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2026 OFFICIAL ATHLETE GUIDE

Letter from the Race Directors

FORT WORTH YMCA TURKEY TROT

Dear Turkey Trotters,

Welcome to the 45th Annual Fort Worth YMCA Turkey Trot! We're thrilled to be back in downtown Fort Worth this year and celebrate the races 45th anniversary, surrounded by the sights, sounds, and spirit that make Fort Worth such a special place to call home.

For more than four decades, families, friends, and runners from near and far have kicked off their Thanksgiving morning with the Turkey Trot. Whether you're here to run your fastest 5K, tackle the 8K, or enjoy a fun stroll with loved ones, we're grateful you've chosen to start your holiday with us.

As always, a huge thank you goes out to our sponsors, volunteers, and community partners who pour their time, support, and enthusiasm into making race day a success. We truly couldn't do it without you.

Most importantly, thank you — our participants — for keeping this tradition alive year after year. Your joy, generosity, and community spirit are what make the Turkey Trot so much more than a race. It's a celebration of togetherness, gratitude, and Fort Worth pride.

And as you cross that finish line, know that your participation makes a difference. Proceeds from the Turkey Trot directly support the YMCA's scholarship program, which provides access to life-changing programs — from swim lessons and youth sports to childcare and wellness opportunities — for local families who otherwise couldn't afford them. Because of you, more people in our community can learn, grow, and thrive through the Y.

From all of us at the YMCA, we wish you a happy, healthy, and joy-filled Thanksgiving. Lace up, have fun, and we'll see you at the start line in downtown Fort Worth!

With gratitude,

Keith Kotar & Jordan Seidel
Your Fort Worth YMCA Turkey Trot Race Directors





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Turkey Trot History

FORT WORTH YMCA TURKEY TROT

Since its launch in 1981, when only about 200 runners set out on a 5K course, the Fort Worth YMCA Turkey Trot has grown into one of the most beloved Thanksgiving-morning traditions in our city.

Over the decades the event has expanded to include 5K, 8K and 1K fun runs (the "Gobbler Trot"), welcoming families, strollers, pets and runners of all ages.

From a small 5K in the early 80s to thousands of participants each year, the Turkey Trot has become more than a run – it's a community celebration of health, gratitude and togetherness on Thanksgiving morning.

We're proud to carry on the legacy and invite you to be part of the next chapter.

Turkey Facts:

1981 The first Turkey Trot was held on Thanksgiving morning, with approximately 200 participants in a 5K event behind the former Westside YMCA.

1992 A 10K race was added to attract a more competitive running crowd.

1995 The race moved to Camp Bowie Blvd. where it stayed for almost 30 years.

1999 The 1K Gobbler Trot was added as a way for more children and families to be involved.

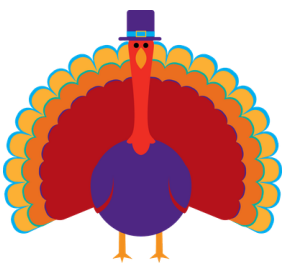
2020 Due to the pandemic, the race went 100% virtual, still engaging over 1,800 participants.

2021 The race celebrated its 40th year, marking four decades of being a Fort Worth Thanksgiving tradition.

2023 The Trot moved to The Shops at Clearfork, marking the first time the race had moved locations in nearly three decades.

2025 The Turkey Trot made its inaugural move to downtown Fort Worth.







Hall of Fame

FORT WORTH YMCA TURKEY TROT

In celebration of the 45 years of the Fort Worth YMCA Turkey Trot, we will be recognizing some of our loyal runners, event volunteer leaders, community supporter and some of our past event winners. Honorees will be notified in advance of this year's event and recognized prior to the start of this year's runs.

