



**14th Annual
TreesUpstate Turkey Day
8k & 5k Fun Run E-packet**

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Thank you to our 2022 Sponsors



Presented by

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Gold



Silver



Bronze

Brasfield and Gorie
General Contractors

Upstate Running
Club

Christophillis & Gullivan, P.A.
DP3

Public Strategy
Without Limits

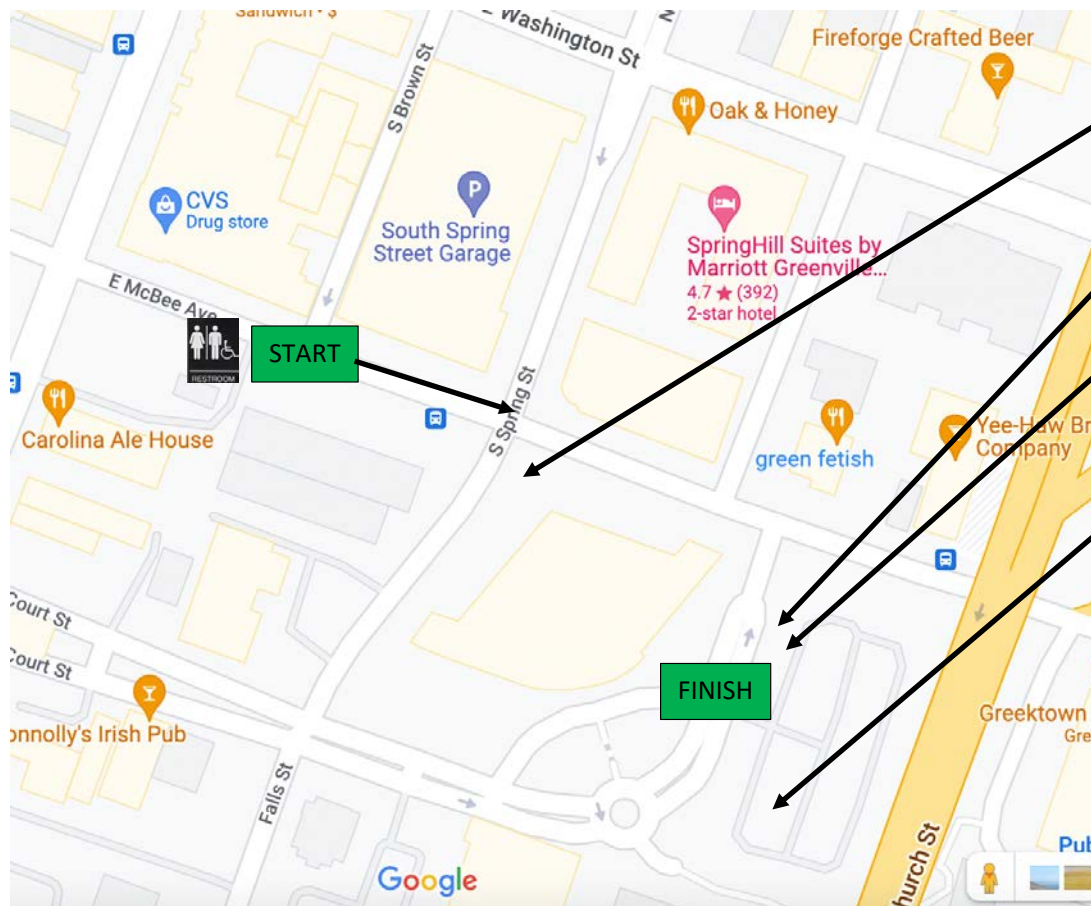
Crawford

Robert M. Rogers, M.D.,
P.A. Dermatology and
Dermatologic Surgery



COMING 2023

Venue Map



PACKET PICKUP & REGISTRATION

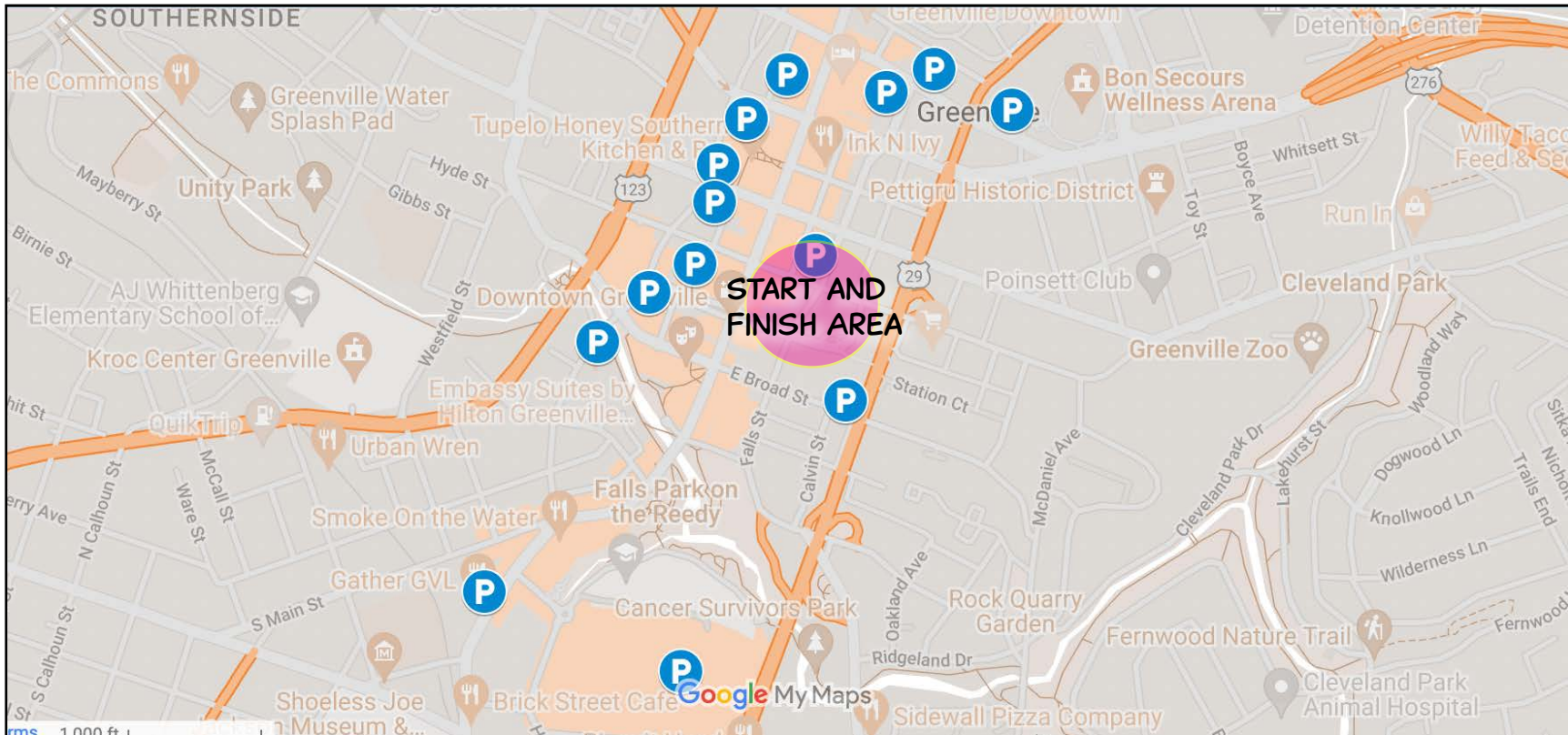
**300 E. McBee Ave,
Greenville, S.C. 29601**



TreesUpstate Turkey Day 8k

- Registration & Packet Pick Up** – 300 E McBee Ave
- Restrooms** – Near the start & Near the finish
- Start Line** – On E McBee Ave near S Brown St and S Spring St.
- Finish Line** – E Court St into Parking area
- First Aid** – Near the Finish Line
- Water + Post Race Food** – Near the Finish Line

Parking Information



Thanksgiving and Black Friday

Free Parking in ALL City Owned Garages



Road Closures




TreesUpstate will hold its 14th annual **Turkey Day Run** on **Thursday, November 24, 2022**. The following roads will be closed or partially closed between 5am to 10:30am.

