



EVENT GUIDE

CONTENTS

3	THE BASICS
4	THE BENEFICIARY
5	HOW TO PARTICIPATE
6	RACEJOY SET UP
7	RACEJOY EVENT DAY
8	STRAVA
9-11	KIDS FUN
12	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 nearly \$4.1 million for Caritas.

Though virtual, the event WILL go on this year, with many of the things you've always loved about the Trot, and some new fun things. 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.

SCHEDULE

- **Strava Challenge (11/23-29)** — Run, walk, ride, practice yoga, or any other way you want to be active for a total of 130 minutes during the week.
- **Kids Fun Activities (11/23-29)** — Kids will be challenged to get moving with a variety of activities and parents can submit the kiddos accomplishments **online!**
- **Complete your 5 or 1 mile run/walk (Thanksgiving Day!)**— Run or walk your 5 or 1 mile run/walk wherever you are and record your results using RaceJoy.

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2	3	4	5	6 Packet Pick Up First Texas Honda 9am - 6pm	7 Packet Pick Up First Texas Honda 9am - 6pm
8 Packet Pick Up First Texas Honda 9am - 3pm	9	10	11	12	13 Packet Pick Up First Texas Honda 9am - 6pm	14 Packet Pick Up First Texas Honda 9am - 6pm
15 Packet Pick Up First Texas Honda 9am - 3pm	16	17	18	19	20 Packet Pick Up First Texas Honda 9am - 6pm	21 Packet Pick Up First Texas Honda 9am - 6pm
22 Packet Pick Up First Texas Honda 9am - 3pm	23 STRAVA CHALLENGE & KIDS ACTIVITIES START	24	25	26 	27 Packet Pick Up TBD	28 Packet Pick Up TBD
29 Packet Pick Up TBD STRAVA CHALLENGE & KIDS ACTIVITIES END	30 First Texas Honda Raffle!  DRAWING @ 3pm!					

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.
- Placed 52 people in jobs.
- Served 54,877 healthy lunches from our Community Kitchen.
- Had 65 people participate in 108 education classes.
- Served 115 veterans and their families.
- Served 36 youth clients.
- Provided 19,090 meals from our pantry.

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 TO FIND OUT MORE!

HOW TO PARTICIPATE

1 Be Active In Strava.

Join the ThunderCloud Subs Turkey Trot Strava Challenge November 23rd-29th, and accumulate 130 minutes of activity during the week. Complete the challenge and receive a digital badge for your Strava trophy case.

2 Complete your 5 or 1 mile in RaceJoy.

Join us virtually on the Thanksgiving Day, November 26th, 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.

3 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!

4 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. Prizes for top three fundraisers!

GETTING STARTED

- Register for [ThunderCloud Subs Turkey Trot](#) benefiting Caritas of Austin.
- Like the [ThunderCloud Subs Turkey Trot Facebook Page](#).
- Create a FREE [Strava](#) account (if not an existing member).
- Join the [ThunderCloud Subs Turkey Trot Strava Club](#).
 - Track your training and engage with other participants.
- Download [RaceJoy](#) for your mobile device if you plan to track on Thanksgiving Day!



RACEJOY – SET UP

1

Download.

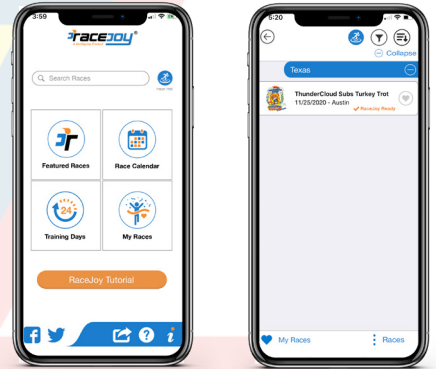
RaceJoy App (Choose your device)

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

2

Find Race.

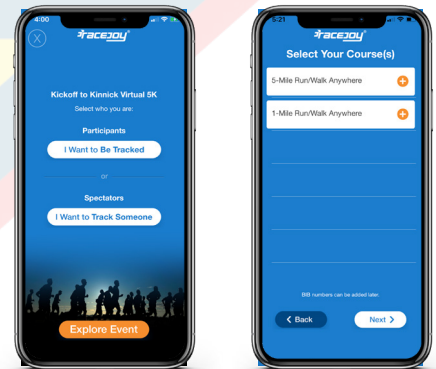
Click use the search bar in app to find "ThunderCloud Subs Turkey Trot."



3

Set Up Tracking.

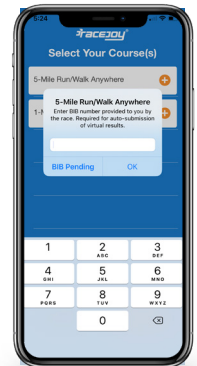
Click **I Want to Be Tracked** and follow the prompts carefully. Select the course you plan to complete.



4

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 26th, RaceJoy will then automatically submit your finish data.



