

NOVEMBER 27, 2025
THANKSGIVING MORNING
DICKSON, TENNESSEE



ATHLETE GUIDE

Hello, Gobblers!

The 12th Annual Give 'N Gobble 5K is here, and we couldn't be more excited to share this Thanksgiving morning and a brand-new course with you!

We're so glad you're here. Each year, this race brings together runners, walkers, and families who care about our community and the mission behind it. There's something special about starting Thanksgiving surrounded by neighbors who show up for one another.

This year's theme is Love. It is the heart behind every reason we gather, give, and run. You'll see it in the smiles along the course, in the families running side by side, and in the kindness shared between strangers who come together to help others.

Because of your support, more than \$432,000 has been raised for the Dickson County Help Center, providing food, financial assistance, and hope to families right here at home.

As you get ready to run, take a moment to notice the volunteers, sponsors, and law enforcement officers who make this morning possible. From the City of Dickson Police Department to the Dickson County Sheriff's Office, every person you see in a vest, uniform, or turkey hat is here to help keep things safe and enjoyable for everyone.

This guide includes everything you need for race day. If you have questions, please reach out. We want this day to be safe, fun, and full of heart.

We're grateful you're part of this Thanksgiving tradition. Every mile this morning helps feed families and share love across our community.

Have a wonderful race and a very happy Thanksgiving.

Jake Turkee

(And the Give 'N Gobble Trot Squad)





Event Overview

- **Date:** Thursday, November 27, 2025
 - **Opening Ceremonies:** Begin at 7:35 AM
 - **1-Mile Fun Run/Walk:** Starts at 8:00 AM
 - **5K Race:** Starts at 8:30 AM
- **Starting Line:** 212 N Main Street, Dickson, TN 37055 (*In front of First Presbyterian Church*)
- **Finish Line:** 102 Center Avenue, Dickson, TN 37055 (*Alley Behind Holland Park Stage*)
- **Closing Ceremonies: Holland Park:** 101 Frank Clement Place, Dickson, TN 37055

Schedule of Events

- **6:00 AM – 7:30 AM:** Race Day Packet Pickup at Waychoff Park (141 N Main Street, Dickson, TN 37055). **Arrive early to avoid the crowds.**
- **7:35 AM:** Opening Ceremonies kick off the morning.
- **8:00 AM:** 1-Mile Fun Run/Walk begins.
- **8:30 AM:** The 5K Race starts.
- **9:15 AM:** Celebrate your accomplishment at the post-race festivities and awards ceremony at Holland Park.

Opening Ceremonies begin at 7:35 AM with the 'Golden Sneaker' award for the largest team, the Creek Wood High School Color Guard, and race announcements. Come early to catch it all, see friends, and grab a coffee at Ragan's Arcade (thanks to House Blend).

The 1-Mile Fun Run/Walk starts at 8:00 AM, followed by the 5K at 8:15 AM. We aim to keep the morning smooth, fun, and memorable so you can head home and enjoy Thanksgiving with family. After you finish, stick around for refreshments, prizes, and plenty of photo ops!

Post-Race Activities

After crossing the finish line, the fun continues at Holland Park.

- **Refreshments:** Complimentary water, fruit, and snacks will be provided to help you refuel.
- **Food Trucks:** Kona Ice will be on-site, generously offering free snow cones to all participants with a race bib."
- **Awards Ceremony:** Awards will begin at approximately 9 am



Packet Pickup

Getting your materials early ensures a stress-free race day. Here are your options:

Early Packet Pickup (Recommended):

- **Location:** The Shoe Company, 445 TN-46 #5, Dickson, TN 37055
- **Dates/Times:**
 - Tuesday, November 25: 10:00 AM – 6:00 PM
 - Wednesday, November 26: 10:00 AM – 5:00 PM

Race Day Packet Pickup:

- **Location:** Waychoff Park, 141 N Main Street, Dickson, TN 37055
- **Time:** 6:00 AM – 7:30 AM

Packets will include your race bib, event shirt (if you registered before November 9), and materials from our sponsors and community partners. If you registered after November 9, shirts will be available for purchase upon request for \$20. Merchandise and pet bandanas will also be available for purchase at packet pickup.

