

SAN DIMAS, CA

TURKEY TROT



NOVEMBER


20th, 2021

A distance for everyone!™



319 Main St, Saugerties, NY 12477
845.247.7275 | Alpha.Win | info@Alpha.Win



a **DISTANCE** for **EVERYONE**
in California in **2022**

Napa Valley, Triathlon - Sat. & Sun., April 9-10
June Lake, Triathlon - Saturday, July 9
San Dimas, Turkey Trot - Saturday, November 19
San Dimas, Turkey Triathlon - Sunday, November 20

info@Alpha.Win | Alpha.Win | 845.247.7275



Message from

The Race Director

Dear Alpha Win Participants,

Welcome to the Alpha Win San Dimas Turkey Trot! Happy Thanksgiving!

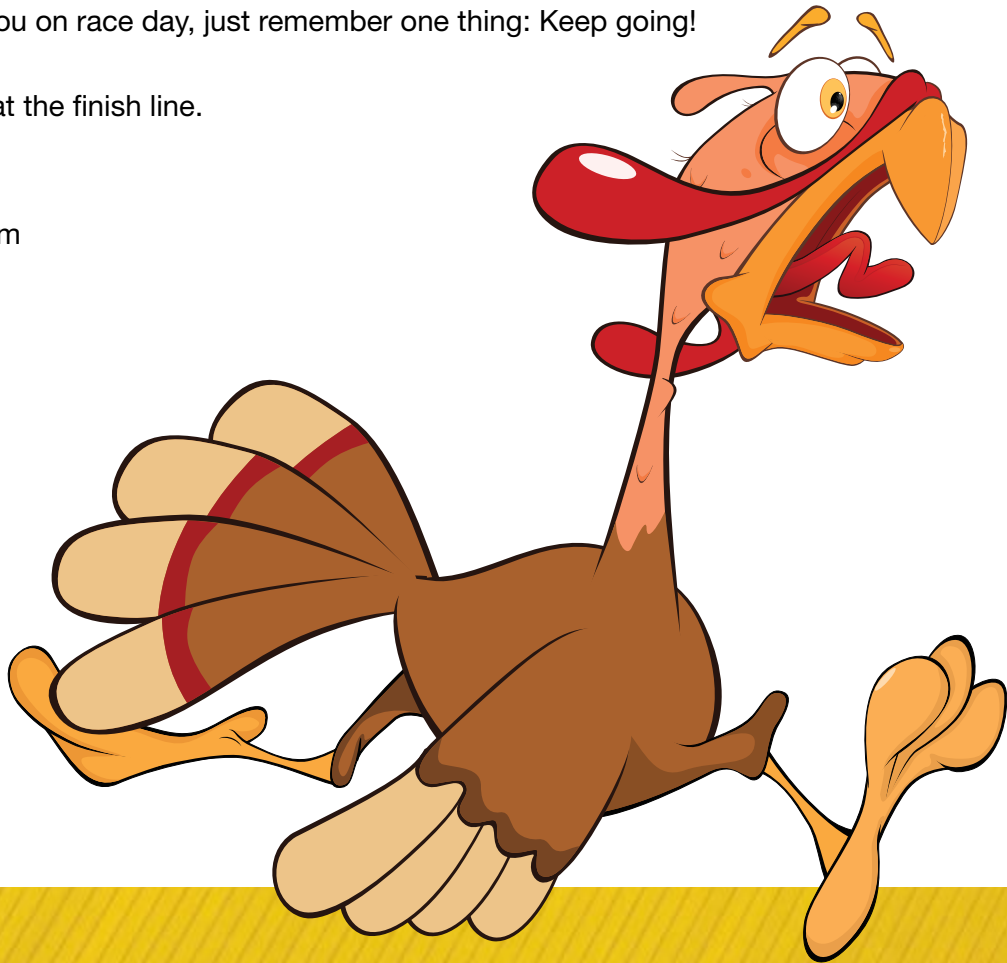
Please join us in thanking the officials from Frank G. Bonelli Regional County Park and the County of Los Angeles. This event would not be possible without their help.

We would also like to thank our dedicated staff and volunteers. From long before the event starts to well after it finishes, their tireless efforts make the experience truly memorable. They are with you at the start, the finish and all along the course. Their energy and dedication are essential to our helping you reach your goal.