Hall of Fame Members

Luciana Bartholomew
Chris Butler
Avery Culpepper
Reagan Ferguson
Trevor Gilley
Caitlin Keen
Keith Kotar
Luke's Locker
Moritz Auto
Scott Murray
Elizabeth Northern
Brent Paulson
Mayor Betsy Price
Jonathan Swiatocha
Agustan Hernandez
Bryan Day
Kim Cooke
Trevor Berkowitz
Sportswear Graphics
Jacquelyn Kotar
Theresa Stedifor
John Rompf



Event Schedule

FORT WORTH YMCA TURKEY TROT

THURSDAY, NOVEMBER 26

6:00 – 8:30 AM	Packet Pick Up	916 Main Street, Fort Worth, TX 76102 (grassy area behind Hogan Alley)
7:15 AM	1K Gobbler Trot Corral Opens	
7:15 AM	Hall of Fame Ceremony	Main Stage
7:45 AM	1K Gobbler Trot Start	Start Line at 4th & Commerce
7:50 AM	1K Gobbler Trot Corral Closes	
8:00 AM	All 5K & 8K Corrals Open	
8:25 AM	National Anthem	Start Line at 4th & Commerce
8:25 AM	Corral A Closes	Loads from 5th & Main St.
8:30 AM	5K & 8K Race Start	Start Line at 4th & Commerce
8:30 AM	Corral B Closes	Loads from 6th & Main St.
8:35 AM	Corral C Closes	Loads from 7th & Main St.
9:00 AM	Corral D Closes	Loads from 8th & Main St. and 9th & Main St.
10:00 AM	Overall Awards	Main Stage
10:10 AM	Costume Contest	Main Stage
10:30 AM	Courses Close	



FYI

BIB COLORS MATCH CORRAL COLORS FOR EASY LINEUP:

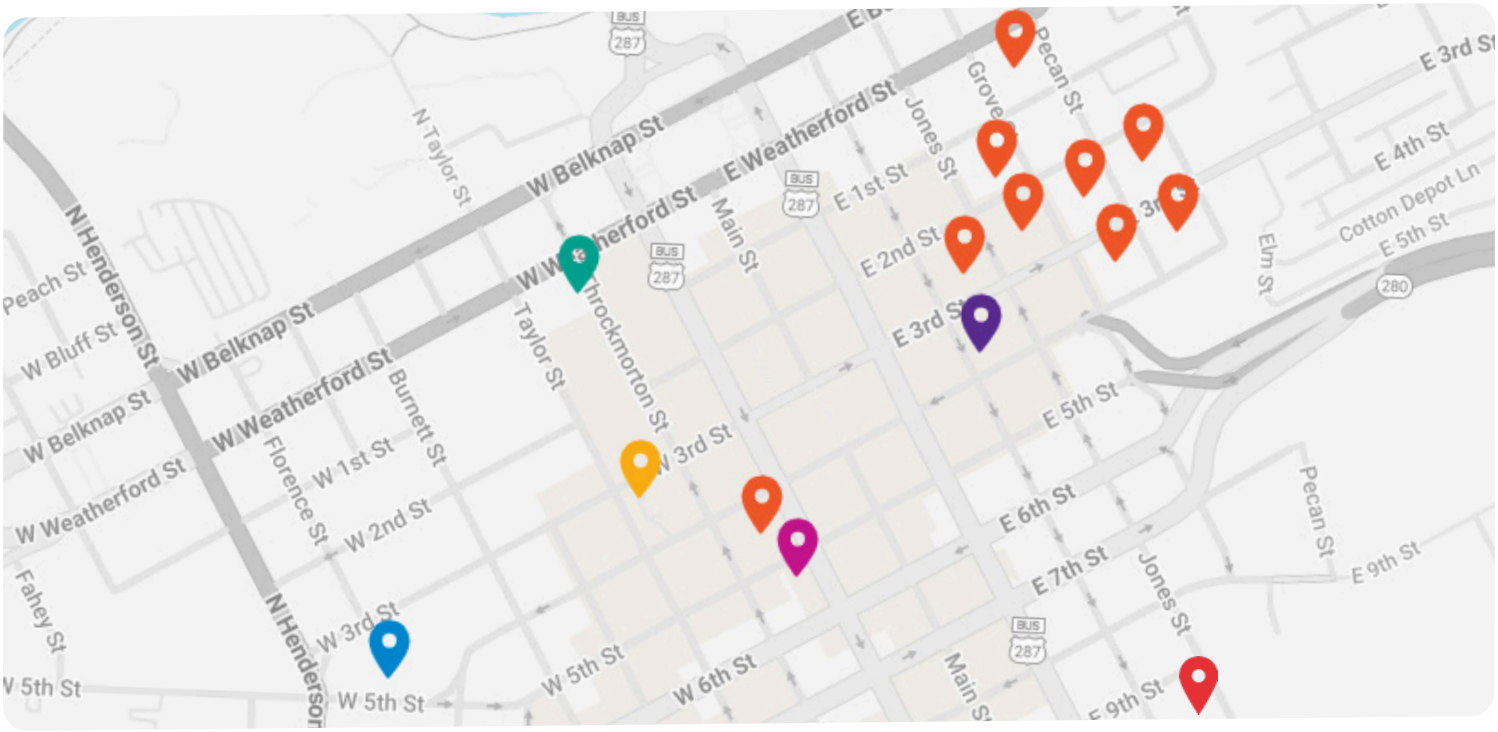
- Corral A – BLUE (loads from 5th & Main)
- Corral B – YELLOW (loads from 6th & Main)
- Corral C – GREEN (loads from 7th & Main)
- Corral D – PURPLE (loads from 8th & Main and 9th & Main)