Important Notes:

- If you intend to bring a pet, please be prepared to sign a **pet waiver** at packet pickup and receive a **red sticker** for your bib and a **red wrist band** to wear on race day.
- If you plan to bring a wagon or stroller, you must sign a **stroller waiver** at packet pickup and receive a **green sticker** for your bib and a **green wrist band**. Stroller and wagon occupants are not required to register but must remain in the stroller or wagon at all times and are not permitted to enter the course.
- Ensure your bib is secured and visible on the **front of your shirt**, above all outer clothing, before the race begins.





Course Details

1-Mile Fun Run/Walk

The 1-mile course starts on Main Street at 212 N Main Street, in front of First Presbyterian Church, and loops through historic Downtown Dickson. Participants will encounter a gentle hill on Main Street, adding a bit of variety to this family-friendly route. It's perfect for walkers, kids, and anyone looking to enjoy a relaxed morning.

5K Course

The new 5K course starts on North Main Street and finishes near Holland Park, offering a scenic mix of downtown charm and neighborhood streets. Runners head through McCreary Heights and West Dickson, passing shaded residential areas with rolling hills and a few short climbs. The route highlights downtown neighborhoods before looping back toward the heart of downtown. It's a fast, fair course with just enough elevation to keep things interesting, ending with a smooth downhill finish into the park. Perfect for both competitive runners and families enjoying a Thanksgiving morning walk.

Maps for both courses are included in this packet for your convenience. Strollers and pets are welcome on both routes, but please follow event guidelines to ensure a safe and enjoyable experience for everyone.

Parking and Transportation

- **Race Day Parking**

Free parking is available in the areas marked on the attached map.

- **Yellow Lots** are for race participants (we've worked with property owners to secure these spaces).
- **Orange Lots** are public parking areas open to everyone.
- You may park in other lots at your own risk, but the event does not officially permit these. Individuals are responsible for any towing fees.

- **Restricted Parking**

- The public lot at Main Street and Murrell Street (next to Three Times a Lady) is **reserved for volunteers** and will not be accessible due to road closures.
- **Do not park along the race route.** Cars parked on the course will need to be moved to keep the route clear for runners.

- **Plan Your Morning**

- Arrive by 7:00 AM to allow enough time to park, pick up your packet (if needed), and get to the starting line.



Rules and Safety Guidelines

To ensure a safe and enjoyable event for everyone, please follow these guidelines:

Bib Placement:

Your race bib must always be securely attached to the **front of your shirt** or jacket and clearly visible. This is not just for timing purposes but also for safety, to ensure that everyone on the course is registered and accounted for. Participants without visible bibs may be asked to leave the course.

No Bib Switching:

Bibs must be properly assigned to the registered participant, especially within families. Every bib on the 5K course is chipped, and switching bibs can interfere with race timing and affect race brackets and awards for other runners. If a chip is placed on a child or individual not completing the full race, the participant will be disqualified, and their time will disrupt the results for other participants in the brackets and awards ceremony. Please be courteous to fellow runners who are counting on accurate results.

Children in Strollers or Wagons:

Children who remain in strollers or wagons are not required to have a bib but must remain in their stroller or wagon for the duration of the race. Children observed running on the course without a bib will be disqualified and asked to step off the course. While we appreciate the excitement and cuteness, this rule is in place to keep all children safe, especially with elite athletes on the course.

Pace Grouping:

After the 1-mile start, participants in the 5K will line up according to pace groups:

Sub-8-minute mile: For elite runners.

Sub-9-minute mile: For faster recreational runners.

9+ minute mile: For casual runners and walkers.

Stroller group: For participants with strollers.

Pet group: For participants with pets.

If you are concerned about being separated from your child, please plan to join the same group as them. Children small enough to wear a youth-sized shirt will be identifiable in orange.

Rules and Safety Guidelines (continued)

Pets at the Start Line:

Pets must remain in the designated pet area at the back of the start line. Results are based on Net Time, so your start time will be recorded when you cross the starting line, so it's worth the wait. Stay with your well-behaved pet and enjoy being part of the cutest start line imaginable.