You've come a long way to get here. You have overcome many challenges. No matter what obstacles lie in front of you on race day, just remember one thing: Keep going!

We'll see you at the finish line.

Best,
Alpha Win Team



COVID-19 Protocols

SAN DIMAS TURKEY TROT: SATURDAY, NOVEMBER 20, 2021 | COVID-19 PROTOCOLS

Alpha Win will adhere to all regulations published by the CDC and the state in which the event is located

- **Cancellation Policy** - if the event is cancelled due to COVID-19, registrants will be given the option of receiving a refund of their registration fee or transferring to another Alpha Win race.
- The following measures will be reviewed and adjusted based on the most current knowledge base on the severity of the pandemic and the best methods to avoid transmission.
- Any participant who exhibits symptoms of COVID-19 may not participate in the event.
- Any person attending the event who IS NOT vaccinated is asked to wear a face covering and observe safe physical distancing except when running.
- Any person attending the event who IS vaccinated may choose to wear a face covering.
- Participants are encouraged to carry their own hydration and nutrition.
- Post-race food and beverages: Bottled water and food will be available at the finish line.

Schedule of Events

Saturday, November 20, 2021 – Race Site at Frank G. Bonelli Regional County Park

- **7 – 9 am:** Packet and Timing Chip Pick-Up for 10k, 5k and 1 Mile athletes
- **8 am – 6 pm:** Alpha Win Fitness Expo
- **9 am:** Alpha 10k Race Starts
- **10:15 am:** Alpha 5k Race Starts
- **11 am:** 1 Mile Race Starts
- **11:15 am:** Alpha Win Awards Ceremony for all distances
- **2 pm – 6 pm:** Packet Pick-up for Alpha Win – San Dimas, CA Turkey Tri

**** PLEASE NOTE:** Athletes MUST be present at their Awards Ceremony to receive an award. Unclaimed awards may be shipped if request is made within two weeks after the event. Athlete is responsible for a \$10 shipping and handling fee.

RACE SCHEDULE MIGHT CHANGE DEPENDING ON STATUS OF COVID PANDEMIC

Important Address

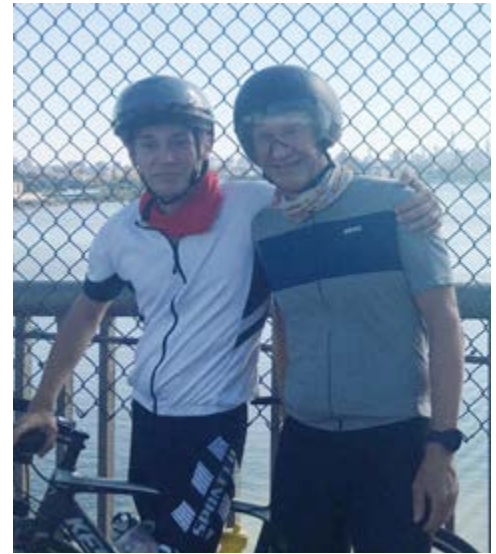
- **Race Site** – Frank G Bonelli Regional County Park, 120 E Via Verde Dr, San Dimas, CA 91773

Questions? Call 845.247.7275 prior to race weekend or email info@Alpha.Win.



WHO ARE WE?

Alpha Win, formerly known as HITS Endurance, was created in 2011 to give athletes the chance to race at some of their favorite destinations and experience a level of personalized customer service that Alpha felt was lacking in some areas of the race industry. Alpha offers multiple race distances that appeal to a full range of skill and fitness levels, from the first-time racer to the professional triathlete. From a one-mile run to an Alpha 140.6, anyone can feel like an AlphaFemale or AlphaMale.



WHERE DID WE COME FROM?

Alpha's predecessor, HITS Endurance, grew as a division of the special events company HITS (Horse Shows In The Sun), founded in 1982, which focuses on producing equestrian show jumping events nationwide. HITS is the world's leader in hunter/jumper horse show competition, both in the number of events offered (over 40 horse shows each year) and in size, with more than 20,000 horses and riders competing annually. The key to HITS' success in the equestrian world was the idea of catering to the pyramid bottom-up, offering a level of competition for every rider. In 2011, HITS started the HITS Triathlon Series with the mantra "A distance for everyone,"™ and attracted over 10,000 participants in its first year.

