

FOUNTAIN HILLS 2019 TURKEY TROT

RACE PACKET



PACKET PICK UP

Wednesday, November 27th from
3:00-7:00pm

Fountain Hills Community Center
13001 N La Montana Dr

RACE DAY

- 5:30 am On-Site Registration & Packet Pick Up Opens
 - 6:30 am On-Site Registration Closes
 - 7:00-7:10am Warm Ups
 - 7:15 am Races begins on Avenue of the Fountains
 - 8:15 am Awards Ceremony on Avenue of the Fountains
 - 9:00 am Parade
-

START/FINISH LINE

Avenue of the Fountains
(west of Verde River Dr)

RACE START TIME

Promptly at 7:15am

START & FINISH LINE

Located on the Avenue of the Fountains (west of Verde River Dr)
Check out the map included in this race packet.

AWARDS

Start at 8:15am

Located on the Avenue of the Fountains near the start/finish line

SOCIAL MEDIA

Be sure to check out our selfie station located on the Avenue of the Fountains next to the awards.

Get a picture with Mr. Gobbleson and the 2019 commemorative back drop.

Follow us on Social Media for event information and be sure to tag us!

#fhturkeytrot

 @fhparksandrec

 @fountainhillsrec

 fh.az.gov/recreation

WEDNESDAY

PACKET PICK UP

Save time on race day by attending packet pick up on Wednesday, November 27th from 3:00-7:00pm.

Head over to the Community Center located at 13001 N La Montana Dr. to get your race bib & T-shirt. This is a great time to ask questions & review the course.

Get here early as shirt sizes are limited.

Can't make it on Wednesday? Friends or family members can pick up your packet if needed.

Last minute registrations will be taken during packet pick-up. Be sure to tell your friends, it's not too late!



HELPFUL TIPS

STROLLERS

We are thrilled to see our youngsters getting involved! Please start towards the back of the line if you have a stroller.

DOGS & PETS

We love our furry friends but for safety reasons, we ask that you leave your pets at home.

INCLEMENT WEATHER

While we don't always like the rain, we love the adventure!

In the event of rain, come prepared with the proper gear and use caution when running/walking in the race.

We will be trotting rain or shine.

RACE MEDALS



RACE DAY

ALREADY HAVE YOUR BIB & T SHIRT?

If you picked up your bib & t-shirt on Wednesday, head over to the start line on the Avenue of Fountains, just west of Verde River Dr.

We suggest getting to the start line by 6:50am.

ALREADY REGISTERED BUT NEED TO PICK UP YOUR BIB & T-SHIRT?

Pick up your bib & T-shirt at the Community Center beginning at 5:30am and closes at 6:30am.

AWARDS

The awards will begin at 8:15am. Be sure to look for the Fountain Hills blue tent near the finish line. Medals are awarded for the top 3 male & female finishers in each age group.



REMINDERS

- 5:30 am On-Site
Registration & Packet Pick
Up Opens
- 6:30 am On-Site
Registration Closes
- 7:00-7:10am Warm Ups
- 7:15 am Races begins on
Avenue of the Fountains
- 8:15 am Awards
Ceremony on Avenue of the
Fountains
- 9:00 am Parade

DRIVING & PARKING INFO

Be sure to follow the maps provided in this race packet for driving directions and parking locations.

Use Fountain Hills Blvd or Palisades to drive into Town.

Saguaro Blvd will be closed for parade staging & the Turkey Trot.

RACE DAY

WARM UP

Join Anytime Fitness on the Avenue for a pre-race warm up from 7:00-7:10am.

PERSONAL BELONGINGS

The Community Center will be closed at 8:00am. To keep your belongings safe, locker rentals will be available on the Avenue of the Fountains in front of the MCSO parking lot and near the start/finish line.

COFFEE SERVICE

Get your caffeine on! Shugs Coffee Cart will be located on the Avenue of the Fountains selling coffee, hot chocolate, and tea before & after the race.

REPLENISH

If you need to refuel after the race we've got you covered. Water, oranges & bananas will be provided in the awards area on the Avenue. GLUKOS - will also be providing an energy drink mix for participants. Look for the GLUKOS tent near the finish line.





THANK YOU

TO OUR GOLD LEVEL SPONSORS!



