



For Immediate Release: 8/21/08
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REGISTRATION IS NOW OPEN FOR 113TH ANNUAL YMCA TURKEY TROT

(Buffalo, NY) – It's never too early to sign up for the 113th Annual YMCA Turkey Trot which will take place once again on Thanksgiving morning, Thursday November 27th! You can now register online by simply logging on to www.ymcabuffaloniagara.org and click on the turkey trot logo on the top of the page.

Online registration will be available until November 22 and the entry fee for individuals is \$20 until November 22, \$25 through November 26, and \$30 on race day. Team categories include four member family or corporate co-ed teams and two member husband/wife teams. The team entry fee is \$5.00 U.S. currency per team, which is paid in addition to the individual entry fee.

Many runners have already started training for the race-but you don't have to be a runner to participate! In fact, families, friends, and co-workers alike are all looking forward to participating in this annual event being held at **9:00 a.m.** This 8K (4.97 mile) route begins at the Delaware Family YMCA (2564 Delaware Ave.) and ends with the finish line at the Buffalo Convention Center where the post-race celebration and awards presentation will get underway.

Proceeds from the event help the YMCA provide financial assistance to families in need. These funds allow qualifying individuals and families to participate in YMCA programs at the Delaware Branch such as Summer Camp, School Age Child Care, and other youth development programs they otherwise could not afford.

Registration forms will also be available at any YMCA Branch as well as at area Wegmans and Dick's Sporting Goods locations. Volunteers are always needed for various roles both before and during the race. For more information call the Delaware YMCA at 875-1283.

YMCA Buffalo Niagara is an inclusive association of people committed to a common effort to help individuals and families reach their fullest potential in terms of spirit, mind, and body. Founded locally in 1852, the YMCA is committed to significantly expanding a fiscally sound, service delivery organization which delivers high quality, market driven services to a growing Western New York constituency.

As a dynamic, charitable, organization, YMCA Buffalo Niagara has been able to assist countless youth, families, and senior citizens so that they may benefit from YMCA programming. YMCA Buffalo Niagara serves more than 100,000 people annually through its association of seven branches across Western New York, YMCA resident Camp Weona as well as 42 community based program sites that host school age child care, summer camp, and youth sports programs throughout the year. From fitness to school age child care programs, swimming lessons to camp, there is something for everyone at the YMCA. For more information on all of the programs the YMCA has to offer and our financial assistance program, please contact your local YMCA branch or visit us online at www.ymcabuffaloniagara.org.

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