*PHSRT is the Prisma Health Swamp Rabbit Trail

Street Name:	From:	To:	Time:
Start: E. McBee Ave	S. Main St	S Irvine	5am to 10am
Finish: E. Court	Spring St	E. McBee	5am to 12pm
S. Main Street	W/E Washington	W/E Court Street	7:30am to 8:45am
E. McBee Ave	S Laurens	E. Washington	7:30am to 8:45am
E. Washington	E. McBee	Cleveland Park Dr	8am to 10am
Cleveland Park Dr	E. Washington	McDaniel Ave	8am to 10am
Ridgeland	McDaniel Ave	Cleveland St.	8am to 10am
Furman College Way	Church St Overpass	University Ridge	8am to 10am
University Ridge	Furman College Way	Augusta St	8am to 10am
S. Main St	University Ridge	E. Court St	8am to 10am
Willard	@ SRT Intersections	@ SRT Intersections	8am to 10am
PHSRT	McDaniel Ave	Willard	8am to 10am
PHSRT	Willard	the Commons	8am to 10am
Wellborn	PHSRT	S. Hudson	8am to 10am
S. Hudson	Welborn	Gibbs	8am to 10am
Gibbs	S. Hudson	Westfield	8am to 10am
Westfield	Gibbs	W Broad	8am to 10am
W Broad	Westfield	S. Main	8am to 10am
S. Main	W Broad	E. Court	8am to 10am
E. Court	S. Main St	E. McBee	8am to 10am

Please Note: Per the City of Greenville, course maps are subject to change due to extenuating circumstances. Street parking will be impacted for race day.



SCHEIDER TREE CARE WISHES YOU
A HAPPY

Thanksgiving!

SCHEIDER TREE CARE IS PROUD TO OFFER TREE AND SHRUB CARE SERVICES LIKE TREE REMOVAL, TREE PRUNING, STUMP GRINDING, AND MORE! INTERESTED IN THE HEALTH OF YOUR TREES AND SHRUBS? WE HAVE CUSTOMIZED PROGRAMS TO FIT YOUR BUDGET AND NEEDS. NEED MULCH? WE CAN HELP WITH THAT! GIVE OUR OFFICE A CALL AT 864-244-3088 TO LEARN MORE ABOUT OUR MULCH OPTIONS AND DELIVERY.

Let us know if your trees and shrubs need care!

Thank you for supporting TreesUpstate!





HealthHacks

Sign up and get biweekly texts
with health and wellness tips
from Prisma Health experts.

Just text **HealthHack** to **29179**.

Program participants will receive two messages per month.
Message and data rates may apply. Text STOP to end, HELP
for info. Visit PrismaHealth.org for privacy policy and
terms.



Packet Pick-Up Instructions



Pickup packets at 300 E. McBee Ave, Greenville, S.C. 29601 (Courtyard of the Prisma Health Building on the corner of E. McBee and Spring St).

Wednesday, November 23rd - 10:00am to 6:00pm.

Thursday, November 24th - Race Day - 6:30am - 8:15am.

Please note start times. 8k starts at 8am. 5k starts at 8:30am.

Packets include your race day shirt and assigned race bib#. In person registration is available on Wednesday during packet pick-up and Thursday until 7:30am



A woman with long dark hair, wearing a white t-shirt and light-colored pants, is smiling and looking down at a young girl. The girl is also smiling and looking up at the woman. They are both wearing white t-shirts and blue jeans. The woman is wearing yellow gloves and is holding a small tree sapling. The girl is holding the base of the sapling. They are standing in a grassy area with trees in the background.

TREESUPSTATE'S ENERGY-SAVING FREE TREE GIVEAWAY @ PACKET PICKUP

WEDNESDAY, 23RD 10:00 A.M. UNTIL GONE

Participants who pick up their race packets the day before the race on Wednesday the 23rd, will also be able to pick up free trees through the Energy Saving Trees Program through Duke Energy. 1,000 trees will be available starting at 10:00 a.m. and will include 300 overcup oak, 350 redbud, and 350 red maple. The trees are first-come, first-serve and limited to one tree per resident.