- Representatives from the Humane Society of Dickson County will be on hand to assist with any conflicts.
- Pets must be comfortable and sociable with other dogs.
- All pets must be on a fixed leash or within a mobile pet carrier.
- One pet per owner, and each handler must have a red dot on their bib, signifying that they signed a pet waiver.
- Please bring poop bags and be courteous to the area by cleaning up after your pet does his or her business.
- Be sure to smile extra big when crossing the start line.

Start Times and Lineup:

Line up by **7:25 AM** to ensure you have plenty of time to find your group and enjoy the opening ceremonies.

The 1-Mile Fun Run/Walk begins at **8:00 AM**.

The 5K Race begins at **8:30 AM**.





Rules and Safety Guidelines (continued)

Course Marshaling and Jurisdiction:

Course marshals are volunteers who are there to guide participants along the course and enforce race rules. Marshals reserve the right to ask anyone on the course who is operating outside of these rules to leave the course. Marshals have direct two-way communication with the command post and can report concerns to law enforcement if necessary. Above the marshals, the City of Dickson Police Department is present to enforce the law, and the Dickson County Sheriff's Office holds jurisdiction over all activities within the course.

Every participant on the course, whether a volunteer or runner, has signed a waiver.

All visitors along the course are under the jurisdiction of the City of Dickson Police Department.

Emergency Services:

Law enforcement from the City of Dickson Police Department and the Dickson County Sheriff's Department, along with Dickson EMA and Emergency Services, will be available. If you observe an emergency and there is no immediate response, please report it to the nearest course marshal and call dispatch at 911.

Headphones:

Use headphones responsibly to remain aware of your surroundings and fellow participants.





Neighbors Helping Neighbors

The Give 'N Gobble supports the Dickson County Help Center, a vital part of the community that's here to help neighbors in need. Whether it's food, clothing, help with prescriptions, or even temporary shelter, the Help Center has been a safety net for families in Dickson County during tough times. By participating in this event, you are directly supporting the Help Center's **Food Bank and Financial Assistance Programs**, two essential services that help families year-round. This is especially important now, since most holiday-season donations are directed toward specific events like Thanksgiving and Christmas.

Here's the impact the Dickson County Help Center had on the community in 2024:

- Provided **food assistance 3,360 times**, serving **1,440 families** and **3,644 individuals** through the Food Bank.
- Delivered **900 food boxes** to **75 shut-in families** through the End of the Month Club.
- Hosted **12 Mobile Food Pantries**, serving **3,619 families** and **11,160 individuals** in partnership with Second Harvest Food Bank.
- Offered **financial assistance 729 times**, helping families avoid eviction, utility shut-offs, and medical crises.
- Distributed **Thanksgiving meals with full turkeys to 1,332 families** through the Big Turkey Giveaway.
- Made Christmas special for **1,229 children** from **470 families** through the Dickson County Christmas Store.
- Raised **\$95,000** through the Give 'N Gobble 5K, helping sustain the Help Center's programs into the new year.

When you join the Give 'N Gobble, you are not just running or walking. You are stepping up for neighbors in Dickson County. Every registration makes a real difference for families who need a little extra support.





Prizes and Awards

The 5K course is RFID chip timed by **A Matter of Timing**, ensuring accurate race results for all participants. As this event takes place over the Thanksgiving holiday weekend, please understand that results may not be immediately available. Every effort will be made to provide accurate results and determine winners as promptly as possible.

This is a family-friendly event held over the Thanksgiving holiday weekend, making it the perfect way to come together, stay active, and celebrate the season. Awards are available for overall winners, age groups, and teams, as outlined below:

5K Awards:

- **First Place Overall (Male and Female):** \$250 and a free pair of Brooks Shoes, courtesy of The Shoe Company Dickson.
- **Second Place Overall (Male and Female):** \$125.
- **Third Place Overall (Male and Female):** \$100

1-Mile Fun Run/Walk Awards:

- **First Place Overall (Male and Female):** \$50.