Texas Health®

is proud to present the 2026 Fort Worth YMCA Turkey Trot

Parking Options

FORT WORTH YMCA TURKEY TROT



- First United Methodist Church (800 W. 5th Street)
- Garage at City Place (300 Throckmorton Street)
- Garage #3 (245 W. 3rd Street)
- Garage #4 (265 W. 5th Street)
- City Center Garage (401 Calhoun Street) Sundance Square
- Surface Lots (various options along 2nd & 3rd Street)
- Parking Systems of America – 1075 Calhoun St.

FYI

We encourage participants to arrive early and carpool, if possible.

Packet Pick Up

FORT WORTH YMCA
TURKEY TROT

SATURDAY 21

10 AM – 6 PM
- Luke's Locker – 5255 Monahans Ave, Fort Worth, TX 76109

SUNDAY 22

10 AM – 6 PM
- Luke's Locker – 5255 Monahans Ave, Fort Worth, TX 76109

MONDAY 23

10 AM – 6 PM
- Luke's Locker – 5255 Monahans Ave, Fort Worth, TX 76109
- The Bedford Center YMCA – 2801 Forest Ridge Dr, Bedford, TX 76021
- Northpark YMCA – 9100 N Beach St, Fort Worth, TX 76244
- Joshua Community YMCA - 1009 Joshua Station Blvd., Joshua, TX 76058
- Hood County YMCA - 1475 James Road, Granbury, TX 76049

TUESDAY 24

10 AM – 6 PM
- Luke's Locker – 5255 Monahans Ave, Fort Worth, TX 76109
- The Bedford Center YMCA – 2801 Forest Ridge Dr, Bedford, TX 76021
- Northpark YMCA – 9100 N Beach St, Fort Worth, TX 76244
- Joshua Community YMCA - 1009 Joshua Station Blvd., Joshua, TX 76058
- Hood County YMCA - 1475 James Road, Granbury, TX 76049

WEDNESDAY 25

10 AM – 6 PM
- Luke's Locker – 5255 Monahans Ave, Fort Worth, TX 76109

THURSDAY 26

RACE DAY! 6:00 – 8:30 AM
- 916 Main Street, Fort Worth, TX 76102 (Grassy area behind Hogan Alley)

FYI

Bib colors match corral colors for easy lineup:
Corral A – BLUE
Corral B – YELLOW
Corral C – GREEN
Corral D – PURPLE