PRESENTED BY



[TOP](#)

LANDSCAPE DESIGN AND INSTALLATION SERVICES



EarthDesign
Landscape Architecture and Environmental Design

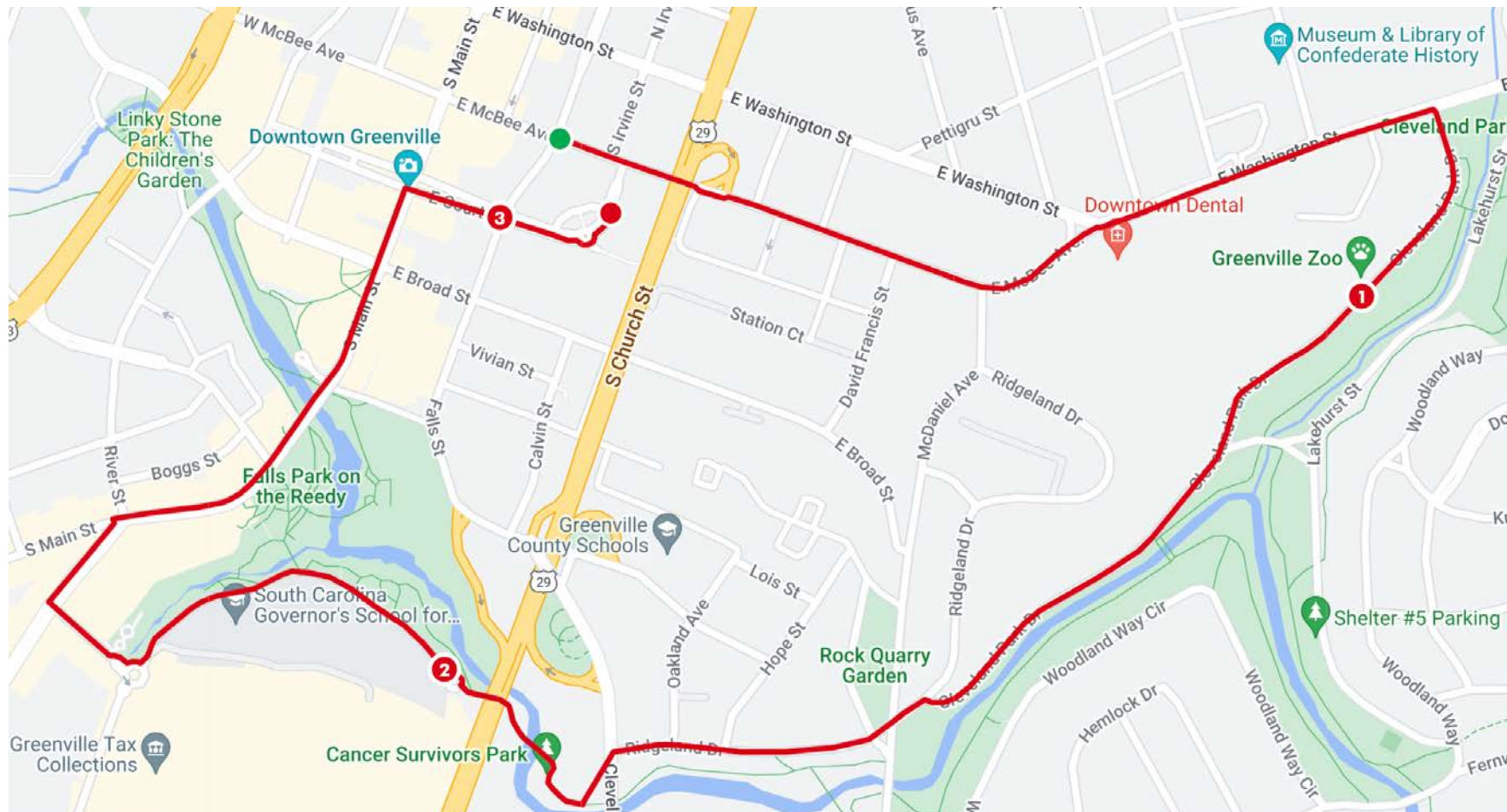
WWW.EARTHDESIGNSC.COM

864-603-1231

CONTACT@EARTHDESIGNSC.COM

1309 GROVE ROAD, GREENVILLE, SC 29605

5K Course Map

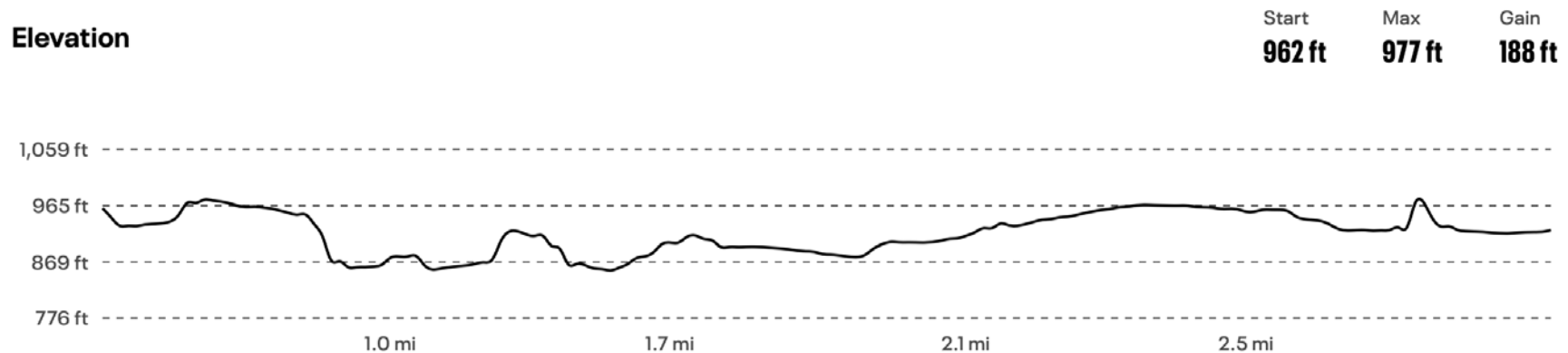


