

Turkey Trot Race Morning Checklist

Thanksgiving, Thursday, November 26, 2026. Check the hourly forecast for your start time.

Race: _____ Start time: _____ Bib #: _____

Forecast at start: _____ Wind: _____ Feels like: _____

WHAT TO WEAR BY TEMPERATURE (RUNNING: DRESS LIKE IT IS 15 TO 20 F WARMER)

Feels like	Runners wear	Walkers wear	Today
50 F and up	Tee or tank, shorts	Leggings, long-sleeve tee	☐
40 to 50 F	Long-sleeve tech top, shorts or tights, thin gloves	Add fleece or vest, ear band	☐
30 to 40 F	Base plus light wind jacket or vest, tights, gloves, ear band	Base, fleece, windbreaker, lined leggings, beanie, gloves	☐
20 to 30 F	Base plus windproof jacket, lined tights, beanie, mittens, gaiter	Add puffy vest, thermal leggings under pants, wool socks	☐
Below 20 F	Base, warm mid, wind shell, lined tights, mittens, gaiter over nose	Full winter coat. Check wind chill before you go.	☐

RACE BAG

- ☐ Bib, 4 safety pins or a race belt
- ☐ Throwaway sweatshirt for the start
- ☐ Gloves or mittens, beanie or ear band
- ☐ Dry top and dry socks in a zip bag
- ☐ Warm jacket for after the finish
- ☐ Water bottle and a small snack
- ☐ Phone, ID, car key on a clip
- ☐ Dog: fixed leash, bowl, bags, water
- ☐ Tissues and lip balm

NIGHT BEFORE

- ☐ Check hourly forecast and wind
- ☐ Lay out outfit plus one warmer layer
- ☐ Pin bib to the layer you finish in
- ☐ Test costume pieces on a short jog
- ☐ Charge phone, pack the bag
- ☐ Turkey thawing plan sorted

MORNING OF

- ☐ Eat something small and familiar
- ☐ Arrive 45 to 60 minutes early
- ☐ Warm up 5 to 10 minutes
- ☐ Walkers, strollers, dogs line up at back
- ☐ Dry top and socks within 10 minutes of finish

QUICK RULES

- ☐ **Windy or wet:** drop one band colder on the chart above.
- ☐ **Walking, not running:** dress for the real feels-like temperature and tie on a spare layer.
- ☐ **Costume check:** nothing over the eyes, nothing trailing, nothing scratchy against bare skin.
- ☐ **Frostbite signs:** numbness, or white or grayish-yellow skin that feels firm or waxy. Get warm and get help.

Matching Outfit Planner and Race Log

Plan the family or couple look, shop the DIY list, then log finish times and memories.

Team name: _____ Theme and colors: _____

WHO WEARS WHAT

Name	Word or role	Top size	Bottom size	Hat / extra	Ready

DIY SUPPLY LIST

- ☐ Plain tech tees (\$8 to \$15 each)
- ☐ Iron-on vinyl or letters (\$3 to \$8)
- ☐ Felt sheets, 4 to 6 per hat (\$0.50 to \$1)
- ☐ Hot glue gun and glue sticks
- ☐ Fitted beanie or wide headband base
- ☐ Tulle roll for tutu (\$5 to \$10)
- ☐ 1-inch elastic (\$2 to \$3)
- ☐ Safety pins and needle and thread

SHOPPING AND BUILD PLAN

- ☐ Order shirts two weeks out
- ☐ Build DIY pieces one week out
- ☐ Iron-on cures before first wash
- ☐ Test jog 10 minutes in full outfit
- ☐ Swap anything that rubs or blocks vision

Budget: _____

Spent: _____

FINISH-TIME LOG

Name	Distance	Finish time	Pace	Best moment

MEMORIES