Robyn Stoor

THE FOUNTAIN HILLS
TIMES

COMMUNITY SPONSORS:

GLUKOS

Renewal by Anderson

Homelight



**1 DAY ONLY- FRIDAY, NOVEMBER 29TH
REGISTER FOR NOV. 26TH 2020 BEFORE
THE PRICE INCREASE!**

REGISTER AT WWW.FHTURKEYTROT.COM



Driving Directions for Turkey Trot Participants/Spectators & Thanksgiving Parade Spectators



How to Get Here

From Scottsdale

To Parking Lot A

- LEFT onto PALISADES BLVD
- RIGHT onto FOUNTAIN HILLS BLVD
- LEFT onto EL LAGO BLVD
- LEFT onto LA MONTANA DR
- RIGHT into PARKING LOT A

To Parking Lot B

- LEFT onto PALISADES BLVD
- RIGHT onto LA MONTANA DR
- LEFT into PARKING LOT B

From SR-87

To Parking Lot A

- TURN onto SHEA BLVD
- RIGHT onto FOUNTAIN HILLS BLVD
- RIGHT onto EL LAGO BLVD
- LEFT onto LA MONTANA DR
- RIGHT into PARKING LOT A

To Parking Lot B

- TURN onto SHEA BLVD
- RIGHT onto FOUNTAIN HILLS BLVD
- RIGHT onto PALISADES BLVD
- RIGHT onto LA MONTANA DR
- LEFT into PARKING LOT B





Driving Directions for Turkey Trot Participants/Spectators & Thanksgiving Parade Spectators



How to Get Home

To Scottsdale

From Parking Lot A

- LEFT onto LA MONTANA DR
- RIGHT onto EL LAGO BLVD
- LEFT onto FOUNTAIN HILLS BLVD
- RIGHT into SHEA BLVD

From Parking Lot B

- RIGHT onto LA MONTANA DR
- LEFT onto PALISADES BLVD
- RIGHT into SHEA BLVD

To SR-87

From Parking Lot A

- LEFT onto LA MONTANA DR
- RIGHT onto EL LAGO BLVD
- LEFT onto FOUNTAIN HILLS BLVD
- LEFT into SHEA BLVD

From Parking Lot B

- RIGHT onto LA MONTANA DR
- LEFT onto PALISADES BLVD
- LEFT into SHEA BLVD



Boss of the Toss CORN HOLE Tournament



Fountain Hills Community Center

**Saturday, January 4
2:00 pm - 4:30 pm**

**Double
Elimination**

***Course #4673**

***\$15.00 per player**

***2 players per team**

***Ages 16 and up**

***Light Snacks and beverages will
be served until we run out.***

Registration opens on November
18.

Pre-Registration is required
by 12/30/2019

Register online at www.fh.az.gov/recreation

Email Bryan at bbouk@fh.az.gov

for tournament rules



@FHParksAndRec



@FountainHillsRec



480-816-5100



fh.az.gov/recreation

Fountain Hills Holiday Events

Holiday Model Train Display

Community Center • Free

December 9th - 21st
Mon - Fri: 2:00 - 5:00 PM
Sat: 10:00 AM - 1:00 PM

December 23rd, 26th, 27th
1:00 - 5:00 PM

Stroll in the Glow

Saturday, December 7th
4:00 - 8:00 PM • Free
Ave. of the Fountains

Family Movie Night: Elf

Friday, December 13th
6:00 - 8:00 PM • Free
Community Center

Build Your Own Gingerbread House

Wednesday, December 18th
6:00 - 7:00 PM • \$15
Community Center

Holiday Parents' Night Out

Friday, December 20th
6:00 - 9:00 PM • \$18
Community Center

Elfie's Playground Palooza

Saturday, December 21st
11:00 AM - 1:00 PM • Free
Four Peaks Park

Noon Year's Eve

Tuesday, December 31st
11:00 AM - 12:00 PM
Community Center



 @FHParksAndRec
 @FountainHillsRec
 480-816-5100
 fh.az.gov/recreation

Connect
With Us!



**Fountain
Hills
Parks and
Recreation**



@FHParksAndRec



@FountainHillsRec



480-816-5100



fh.az.gov/recreation





Special Event Calendar



Fall 2019 - Spring 2020

Get Out of the Valley and Into The Hills!