8:30am Start | 5k Fun Run & Walk | Course Turns & Elevation

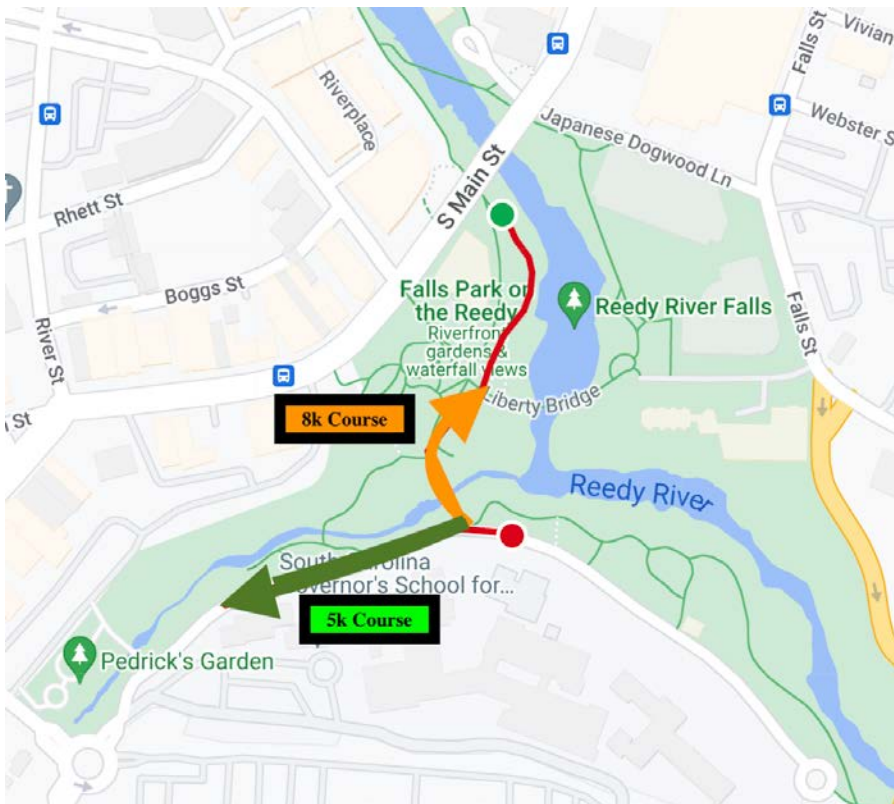
1. **Start Line:** Near intersection of E. McBee & Spring Street
2. Straight on E. Washington
3. Right on Cleveland Park Dr
4. Left on Ridgeland
5. Across Cleveland Street
6. Get on PHSRT* at Cancer Survivor's Park