Course Maps

FORT WORTH YMCA TURKEY TROT

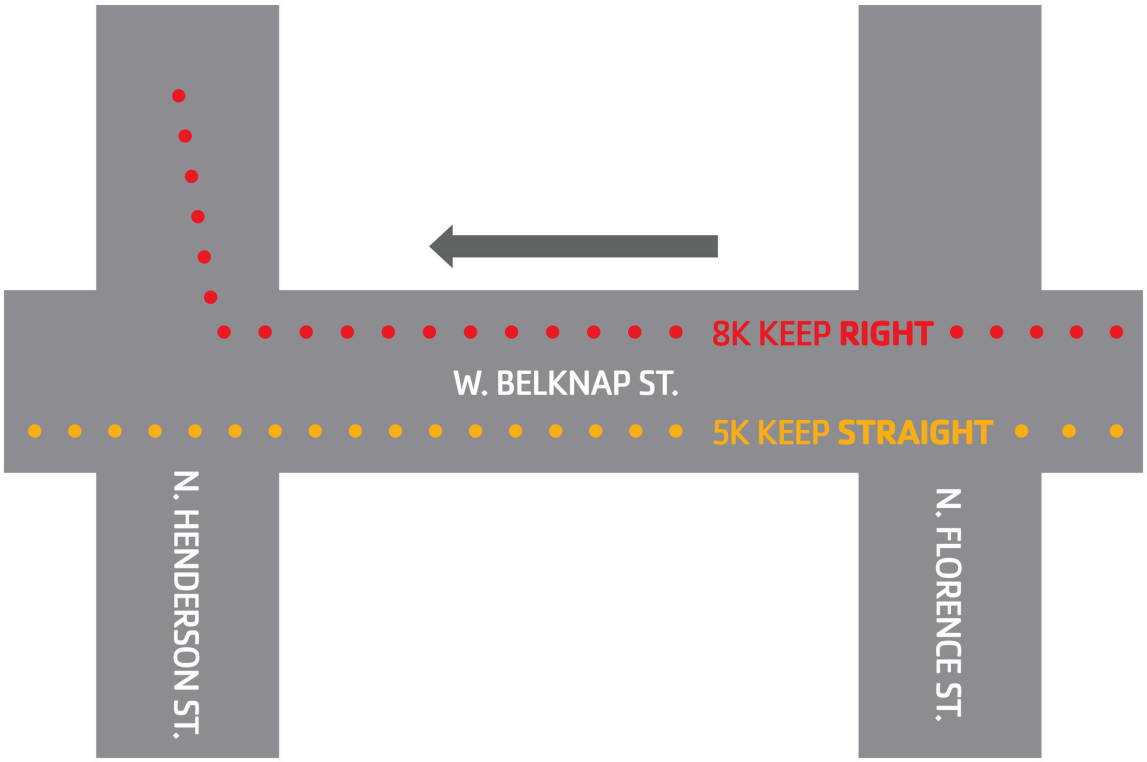
5K, 8K and 1K

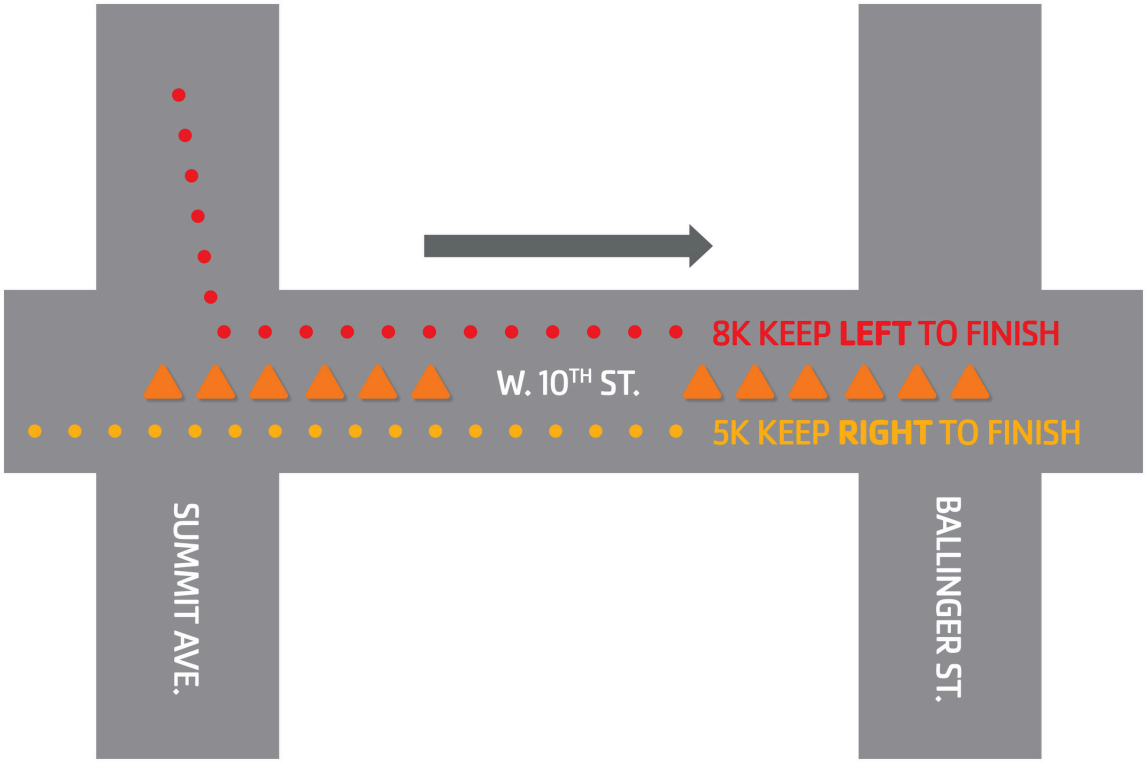




Course Maps – 5K & 8K Split

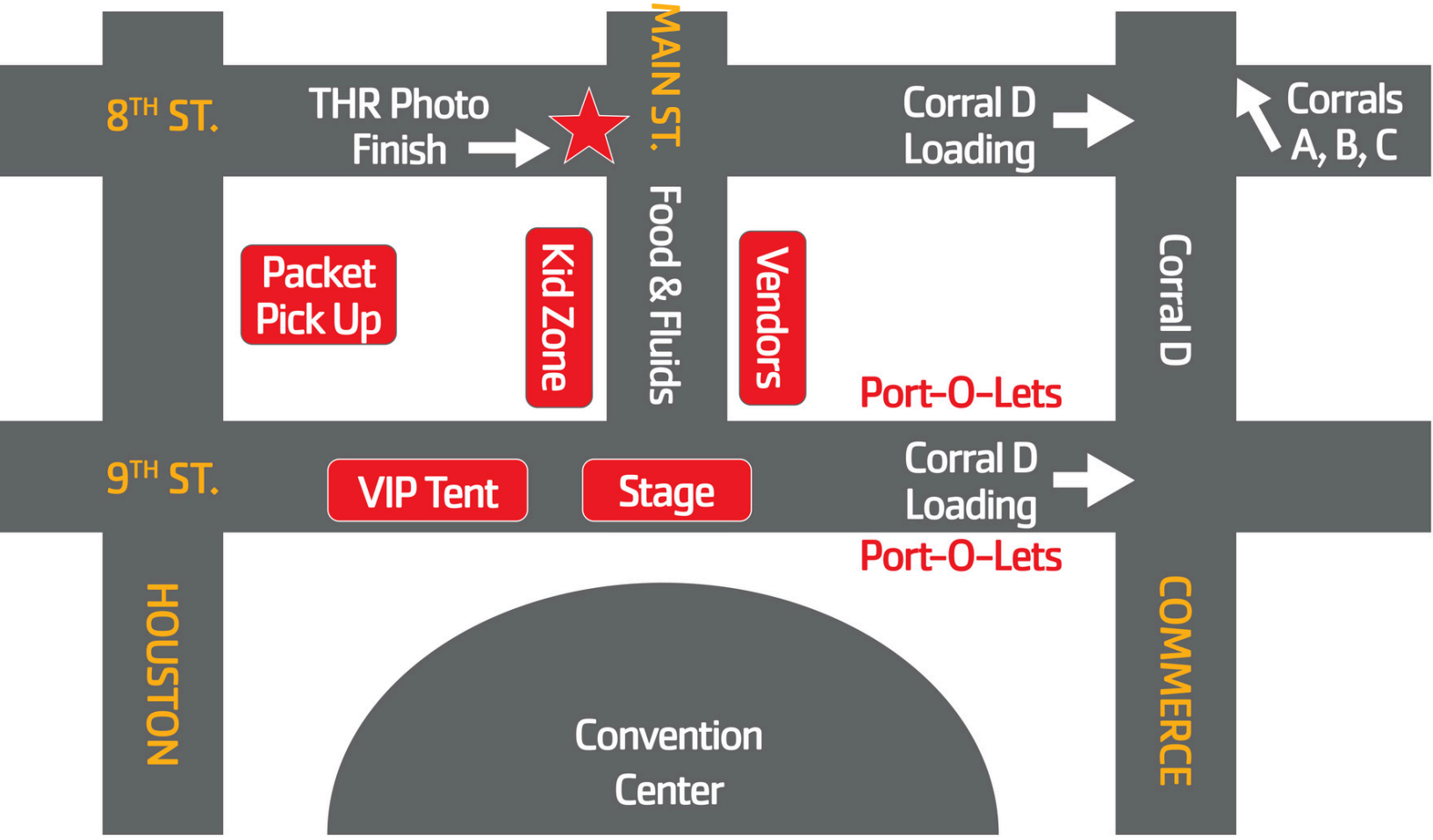
FORT WORTH YMCA TURKEY TROT





Venue Map

FORT WORTH YMCA TURKEY TROT







Race Day FAQs

FORT WORTH YMCA TURKEY TROT

Can someone else pick up my t-shirt and race bibs?
Yes – the person picking up the t-shirt(s) and bib(s) will need the participant's name or their QR Code.

Is the 1K Gobbler Trot a separate event/distance?
Yes, the 1k Children's Gobbler Trot is a 1K fun run. Parents who register for the 5K or the 8K may accompany their child(ren) who are registered in the 1k Children's Gobbler Trot. The Gobbler Trot is an untimed fun