November 14 - April 9

**Farmers Market
Art on the Ave**
Thurs, 10a.m.-4p.m.
Ave of the Fountains Plaza

January

**24⁻²⁶ Magic Bird Festivals
Goes Native**
Fri-Sun, 10a.m.-5p.m.
Avenue of the Fountains

March

1 Mountain to Fountain
Sun, 5:30a.m.-noon
Fountain Park

**6⁻⁸ Thunderbirds Fine Art
& Wine Affaire**
Fri-Sun, 10a.m.-5p.m.
Avenue of the Fountains

7 Besant Mela Kite Festival
Sat, 10a.m.-2p.m.
Fountain Park

**13⁻¹⁵ Fountain O'Green
Artisan Market**
Fri-Sun, 10a.m.-5p.m.
Avenue of the Fountains

14 Irish Fountain Fest
Sat, 11a.m.-6p.m.
Fountain Park

**17 St. Patrick's Day
Greening**
Tues, noon
Fountain Park

21 Paws in the Park
Sat, 10a.m.-3p.m.
Fountain Park

28 Dark Sky Festival
Sat, 4p.m.-9 p.m.
Centennial Circle

November

**8⁻¹⁰ Fountain Festival of
Arts & Crafts**
Fri-Sun, 10a.m.-5p.m.
Avenue of the Fountains

**28 Turkey Trot 5K Run &
Fitness Walk**
Thur, 7:15a.m.
Downtown Fountain Hills

Thanksgiving Day Parade
Thur, 9a.m.
Downtown Fountain Hills

February

8 Concours in the Hills
Sat, 10a.m.-3p.m.
Fountain Park

21⁻²³ The Great Fair
Fri-Sun, 10a.m.-5p.m.
Avenue of the Fountains

**26 - March 1
Memorial Disc Golf
Championship**
Wed-Sun, 9a.m.-2p.m.
Fountain Park

December

7 Stroll in the Glow
Sat, 5p.m.
Avenue of the Fountains

28 Balloon Glow
Sat, 5:30p.m.-7:30pm.
Fountain Park

Check for the
most updated calendar at:
experiencefountainhills.org

#fountainhills

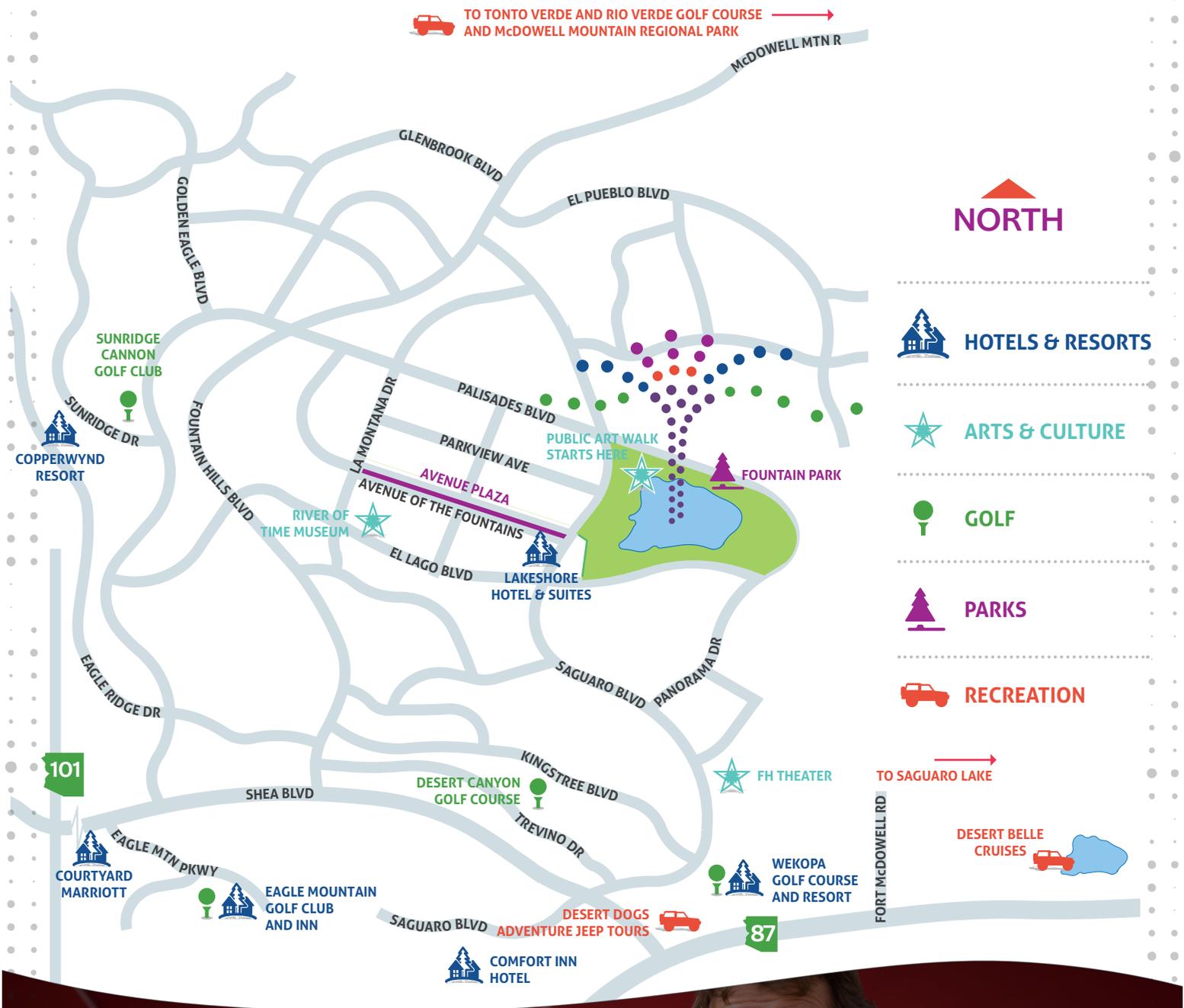
 **@experiencefhaz**

April

4 Music Fest
Sat, 4p.m.-8:30p.m.
Fountain Park



Fountain Hills Map



Find us

 [facebook.com/ExperienceFountainHills](https://www.facebook.com/ExperienceFountainHills)

 @experiencefhaz // For more information: [ExperienceFountainHills.org](https://www.ExperienceFountainHills.org)