Age Group Awards:

Awards will be given to the top two male and female runners in the following age brackets:

- **Overall 1st Place (Male and Female)**
- **Masters (1st Place Only, Male and Female)**
- **Age Groups (1st and 2nd Place):**
 - 0-12
 - 13-19
 - 20-29
 - 30-39
 - 40-49
 - 50-59
 - 60-69
 - 70-79
 - 80+



Team Award:

Largest Team: The team with the most participants will take home the **Golden Sneaker** award.



ACKNOWLEDGMENTS

To Our Volunteers:

We're deeply grateful for every volunteer who makes the Give 'N Gobble 5K happen. Your time, energy, and good spirits are what bring this event to life each year. Special thanks to our Course Marshals, Set-Up and Clean-Up Crews, Finish Line Teams, Food and Beverage Crew, Water Station Volunteers, Media Team, and Course Cheerleaders. From keeping the course safe to keeping the crowd smiling, your work makes the day run smoothly for everyone involved.

We also want to recognize the faithful volunteers who have stood beside this event for more than a decade. Your steady hands and generous hearts have shaped the Give 'N Gobble into the Thanksgiving tradition it is today. Thank you for helping us create a safe, joyful race that brings our community together year after year.

Making Memories is our Tradition. Feeding Families is our Mission.

We are deeply grateful for the generous support of our sponsors who make the Give 'N Gobble 5K possible. Your partnership keeps this event strong year after year and helps bring our community together in the spirit of giving.

Sponsors play a key role in covering the costs that keep the race running smoothly, from signage safety to refreshments and logistics, but your impact reaches far beyond race day. Through your support, the Dickson County Help Center is able to provide food, financial assistance, and other vital services to families in need. Thank you for helping us continue a Thanksgiving tradition that feeds both body and spirit.

For more information regarding our financials, please visit www.dicksoncountyhelpcenter.org (EIN: 62-1316924) or our profile on [Giving Matters](#).



We are so thankful for our Race Partners:

Presenting Sponsors

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City of Dickson Police Department
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Goal Post Dickson
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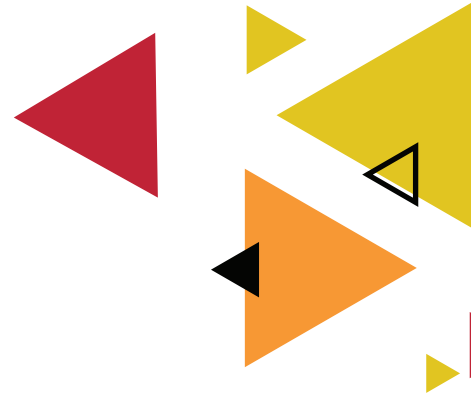


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Main Street Emporium
Murphy's Cee Bee Food Store
United Farm & Home CO-OP

Frequently Asked Questions (FAQ)

GENERAL QUESTIONS

Is the event rain or shine?

Yes, the Give 'N Gobble 5K will take place rain or shine. In the event of severe weather, updates will be posted on our website and social media channels.

Can I bring spectators?

Spectators are welcome! They can line up along Main Street and other safe areas along the course to cheer on participants.

What should I bring on race day?

Bring your race bib (if you picked it up early), comfortable running or walking shoes, weather-appropriate clothing, and a great attitude. If you're bringing a pet or stroller, ensure you've signed the waiver and have the appropriate sticker on your bib.

Bathrooms

Where are the bathrooms located?

Portable bathrooms will be available in the following locations for your convenience:

- Waychoff Park
- N Main Street, across from Fussell's
- Holland Park





REGISTRATION AND PACKET PICKUP

Can someone else pick up my race packet for me?

Yes, someone else can pick up your race packet, but they must have a copy of your registration confirmation (printed or digital).

What happens if I miss early packet pickup?

You can still pick up your packet on race day between 6:00 AM and 7:30 AM at Waychoff Park, but we strongly encourage picking it up early to avoid delays.

Can I register for the race on the day of the event?

