leaderboard

### **2. Automatic Sync via RaceJoy**

- Download and open the RaceJoy app.
- It auto-tracks GPS distance, pace, and time, and syncs them instantly to the leaderboard.
- Note: RaceJoy is GPS-based and it will not work if you're on a treadmill.

## **Recommended Apps for Manual Logging**

- Strava
- RunKeeper
- Map My Run
- Garmin Watch
- Apple Watch
- Fitbit


## **Additional Instructions**

Step-by-step guides for both manual logging and RaceJoy syncing are provided on the next pages.

# 2 Steps to Log Manually

## STEP 1:

Go go to Live Leaderboard and click on “Submit Virtual Results” at the top. Follow the prompts to sign in and “Log Activities”



Results For  
2025 Challenge  
Any City - Any State, CA 97411

Back to Race Website X

Post Virtual Results! This race has virtual events. If you completed a virtual event, submit your results here. [Submit Virtual Results](#)

Questions About Results? [Get in touch!](#)





Individual Results

Team Results


2025 Run/Walk - SOLO Detailed View

Use Ctrl + Click (Windows) or CMD + Click (Mac) to sort by multiple columns. OK

Search by name, bib number, town, etc...

Place	Bib	Name	Gender	City	State	Country	Clock Time	Distance in Miles	Progress	Elevation Gain	Pace	Age	Last Activity Source	Run (miles)	Walk (miles)	Hike (miles)	Elliptic / Stair Climber (miles)
1	147	 Curt Pflaumer	M	Prescott	AZ	US	11:35:19	2763.13	136.5%	3,808ft (1,160.7m)	13:35	67	Web	38.78	2711.95	12.4	
2	283	 eric arredondo	M	San Diego	CA	US	271:17:39	2227.08	110%	35,190ft (10,725.9m)	12:40	48	Web	1058.93	1163.92	4.23	
3	236	 Christopher Renas	M	Napa	CA	US	393:19:10	1608.66	79.4%	14,986ft (4,567.7m)	14:40	58	Web	180.96	1032.83	394.87	
4	177	 del Erdmann	M	Murrieta	CA	US	2:45:00	1581.1	78.1%	15ft (4.6m)	16:30	76	Web	1003.1	578		

**STEP 2:** Enter in your activity information & click “Submit Activity” at the bottom. Your results will appear on the leaderboard within 1-2 minutes.

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Log Activities

Megan McCarthy: 150 Mile

Results will be accepted from Saturday September 3, 2022 12:00:am PDT to Saturday December 31, 2022 11:59:pm PST. [Click here](#) for additional details.

New Activity

Activity \*

Date Completed \*

Distance in Miles \*

Enter Your Time

Comment

Load Activity from File

Submit Activity

+ Add Another Activity

Import Activities from CSV file

Lock Account

# HOW TO SYNC MILES USING RACE JOY APP

## 1. Download the App - it's free!

- Find RaceJoy on the App Store (iOS) or Google Play (Android).

## 2. Locate “The Great Turkey Trot 5K, 10K & Half Marathon” race

- Open the app, tap “Featured Races”, then search by event name and select it.

## 3. Set Up Tracking

- Tap “I Want to Be Tracked” or PhoneTrak, and follow the on-screen prompts.

## 4. Enable Proper Settings

- Ensure notifications, location services (Always On), and background refresh are enabled.
- ***Turn off Wi-Fi on race day to maintain accurate GPS tracking.***

## 5. Start Tracking (Race Day)

- Turn off Wifi on your phone
- Open App & go to “My Races” & select this event
- Select your activity - either Running or Walking
- When you're ready to start, press “START MY ACTIVITY”

## 6. During the Race

- The app will automatically deliver GPS-based progress alerts (e.g., every mile: pace, elapsed time, estimated finish).
- Supporters can send audio “cheers” directly through the app.

## 7. Once you're finished, click the Finish button and your results will automatically appear on the RunSignUp Live Leaderboard



# Spectator Setup in RaceJoy

## 1. Download & Open RaceJoy

- Install from the App Store (iOS) or Google Play (Android).

## 2. Choose “I Want To Track Someone”

- Launch the app and select this option to become a spectator.

## 3. Add the Participant

- Search by their name or bib number.
- Tap the plus (+) to start tracking.

## 4. Create Your Spectator Profile

- Enter your own name and email (not the runner's!).
- Confirm and save your spectator account.

## 5. Enable Notifications

- Make sure app notifications are enabled with sound to receive pace alerts and send cheers.

## Race Day Tracking

### • Map View Tracking

- iOS: tap the feet icon at the bottom
- Android: tap the Track button at the top

### • Live Progress Alerts

- Receive audio notifications when the runner crosses each mile—pace, elapsed time, and estimated finish.

### • Send Cheers

- Tap the runner's profile, choose a pre-recorded clip or send a “Text-to-Cheer”, and hit Send. Cheers are sent & play almost instantly.

## **FUN APP FEATURE:**

- **Add other fellow Turkey Trotters to your "My Participants" list** in the app. You'll be able to send them cheers and track their progress. You can add up to 50 other challengers per event!

**Technical questions:** [support@racejoy.com](mailto:support@racejoy.com)

**RaceJoy App FAQs:** <https://www.racejoy.net/faq-participants>

## **Finisher's Certificates**

Once you finish the race, you can download your Finisher's Certificate from your RunSignUp profile.

These are printable or you can save a digital copy to share with friends, family or on social media!

## **PACKAGES & SHIPPING**

Your race packages will be shipped by November 14th to ensure you have your gear by start day - Thanksgiving! If you register after November 14th, your package will be shipped within 24 hours, but we can't guarantee arrival by Thanksgiving. Challengers from same households will receive their race gear in the same package.

### **Each package will include:**

- Your waterproof bib number & safety pins
- Your BADASS Finishers Medal
- Your festive Turkey Trot Running Socks
- Thank you card with an exclusive discount code

# PICTURES!

We LOVE seeing all the photos! We give out special prizes for the best photos and we'll have a PHOTO CONTEST for the best photo once all of the Medals and Running socks are mailed out.

## Ways to SUBMIT PHOTOS:

- Tag us on Facebook or Instagram: @VirtualRunLife
- Email them to us: info@runlifellc.com
- Upload them when you log your miles to the leaderboard



**Good luck, Turkey Trotters!**  
It's almost time to lace up & earn that pumpkin pie!