#fountainhills



OUR MISSION

TO IMPROVE THE HEALTH AND QUALITY OF LIFE FOR OUR COMMUNITY OF PATIENTS, PHYSICIANS, AND EMPLOYEES

OUR VISION

PROVIDING COORDINATED & INTEGRATED PRIMARY CARE ACROSS THE HEALTHCARE DELIVERY SPECTRUM

OUR VALUES

***COMPASSION,
COMPETENCE,
COMMUNICATION,
CAMARADERIE***

LOCATIONS

Avondale

4110 N 108th Ave, Suite 101, Phoenix, AZ 85037
Phone: (623) 218-0780
Fax: (623) 218-0786

Carefree

36889 N Tom Darlington Dr #A-4, Carefree, AZ 85331
Phone: (480) 488-9220
Fax: (480) 488-7014

Chandler

600 S Dobson Rd Ste D27, Chandler, AZ 85224
Phone: (480) 496-0000
Fax: (480) 496-7325

Fountain Hills

16838 E Palisades Blvd #C-153, Fountain Hills, AZ 85268
Phone: (480) 816-3131
Fax: (480) 816-3136

Glendale

17218 N 72nd Dr, Suite 101, Glendale, AZ 85308
Phone: (623) 334-8671
Fax: (623) 334-8675

Mesa

10238 E. Hampton Ave #406, Mesa, AZ 85209
Phone: (480) 977-1320
Fax: (480) 977-1321

Phoenix

16620 N. 40th St, Suite C1, Phoenix, AZ 85032
Phone: (602) 923-6666
Fax: (602) 923-7676

Scottsdale

9590 E Ironwood Square Dr #125, Scottsdale, AZ 85258
Phone: (480) 455-3000
Fax: (866) 819-6115

Surprise

14811 W Bell Rd Suite 100, Surprise, AZ 85374
Phone: (623) 691-7748
Fax: (623) 815-9201



info@4CMEDICALGROUP.com

PRIMARY CARE *REDEFINED*



www.4CMEDICALGROUP.com



There used to be a time when you called your primary care physician, “my family doctor.” He or she was your confidant and guiding counsel when it came to your health. At 4C Medical Group, our mission is to revive that patient-centric approach. We strive to not only provide you with the best care possible, but also restore the patient-provider relationship that is essential for top-notch primary care medicine.