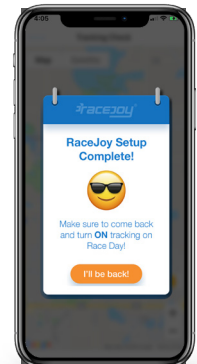
Can't find your name when searching for your bib number? Email us at turkeytrot@thundercloud.com so we can assist. Your profile may be set to "anonymous" which limits your ability to show up on public lists.

5

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!

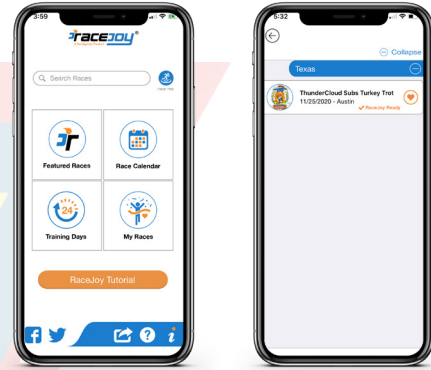


RACEJOY – RACE DAY

NOVEMBER 26TH

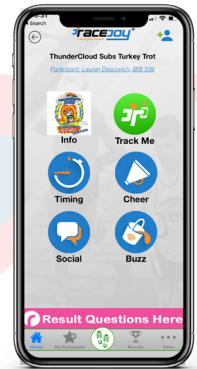
1 Open the App And Race Dashboard.

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.



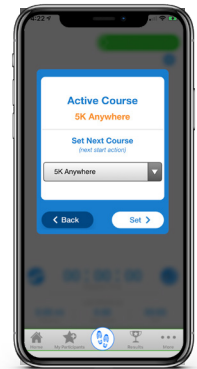
2 Click "Track Me."

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.



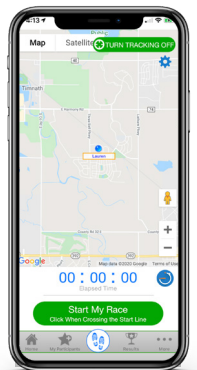
3 Select The Course.

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.



5 Record In Strava.

Participating in the Strava Challenge? Don't forget to count this activity in Strava too! You can either run the Strava app simultaneously or manually enter your activity when you are finished.

STRAVA HOW-TO


- 1 Create An Account.**
Click [HERE](#) to create a Strava account.
Strava is a free activity tracking platform.

- 2 Download The Strava App.**
Strava App (Choose your device)
 - Strava for iOS — [App Store](#)
 - Strava for Android — [Google Play Store](#)

- 3 Join The ThunderCloud Subs Turkey Trot Strava Club.**
Click [HERE](#) to join the ThunderCloud Subs Turkey Trot Strava Club.

- 4 Join The Challenge.**
 - The challenge will be open for you to join one (1) week prior to the challenge starting (We will notify all participants when it is posted!)
 - Challenges live in the Challenge Gallery under Strava's "Explore" tab in the app and online.
 - You can join from your mobile app or on the [website](#).

- 5 Challenge Is Active.**
 - The Challenge becomes active on November 23rd, 2020 at 12:01 AM and will end on November 29th, 2020 at 11:59 PM in your personal timezone
 - Complete a total of 130 minutes during the week in any way you choose — ride, run, walk, swim, practice yoga, and more!

- 6 Record Activity.**
 - Open Strava on your mobile device.
 - Click "Record."
 - Select activity type
 - Click "Start" — go!
 - When done tracking, click the stop button.
 - Click "Finish."
 - Fill in detail and add a photo,
 - Click "Save Activity."
- 

Forgot your device but still got your activity in? No worries, it still counts!

- Log activity manually in your app or online by going to your "Feed" and clicking "+" at the top of the page.
- Select "Manual Activity"
- Enter your workout details and click "Save Activity."

- 7 Redeem Reward.**
 - As soon as you complete an activity that achieves the Challenge's full goal, you will:
 1. Receive your digital badge in your Strava trophy case.
 2. Receive an email from Strava about challenge completion and reward redemption.

KIDS FUN!

NOVEMBER 23RD - 29TH

1 Get Ready To Be Active!

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

2 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!

3 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?**

4 Log Activity

Beginning on November 23rd, parents can help the kids log their activity [HERE](#) so that we can see how everyone is staying active!

- Search for their name.
- Click "Log Activities."
- Select which activity you are recording for them and in the "Custom" field, note the quantity of that activity completed.
- You can come back and submit results multiple times during the week (so they add up!).

New Activity

Activity *

Warming Up! How Many Jumping Jacks Cr


Date Completed *

09/13/2020

Custom *

25

Comment



your activity has been saved!

Your results have been posted for the:

Children 12 and Under Virtual Fun! (Have fun with your activities Anytime/Anywhere between 9/13-9/19, and submit your results)

ⓘ They should show on the results page within the next 1 - 3 minutes.

Add Another Activity

Submit Your Photos!

Back to Results

9

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!



The Long Center
New World Bakery
Dr Pepper
Perdue
Texas Coffee Traders

Sysco
Segovia Produce
Select BankCard
Crane Insurance Agency

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