The HITS Triathlon Series offered five different race distances – Full, Half, Olympic, Sprint and Open. More than just offering a complete array of race opportunities, HITS was dedicated to providing the professional quality of a national event producer while delivering the personalized service of a small local race organizer. Alpha Win promises to continue and expand this same dedication.

The first event in the HITS Triathlon Series was dubbed Palm Springs, but actually took place in La Quinta, California, in December 2011. Known for its moderate temperatures during winter months and the rugged beauty of the Coachella Valley desert region, HITS Triathlon Series – Palm Springs has proven to be a perennial favorite of triathletes across the country. HITS developed additional races in Sarasota and Ocala, Florida, Napa Valley, California, and Hudson Valley, New York, each offering its own unique flavor and backdrop.



48 HOUR SALE FOR NEXT YEAR!

HUGE SAVINGS

**WHEN YOU REGISTER FOR
TURKEY TRIATHLON OR TROT
NOVEMBER 19 & 20, 2022**



ALPHA SPRINT ONLY \$60 (Save \$73)
ALPHA OLYMPIC ONLY \$95 (Save \$125)

ALPHA 5K 25% OFF
ALPHA 10K 25% OFF

Turkey Tri: Begins Monday, November 22, 2021, 12 am
Ends Tuesday Nov 23 11:59 PM PST
Turkey Trot: 25% off discount code HAPPYTHANKSGIVING

Register at Alpha.Win



319 Main St, Saugerties, NY 12477
845.247.7275 | Alpha.win | info@Alpha.win



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West Coast**



SEE US ON INSTAGRAM!

**@AlphaWinRacing | #TurkeyTrot
West Coast**



FOLLOW US ON TWITTER!

@AlphaWinRacing





ENERGIZE ORIGINAL

ENERGY BAR WITH C2MAX DUAL SOURCE CARB MIX

- Formulated with C2MAX, a dual-source energy blend that delivers 50% more energy to working muscles.
- 39g of carbs and 190-230mg of sodium per bar.
- No artificial colors and no preservatives.
- Good source of magnesium.
- 25 bars per box.
- Flavors: Chocolate, Cookies & Cream, and Berry



POWERGEL™ ORIGINAL

CARBOHYDRATE GEL WITH C2MAX – PRO ATHLETE’S CHOICE SINCE 1996

- Formulated with C2MAX, a dual-source energy blend that delivers 50% more energy to working muscles.
- 26g of carbs and 210mg of sodium per packet. Vegan and gluten-free.
- Easy to open and helps prevent littering with “Trash Chain”.
- 24 packets per box.
- Flavors: Green Apple (50mg caffeine), Tropical Fruit, Strawberry Banana, Vanilla, Salty Peanut.



POWERGEL™ HYDRO

LIQUID CARBOHYDRATE GEL WITH C2MAX - TRUSTED FUNCTIONALITY

- Formulated with C2MAX, a dual-source energy blend that delivers 50% more energy to working muscles.
- 25-26g of carbs and 200mg of sodium per packet. Vegan, gluten-free and natural flavors.
- Liquid gel.
- Easy to open and helps prevent littering with “Trash Chain”.
- 24 packets per box.
- Flavors: Orange, Mojito (50mg caffeine).



POWERGEL™ SHOTS

POWERGEL SHOTS WITH C2MAX DUAL SOURCE CARB MIX

- Formulated with C2MAX, a dual-source energy blend that delivers 50% more energy to working muscles.
- Easy to consume liquid filled carbohydrate chews.
- 5 SHOTS deliver about the same amount of carbohydrates as 1 PowerGel.
- Natural flavors, gluten-free.
- 9 chews per pouch. 16 pouches per box.
- Flavors: Cola (75mg caffeine), Orange, Raspberry.



ISO ACTIVE

ISOTONIC SPORTS DRINK WITH 5 ELECTROLYTES AND C2MAX DUAL SOURCE CARB MIX

- Carbohydrate electrolyte solution enhances the absorption of water during physical exercise.
- Formulated with C2MAX, a dual-source energy blend that delivers 50% more energy to working muscles.
- Provides the body with 5 ELECTROLYTES (sodium, chloride, potassium, magnesium and calcium).
- Vegan, natural flavors and no preservatives.
- 40 servings per canister.
- Flavors: Raspberry Pomegranate.