We believe primary care is not only about treating immediate symptoms, but also about managing the patients’ overall healthcare needs. At 4C, patient care is not limited to the doctor’s office. In fact, our physicians coordinate health services with local hospitals, skilled nursing centers, and rehabilitation facilities in the area to ensure patients receive **continuity of care throughout the healthcare delivery spectrum**. From diagnosis and treatment, to patient advocacy and counseling, our physicians take the time to get to know you and provide you with the personalized care you deserve.



+ We accept most major insurance and offer affordable cash-pay options. Call one of our clinics for more information, or visit us at www.4CMEDICALGROUP.com

SERVICES

Primary Care

- Family Medicine
- Internal Medicine
- Urgent Care*
- Geriatric Care
- Walk-in Clinics
- Women & Men’s Health
- Physical & Wellness Exams
- Episodic Care
- Minor Outpatient Procedures
- In-house Labs and Imaging*
- Chronic Conditions Management

Specialty Care*

- Cardiology
- Endocrinology
- Neurology
- Chiropractic Care
- Physical Therapy
- Counseling Therapy
- Counseling Services

Wellness Services*

- Yoga Therapy
- Massage Therapy
- Nutrition Counseling

Hospital Medicine

We provide 24/7 hospitalist services at many local hospitals, so if our patients ever need hospitalization, they can have the comfort of knowing that our 4C primary care physicians are there to coordinate their care during their acute-care episode. For a list of hospitals that we serve, please email us at info@4cmedicalgroup.com.