7. Continue on Furman Hall Way
8. Right on University St
9. Right on Augusta
10. Right S. Main Street
11. Right on E.Court
12. **Finish Line:** E. Court in Parking Area near EP + Co

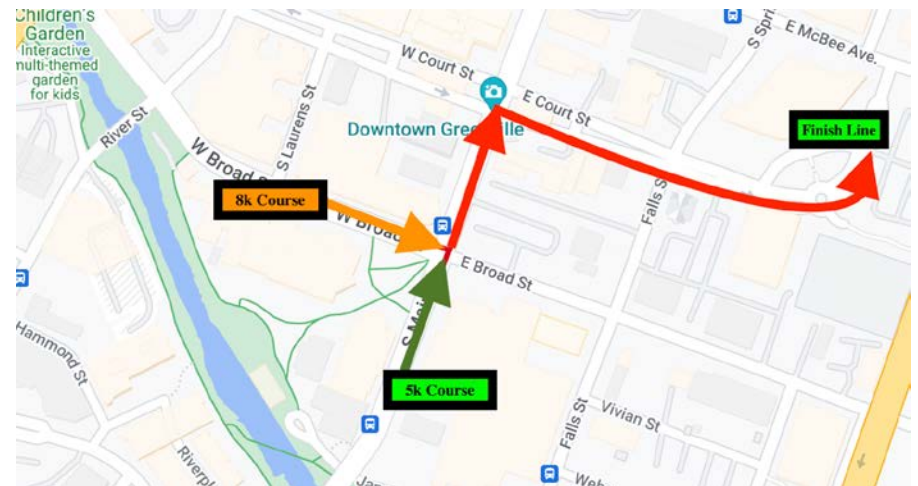
*PHSRT is the Prisma Health Swamp Rabbit Trail System