run. All children participating must be registered prior to the 1K Gobbler Trot to receive a finisher award or event t-shirt (while supplies last). Participants must have a 2026 Fort Worth YMCA Turkey Trot racing bib to receive a Fort Worth YMCA Turkey Trot Finisher Award. Only registered participants are eligible for a Gobbler Trot Finisher Award.

Can I walk the 5K?
We have lots of walkers. Do keep in mind that all walkers MUST start at the back of the pack. Walkers are only permitted in the 5K.

Can I bring my dog?
Absolutely, dogs are welcome. There is a $20.00 registration fee and all well trained, friendly dogs on leashes (max. 3 ft.) are welcome. Participants MUST line up in the designated "Dog Coral" at the back of the starting corrals. No dog will be allowed in the competitive corrals. Dog owners maintain responsibility for their pets. Dogs should be registered for the event and the first 400 dogs to register will receive a Turkey Trot dog bandana. Runners are responsible for cleaning up after their dogs.

Is skating or cycling allowed?
No, because they travel at a higher speed, for the safety of others, rollerblades, Heelys, roller skates, scooters and bicycles are not allowed in the Fort Worth YMCA Turkey Trot.

Is there assistance available if I cannot complete the whole course?
Yes, we have paramedics, radio operators and police officers patrolling the course. If you need assistance, just ask a volunteer or an officer for help. We also have water stops located on the course.