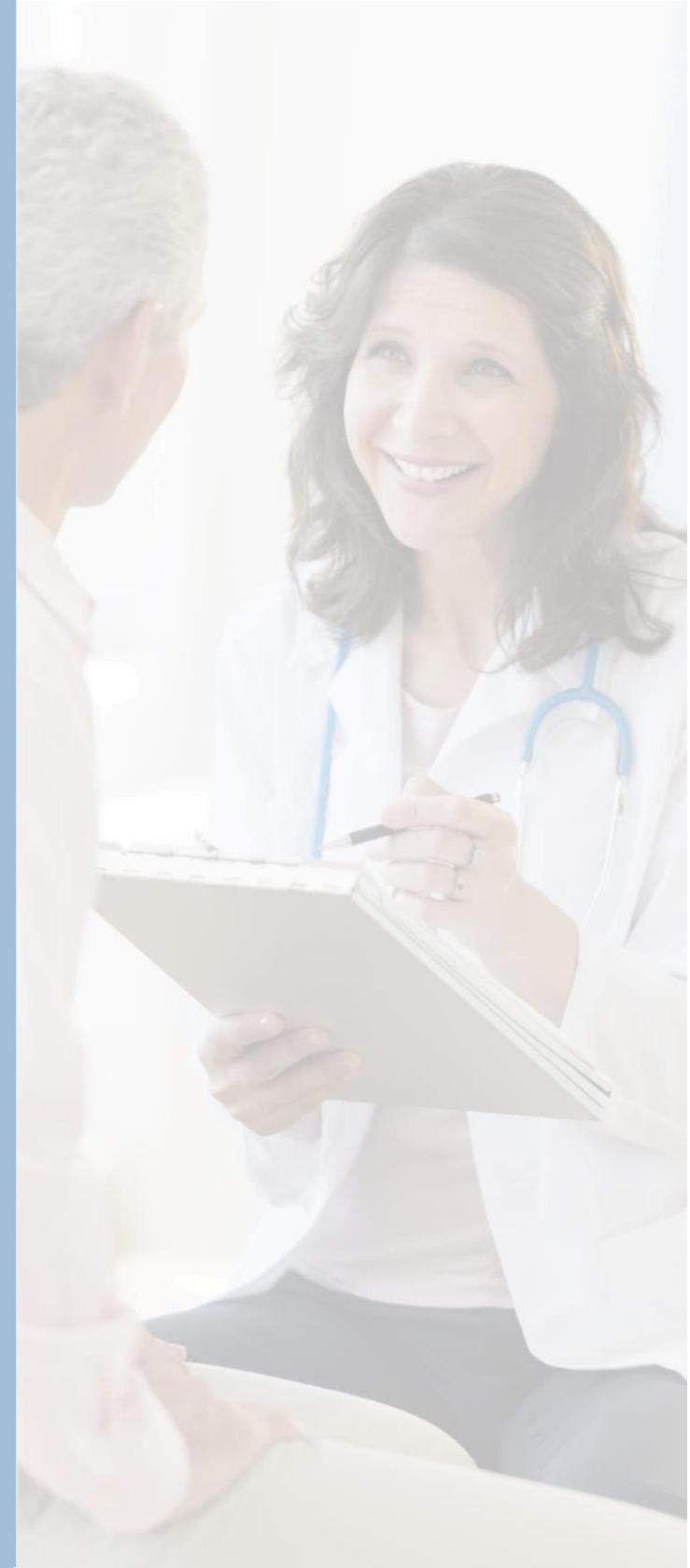
Sub-Acute Care

Our goal of providing continuity of care to our patients extends beyond the primary care clinic and hospital settings. Our Physicians have regular rounding schedules at over 30 Skilled Nursing and Acute-Rehabilitation services across the Phoenix Valley and do their best to not only coordinate the care for our patients admitted to these facilities, but also keep the Primary Care Physician informed throughout the process.

Mobile Docs

Our Mobile Docs services allows us to provide our patients with home-based primary care visits in cases where patients may need transitional care, or they are unable to make regular visits to their primary care physician. For service area and other inquiries, please email mobiledocs@4cmedicalgroup.com or call (480) 320-1171.

*Available at select locations





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Julie Polito
Certified Residential Appraiser
602 505-4866 (Mobile)



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happy
**THANKS
GIVING**

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Need a place to stash your gear while you're running circles around the competition? Event Lockers has you covered.

Our trailer has over 350 lockers in three different sizes to secure your belongings so you can enjoy the Fountain Hills Turkey Trot worry free.

Small lockers are 6" x 9" x 9" and cost **\$5*** for the entire event

Medium lockers are 6" x 9" x 13" and cost **\$10*** for the entire event

Large lockers are 12" x 12" x 15" and cost **\$15*** for the entire event

*Tax Included; cash and major credit cards accepted

Stop by on race day to empty your pockets, ditch your fanny pack, or stash your hoodie & sandals then head to the start line and enjoy the race!

Check out [Event-Lockers.com](https://www.Event-Lockers.com) for more information.



Event Lockers is owned & operated out of Phoenix, AZ

GLUKOS is powered by glucose, your body's preferred source of energy. GLUKOS is one of the cleanest sports nutrition products on the market, containing no artificial ingredients, no caffeine and no fillers - just pure, natural energy to power you through your workouts or everyday life!



2X ENERGY, 2X FASTER: GLUKOS gives your body twice as much energy as any other sports nutrition, twice as fast thanks to glucose. Glucose starts giving your body energy as soon as it hits your mouth, where it is absorbed directly into your cells.



ESSENTIAL ELECTROLYTES: GLUKOS provides the optimal balance of sodium and potassium. These two minerals support essential organ function and are easily lost through sweat.



NOTHING ARTIFICIAL: GLUKOS contains NO artificial ingredients, NO caffeine, NO stimulants, NO fillers and NO high fructose corn syrup. Safe for athletes of all ages!



SHOP LOCAL: GLUKOS is a Fountain Hills-based company! Our ability to support local events comes from our support from customers across the US!

SPECIAL OFFER: Order online get 30% off! Promo code FHTURKEY

Come find our official GLUKOS ambassador, Addie, near the finish line at the 2019 Fountain Hills Turkey Trot! She will have refreshing GLUKOS sports drink for you to sample post-run!



THANK YOU FOR PARTICIPATING IN OUR 29TH ANNUAL TURKEY TROT!

See you next year!

HAPPY
THANKSGIVING
FROM FOUNTAIN
HILLS
COMMUNITY
SERVICES!