RECOVERY MAX

REGENERATION DRINK WITH CARBOHYDRATES, PROTEIN, VITAMINS AND MINERALS

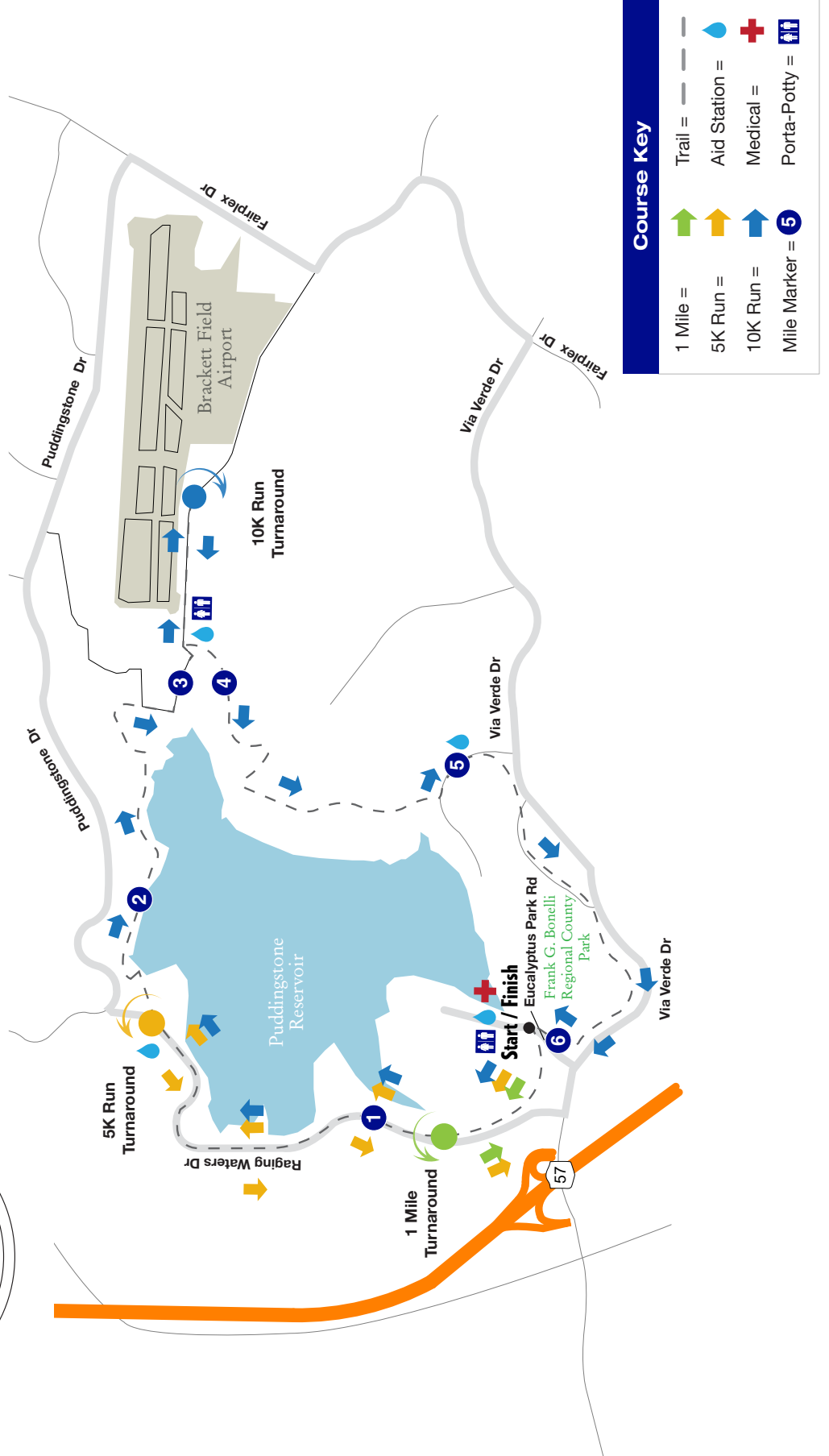
- 20g of Protein supports muscle growth.
- 2.4mg zinc per serve, Zinc to support immune system function.
- Magnesium to help replace what is lost in sweat.
- 57g of carbohydrates, plus 8 vitamins and 3 minerals.
- Natural flavors.
- 13 servings per canister.
- Flavors: Chocolate.

