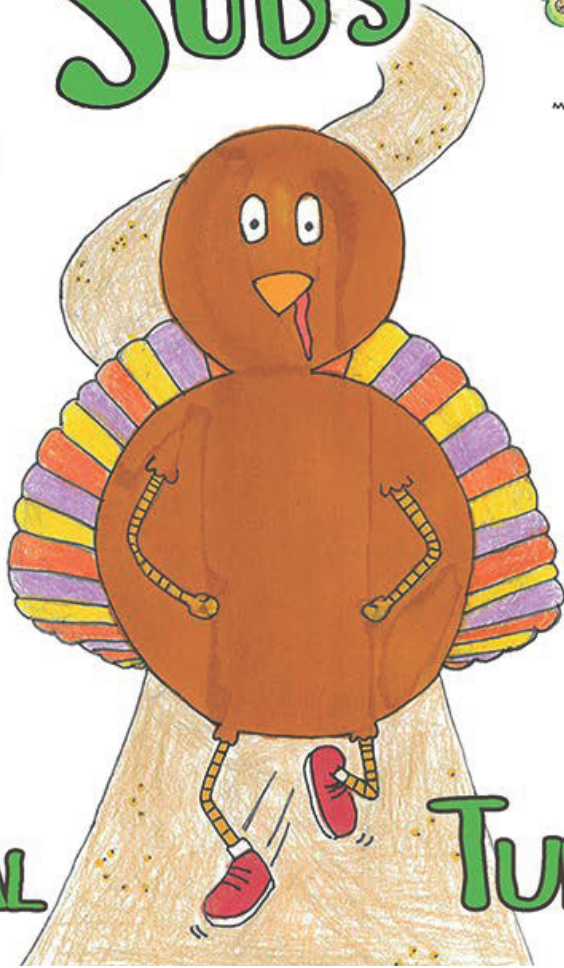
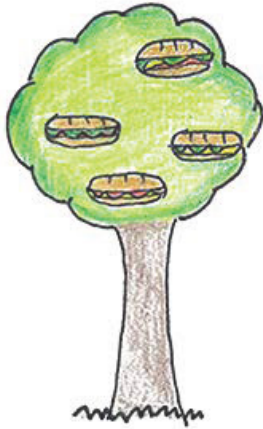


2024

# THUNDERCLOUD SUBS



Caritas  
of Austin

Ending Homelessness Together.

34<sup>TH</sup> ANNUAL

TURKEY TROT

VIRTUAL EVENT GUIDE

# CONTENTS

- 3 THE BASICS
- 4 THE BENEFICIARY
- 5 HOW TO PARTICIPATE
- 6 RACEJOY SET UP
- 7 RACEJOY EVENT DAY
- 8 KIDS FUN
- 11 THANK YOU SPONSORS!



# THE BASICS

The [ThunderCloud Subs Turkey Trot](#), one of Austin's most beloved Thanksgiving traditions, started in 1991 with just a handful of volunteers and 600 participants. Since its inception, all proceeds from the race have gone directly to [Caritas of Austin](#), a non-profit that works to prevent and end homelessness in the Austin community. To date, the Turkey Trot has raised more than \$5 million for Caritas.

For participants who have chosen to join us virtually this year, instead of at the in-person event, this guide will provide all of the information you need to participate in a way that is meaningful to you.

Still have questions? For event support and additional challenge information, email: [turkeytrot@thundercloud.com](mailto:turkeytrot@thundercloud.com).

## SCHEDULE

### Packet Pick Up (November 22nd-27th)

#### First Texas Honda

3400 Steck Ave.  
Austin, TX

Fri-Sat Nov. 22-23	Sunday Nov. 24	Monday Nov. 25	Tuesday Nov. 26	Wednesday Nov. 27
10AM - 7PM	CLOSED	10AM - 7PM	10AM - 7PM	10AM - 3PM

### Thanksgiving Activities (November 28th)

- **Complete your 5 or 1 mile run/walk**— Run or walk your 5 or 1 mile run/walk wherever you are and record your results using RaceJoy.
- **Kids Fun Activities** - We challenge kids to get moving with a variety of activities, a scavenger hunt, a coloring page, AND a bib they can color in too!