Are baby strollers allowed?
Absolutely, strollers are welcome. Participants MUST line up in the designated "Stroller Coral" at the back of the starting corrals. Parents registered in the 5K or 8K are not required to register infants or toddlers riding in a stroller.

Will food and water be available at the Fort Worth YMCA Turkey Trot?
The Turkey Trot will provide water and fruit for our participants at no additional charge at the end of the races.

Costume Contest
Join us for Trotter's favorite part of the Fort Worth YMCA Turkey Trot—our Costume Contest! On Thanksgiving morning, our Trot Costume Crew will be on the lookout for the most creative and family-friendly costumes. To participate, simply register for the Turkey Trot, and show up on race day in your costume and race bib. Be sure to stop by the Trot Costume Crew's tent to enter the contest (only registered participants are eligible to win). The top 10 costumes will be recognized by the Costume Crew during the event, so bring your best and show us your Trot spirit!

When does the course close?
All courses close at 10:30 A.M. If course/time accommodations are needed, please contact Jordan Seidel @ jseidel@ymcafw.org prior to November 10th.

Who do I contact if I want to learn more about becoming a sponsor of the 2027 Fort Worth YMCA Turkey Trot?
Please contact Jordan Seidel @ jseidel@ymcafw.org with sponsorship related questions

Awards

FORT WORTH YMCA TURKEY TROT

In addition to finisher medals awarded for each finisher in each race, there will be specific overall age group awards for the top three finishers in each age group in the 5K and 8K. All age group winners are determined by final chip-time results. Age group awards are only available for runners registered for the 5K or 8K.

5K Age Groups – Medals

- 0–8 (Male and Female)
- 9–10 (Male and Female)
- 11–12 (Male and Female)
- 13–14 (Male and Female)
- 15–19 (Male and Female)
- 20–24 (Male and Female)
- 25–29 (Male and Female)
- 30–34 (Male and Female)
- 35–39 (Male and Female)
- 40–44 (Male and Female)
- 45–49 (Male and Female)
- 50–54 (Male and Female)
- 55–59 (Male and Female)
- 60–64 (Male and Female)
- 65–69 (Male and Female)
- 70–74 (Male and Female)
- 75–79 (Male and Female)
- 80+ (Male and Female)

8K Age Groups – Medals

- 0–13 (Male and Female)
- 14–19 (Male and Female)
- 20–24 (Male and Female)
- 25–29 (Male and Female)
- 30–34 (Male and Female)
- 35–39 (Male and Female)
- 40–44 (Male and Female)
- 45–49 (Male and Female)
- 50–54 (Male and Female)
- 55–59 (Male and Female)
- 60–64 (Male and Female)
- 65–69 (Male and Female)
- 70–74 (Male and Female)
- 75–79 (Male and Female)
- 80+ (Male and Female)



Prize Money

Again, this year we are excited to offer cash prizes for the top 3 overall finishers in the 5K race. We will also be offering gift cards to the top 3 overall Master Division finishers. Overall awards will be distributed on the event stage immediately after the finish of the 5K.

Prize Breakdown

- 1st Overall Male + Female – $500 cash
- 2nd Overall Male + Female – $300 cash
- 3rd Overall Male + Female – $150 cash
- 1st Masters* Male + Female – $100 Luke's Locker gift card
- 2nd Masters* Male + Female – $50 Luke's Locker gift card
- 3rd Masters* Male + Female – $25 Luke's Locker gift card

Prize money distribution is based upon gun time results and will only be awarded for qualified finishers of the 5K race. All award recipients must be registered and paid prior to the start of the 5K race.

A review of the results will occur prior to the awards ceremony and prize money disbursements, but decisions of the Event & Course Director are final and cannot be contested.

*All Masters Division participants must be 40 years of age or older at race time. All Masters Divisions winners are determined by official chip-time.

Thanks for trotting with us.
See you next year!



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