Yes, race-day registration is available. QR codes will be posted around downtown Dickson, allowing you to complete your registration online. Once you've registered, a bib will be automatically assigned to you. You can then pick up your bib at the packet pickup table. Be sure to verify that your bib number is correctly assigned to you to ensure accurate timing and participation.

COURSE DETAILS

Are there any restrictions for strollers or wagons?

Strollers and wagons are allowed but must stay in designated pace groups. Children must remain seated at all times for safety.

Is the course wheelchair accessible?

Yes, both the 1-Mile Fun Run/Walk and the 5K course are wheelchair accessible.

Where are the watering stations located?

Water is available at the watering station on College Street at the intersection with Henslee Drive and at the finish line to help participants stay hydrated.

TIMING AND RESULTS

How is the race timed?

The 5K is professionally chip-timed by A Matter of Timing, ensuring accurate results for all participants. Timing chips are embedded in the bibs, so it's important to have your bib securely fastened and visible on the front of your clothing.

Why might my time change after the race?

Preliminary results are often available shortly after the race ends, but please note that these times are not final. As Thanksgiving is the busiest race day of the year for race timers, adjustments may be necessary to account for discrepancies such as chip timing issues or start-line delays.



How can I ensure my time is 100% accurate?

To ensure your start time is recorded accurately, make sure you are close to the side sensors at the start line when the race begins. These sensors will capture your chip as you cross the timing mat.

Why is it important not to cross the start line too early?

The 5K start line will be positioned about three feet behind the sensors to prevent the timing system from being triggered prematurely. Crossing the start line before the race officially begins can interfere with your recorded time and may affect overall results.

Where can I find the final results?

Final results will be shared later in the day on the Give 'N Gobble website and at www.amatteroftiming.com. Participants are encouraged to check the updated results online for the most accurate information.

POST-RACE

What happens at the finish line?

All participants who cross the finish line will receive a finisher medal to celebrate their accomplishment. Additionally, Kona Ice will be onsite at the finish line, offering free snow cones to all participants with a race bib.

What happens if I lose my bib or forget it on race day?

If you forget or lose your bib, please visit the race-day packet pickup area to request a replacement.

PETS

What kind of pets are allowed?

Only dogs are permitted at the event. They must be leashed (on a fixed leash, not retractable) or in a mobile carrier and well-behaved around other pets and participants.

Do I need to register my pet?

While pets do not need to be registered, owners must sign a pet waiver during packet pickup. A red dot will be placed on the bib to indicate compliance.

Is there a designated area for pets?

Yes, pets must remain in the designated pet area at the back of the start line and cannot move ahead into other pace groups.



What do I need to bring for my pet?

Please bring poop bags to clean up after your pet, a water bowl, and any additional items your dog may need to stay comfortable during the event.

Are there any pet-related extras?

Yes! Special Give 'N Gobble pet bandanas are available for purchase at packet pickup, with all proceeds benefiting the Humane Society of Dickson County. Your dog can sport some festive gear while supporting a great cause.

SAFETY AND RULES

What should I do if I notice an emergency during the race?

Notify the nearest course marshal immediately. If additional assistance is needed, call 911 and provide details.

Are headphones allowed?

Yes, but please use them responsibly and remain aware of your surroundings and fellow participants.

How do the race proceeds benefit the community?

All proceeds go directly to the Dickson County Help Center, supporting their Food Bank and Financial Assistance programs. These programs help families year-round with essentials like food, rent, and utilities.

Can I register for next year's race?

Yes, you may register for next year's race at the finish line! QR codes and registration details will be available for your convenience.



Contact Information

For additional questions or last-minute updates, reach out to us directly:

- **Email:** givengobble@gg5k.org
- **Race Director:** Angela Canestrari Moore
- **Phone:** 615-441-0076; *Direct Line Upon Request*
- **Website:** www.gg5k.org
- **Facebook:** [Give 'N Gobble 5K](https://www.facebook.com/Give-N-Gobble-5K)

Thank you for being part of the Give 'N Gobble 5K. Together, we're creating a meaningful Thanksgiving tradition that strengthens our community. See you at the starting line!