# THE BENEFICIARY

## OUR MISSION

To prevent and end homelessness for people in greater Austin.



## WHAT WE BELIEVE

Caritas of Austin believes that when every person has a stable place to call home, they can realize their full potential and contribute to our community. We build wellbeing by making sure that people have a safe home, access to healthy groceries, jobs that provide a reliable living wage, and educational opportunities to learn life skills. All of us need a sturdy foundation and layers of support in our lives to thrive; that's what creates a strong community. Our innovative, personalized and proven approach to building well-being and ending homelessness creates a more vibrant Austin for everyone.

## WHO YOU ARE BENEFITTING

Each person we serve shares the devastating experience of homelessness. Some people have lived on the streets of Austin for years, while others are more hidden, living in their car or other temporary shelter. With everyone, our work begins with homelessness, but we ensure that homelessness does not define people's futures.



**OVER 90 CENTS OF EVERY DOLLAR CARITAS RECEIVES GOES DIRECTLY TO ITS PROGRAMS.**



## YOUR IMPACT

Last year, with community support, Caritas:

- Provided 556 people with housing services.
- Served 54,887 healthy lunches.
- Served 115 veteran families.
- Provided 19,090 meals from pantry groceries.

## HOW TO SUPPORT

- Host an event raising funds for our work.
- Host a food drive to keep the Pantry stocked.
- Shop on Amazon Smile and designate Caritas of Austin.
- Donate Welcome Home baskets when people move into stable housing.
- Donate HEB and Walmart gift cards.



**GO TO [WWW.CARITASOFAUSTIN.ORG](http://WWW.CARITASOFAUSTIN.ORG) TO FIND OUT MORE!**

# HOW TO PARTICIPATE

## Complete your 5 or 1 mile in RaceJoy.

Join us virtually on the Thanksgiving Day, November 2th, by logging your event day activity and results via the RaceJoy app or manually [HERE](#). You'll be able to see how you stack up against other trotters around the country and continue a feeling of community, even when we can't be together.

## Spread the word.

Tell your friends and family why you are participating — share your story, photos, and plans for the whole challenge via social media and get others to join you!

## Fundraise or donate!

ThunderCloud Subs Turkey Trot has no fundraising requirements but we encourage all participants to go the distance this year and help raise critical funds for the cause! All registrants have the option to set up a fundraising page.

## GETTING STARTED

- Register for [ThunderCloud Subs Turkey Trot](#) benefiting Caritas of Austin.
- Like the [ThunderCloud Subs Turkey Trot Facebook Page](#).
- Download [RaceJoy](#) for your mobile device if you plan to track on Thanksgiving Day!



# RACEJOY – SET UP

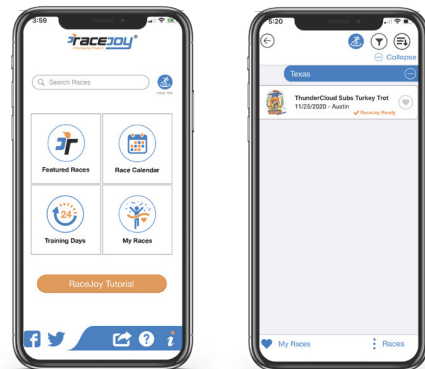
## Download.

RaceJoy App (Choose your device)

- RaceJoy for iOS — [App Store](#)
- RaceJoy for Android — [Google Play Store](#)

## Find Race.

Click use the search bar in app to find "ThunderCloud Subs Turkey Trot."



## Set Up Tracking.

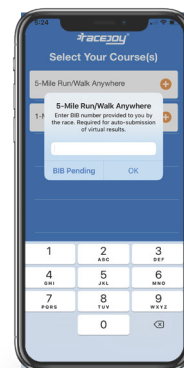
Click **I Want to Be Tracked** and follow the prompts carefully. Select the course you plan to complete.