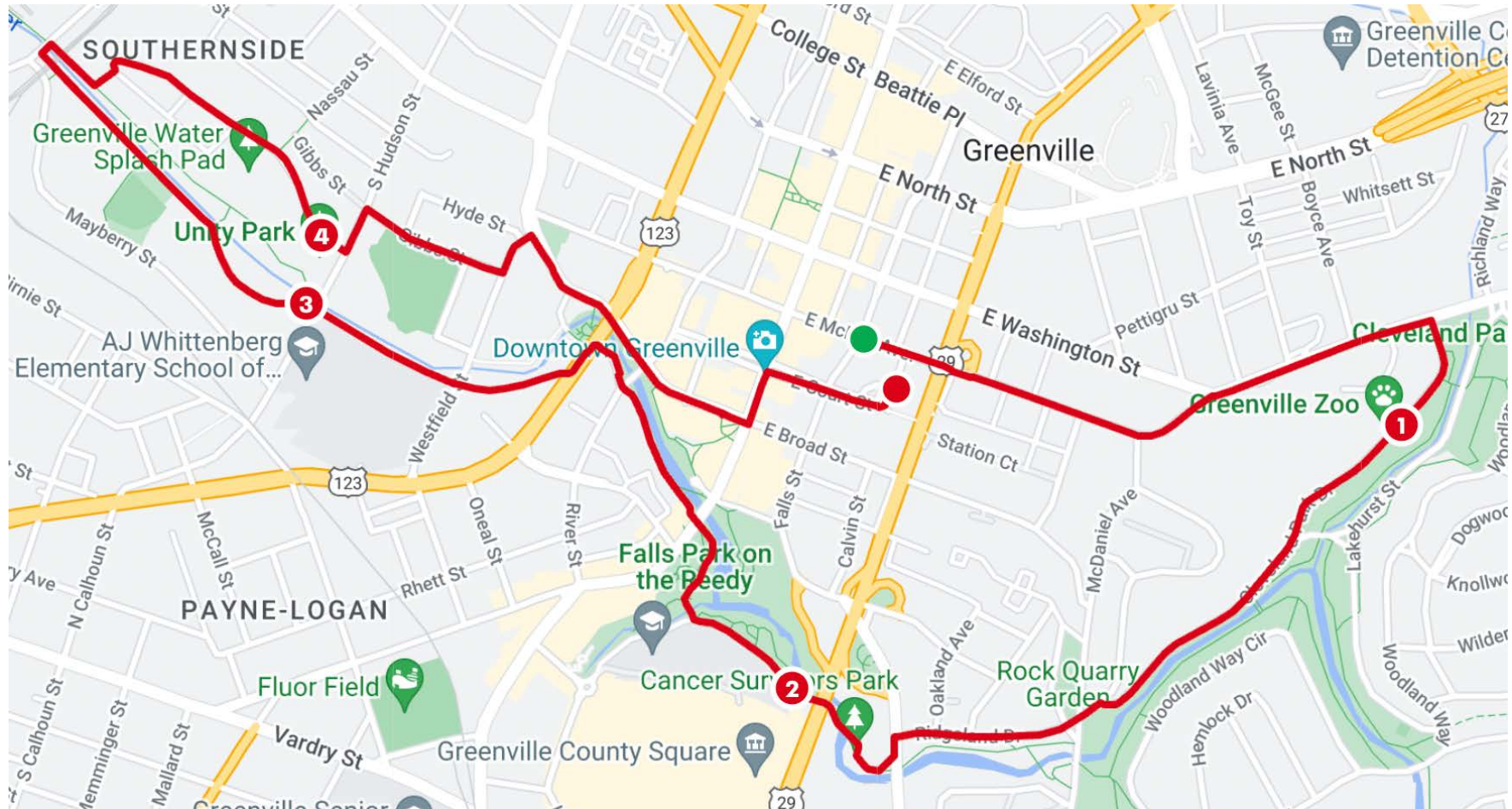
Course Split



Course Merge



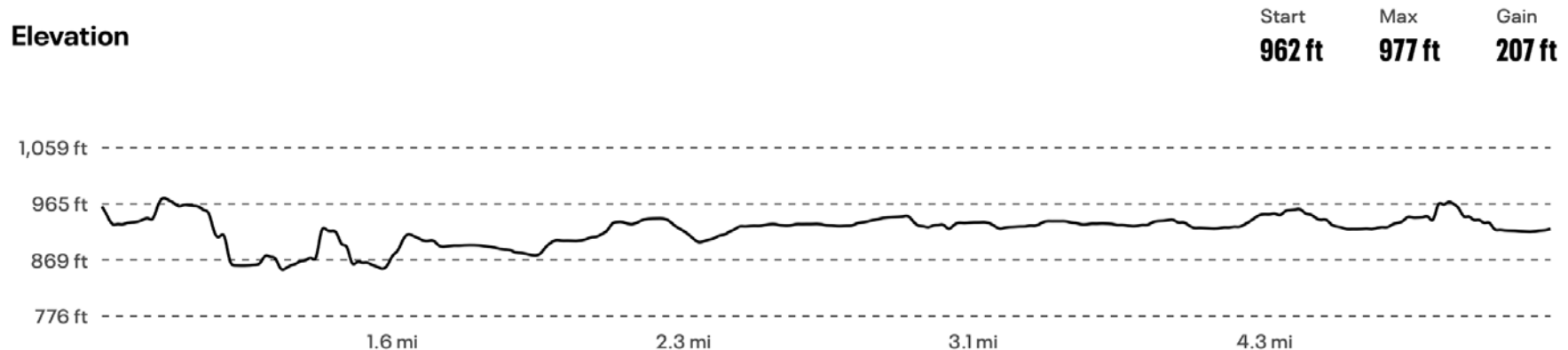
8K Course Map



8:00am Start | 8k Run | Course Turns & Elevation

1. **Start Line:** Near intersection of E. McBee & Spring Street
2. Straight on E. Washington
3. Right on Cleveland Park Dr
4. Left on Ridgeland
5. Across Cleveland Street
6. Get on PHSRT* at Cancer Survivor's Park
7. Continue on Furman Hall Way
8. Right on PHSRT in Falls Park
9. Continue to Unity Park on PHSRT
10. Right on PHSRT (at Willard)
11. Left in Commons
12. Right on Welborn
13. Left on S. Hudson
14. Right on Gibbs
15. Left on Westfield
16. Right on W Broad
17. Left on South Main
18. Right on E. Court
19. **Finish Line:** E. Court in Parking Area near EP + Co

*PHSRT is the Prisma Health Swamp Rabbit Trail System



FLEET  FEET®

**\$15 OFF ANY
PURCHASE OVER \$50**



**WE CAN'T WAIT TO SEE YOU
STRUT YOUR STUFFIN' AT THE**
TreesUpstate Turkey Day Run!

EXPIRES 1/31/2022

**Turkey Trot Participants
join us for a**

FREE
hot yoga class
breathe and recover



2 Greenville Locations!
Woodruff Road & West End

Visit southernom.com for
class schedule!