Course Map



San Dimas, CA Turkey Trot

November 20, 2021 | 1 Mile/5K/10K Run Course



Race Information

PACKET PICKUP: will be at the following locations and times:

Frank G Bonelli Regional County Park 120 E Via Verde Dr, San Dimas, CA 91773

- Saturday, November 20 – 7-9 am

Online registration closes Friday, November 19. Photo identification (ie: drivers license, passport, any government issued identification) is mandatory for packet pickup. Athletes may pick up other athlete's packets with their own photo identification AND a copy of the other athlete's photo identification. Due to race morning time constraints, all runners are strongly encouraged to pick up their packets prior to race day.

Distance changes MUST be made known to administration by Friday, November 19. There will be no refund if moving down in distance. If you are moving up a distance, you will be required to pay the difference in the registration fee. Entry fees for the San Dimas Turkey Trot are non-refundable and non-transferable. You will not be permitted to transfer to an upcoming year or give your entry to another athlete. We are, however, happy to mail your participant T-shirt to you in the event that you cannot participate. Please e-mail info@alpha.win to make these arrangements within ten days after the event.

PARKING: Substantial parking will be available in Frank G Bonelli Regional County Park for a \$12 parking fee paid at the park entry gate.

RACE NUMBER & TIMING CHIPS: Alpha Win Turkey Trot uses Chip Timing Systems. DO NOT remove the chip from your bib. The bib must be worn EXPOSED on the FRONT of your body. If the bib is covered, worn on your back or you remove the chip, you will not receive a time. Race numbers and timing chips are non-transferable and must be worn only by the participant to whom it is assigned.

RACE START TIME, PROCESS & PACERS

Alpha 10k:	9 am
Alpha 5k:	10:15 am
Alpha 1 Mile:	11 am

WATER STOPS / AID STATIONS: There will be water stops / aid stations approximately every 1-1.5 miles on the course. We will provide water. Porta-potties will be placed at the Start/Finish areas, 10K Turnaround, and at every water stop. Click [here](#) to view course maps with water stop and porta-pottie locations. Please be respectful of our environment and drop waste near water stops / aid stations.

AWARDS: Overall awards will be given to the top three male and female finishers in each distance and the top three male & female finishers in age groups.



VOLUNTEERING: It takes many volunteers to make race weekend happen. Those interested in helping (or have friends/family interested in helping) can reach out to info@Alpha.Win. Positions are available Friday through Sunday of race weekend. Be sure to take the time and thank the volunteers that make race weekend possible.

LOST & FOUND: If you lose any equipment during the race weekend, please see Alpha Win staff at the on-site administration tent to claim it. Any valuables found should be turned into the administration tent. After the event, lost and found inquiries should be directed to Info@Alpha.Win.

RULES OF COMPETITION: The San Dimas Turkey Trot presented by Alpha Win is a sanctioned USA Track & Field (USATF) race. Alpha Win will enforce all USATF rules and conduct guidelines. In order to ensure a safe, fair race, there are a few rules we would like to call to your attention. Failure to abide by these rules may lead to disqualification from the race. Please visit USATF.org to view a complete set of the competitive rules.

SAFETY: For everyone's safety, inline skates, motorized scooters, bicycles, skateboards, canes, crutches, walkers, walking sticks and animals of any kind are prohibited from the course. Violators will be removed from the course.

ELECTRONIC DEVICES: Runners are able to use headphones, but must do so at their own risk. The use of portable listening devices is discouraged for your safety and the safety of others. Runners must be aware of their surroundings at all times and this includes being able to hear any verbal warnings/instructions from police/course officials, or the sound of any vehicles and other participants on course. Becoming a hazard to fellow participants, spectators, course marshals, medical personnel, race officials, or police personnel will result in disqualification.

RACE COURSE COURTESY: Please be courteous to other runners, volunteers, and officials. Please be aware of other runners and let passing runners through. Please help keep our city and county clean. Do not toss garbage on the road.

ASSISTANCE TO RUNNERS: Assistance to runners is prohibited. If you do not have an official bib number, you are not permitted on the course.

DOG POLICY - Alpha Win adheres to a strict No Dogs policy.

All information is subject to change.



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