## Enter Your Bib Number For Results.

Your bib number can be found [HERE](#) by searching your participant info. Once you complete your activity on November 28th, RaceJoy will then automatically submit your finish data.

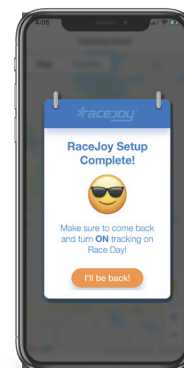
Can't find your name when searching for your bib number? Email us at [turkeytrot@thundercloud.com](mailto:turkeytrot@thundercloud.com) so we can assist. Your profile may be set to "anonymous" which limits your ability to show up on public lists.



## Customize Your Settings.

Follow RaceJoy's prompts and adjust settings as needed.

Once complete, you can close the app and come back on race day!

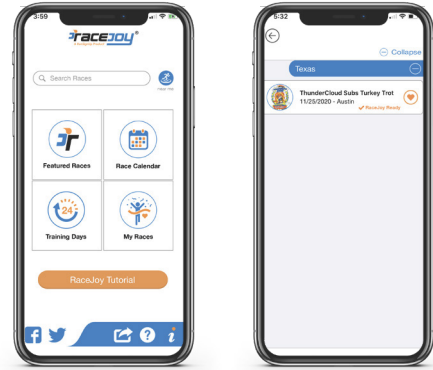


# RACEJOY – RACE DAY

## NOVEMBER 28TH

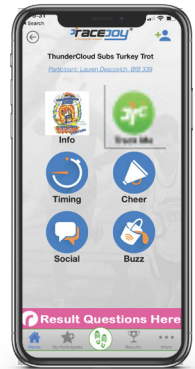
### 1 Open the App And Race Dashboard.

You must access RaceJoy on race day to activate GPS tracking. Click on "My Races" to find your previously set up ThunderCloud Subs Turkey Trot profile.



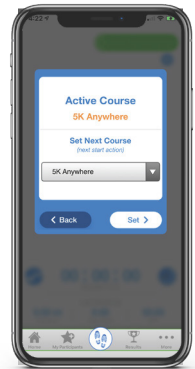
### 2 Click "Track Me."

Make sure to click the green blinking TrackMe button on race day. This will not show up until November 26th, when results can start to be posted.



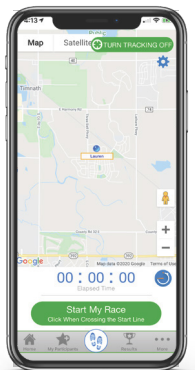
### 3 Select The Course.

Select the course for the race.



### 4 Click Start My Race.

You must click "Start My Race" as you begin in order to start your personal clock and record your results. However, RaceJoy auto detects when you complete the course distance. No need to click Finish.



# KIDS FUN!

## Get Ready To Be Active!

The kids fun challenge is all about getting kids moving this Thanksgiving! Kids are challenged to complete a series of activities as many times as they want and tally up all of their progress!

## Warm Up!

Use the following activities to warm up and **make sure to count** how many times you do each one.

- Jumping jacks
- Squats
- Toe touches

We recommend performing each activity for at least 1-minute, but you can go for as long as you want!

## Get Moving!

This main part of the challenge is to see how long you can move. Complete the following activities:

- Run or walk around your neighborhood (with a parent!). **How many blocks can you run/walk?**
- Put your thinking cap on and open your eyes real wide! **How quickly can you complete the scavenger hunt?**



# COLOR THE TURKEY!



# SCAVENGER HUNT

Can you find all of the items and complete all of the tasks related to Thanksgiving on this list?

Color in each leaf when you find the item.



Something you are thankful for



Something that smells good



Three (3) DIFFERENT leaves



A turkey



A pumpkin or squash



A pie



Gobble like a turkey for 15 seconds.



Something the color of cranberries



A football



Something with a Pilgrim on it



Break the turkey wishbone



Early Christmas decorations

# THANK YOU SPONSORS!



First Texas Honda ★