(present coupon at
either Southern Om
studio location
before 12/31/22
to enjoy your free
hot yoga class)

**BLACK
FRIDAY**

**Friday,
November
25**



your oasis in a busy day

**JOIN SOUTHERN OM
FOR BLACK FRIDAY*!**

5-class cards for \$50

You may buy one for you and one for a friend. Must be
present at either studio to purchase.

50% off a pre-selected lululemon outfit

Limit one per person.
Woodruff Road Studio only.

10-50% off everything in the boutique

New & core lululemon merchandise excluded.
Applies to both studios.

Two Greenville Locations!

Woodruff Road - 864.329.1114

(next to Whole Foods Market)

West End - 864.520.8777

(S. Main Street next to Greene Apartments)

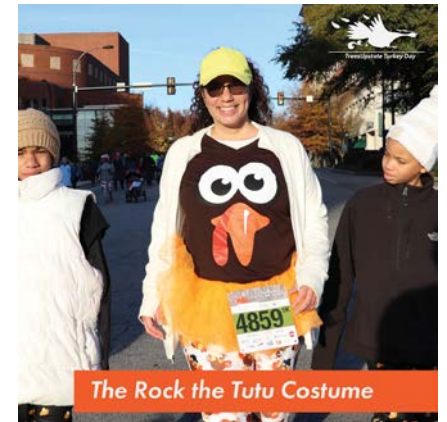
southernom.com

\$5 Classes All Day

Complimentary Food & Drink

***Woodruff Road opens at 5:30 a.m. &
West End opens at 8:15 a.m.**

Annual Costume Contest



One of our favorite things about this race have been the costumes! We love seeing all of the pilgrims and turkeys and creative fall motifs.

To enter the contest, post a picture to social media on Thanksgiving Day. So we know who you are, remember to post the picture with your assigned bib # to social media and tag us [@treesupstateturkeyday8k](https://www.instagram.com/treesupstateturkeyday8k)

SPONSORED BY

FLEET FEET



Awards & Age Groups



Overall Awards

Cash awards for 1st, 2nd and 3rd place female and male finishers in the 8k and 5k will be based on gun time.

8k Cash Awards: \$100, \$75, \$50

5k Cash Awards: \$75, \$50, \$35

Age Group Awards

Age Group Awards for the top 3 finishers in each age group will be based on chip time. It is a Turkey Day Run elite Boco Running Hat. They are already at Fleet Feet Sports on Augusta Street ready for you to have a speedy race. They can be picked up starting Friday 11/25 during their regular business hours.

Award Pickup Address

ALL awards will be available for in-store pick-up at Fleet Feet Sports Greenville starting November 25th during regular store hours. Their address is 635 Augusta St., Greenville SC 29605.

Age Groups

9 and under, 10-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80+





Frequently Asked Questions



Will there be an awards ceremony?

No. All awards can be picked up at Fleet Feet starting on Friday during regular business hours.

Can I bring my dog?

If you bring your FRIENDLY dog, they need to be on a leash, please start in the back, and stay away from people who look like they don't like dogs. Give people and other animals space. Bring a bag in case your dog uses the restroom along the way. Dogs aggressive towards other dogs are NOT allowed.

Can I wear headphones?

Doesn't bother us. Stay safe out there.

Do I need to register my child who will be riding in a stroller or running jogger? No.

Does this race benefit a nonprofit?

Yes. It's benefitsTreesUpstate. We're a nonprofit. Thanks for running with us :)



Visit

<https://runsignup.com/Race/Results/69187/>
for live results

Happy Thanks giving!



TreesUpstate Turkey Day