



For Immediate Release: 10/8/09
Contact: Kathy Vallone, Communications Director
Phone: 565-6000 ext. 112
Email: kvallone@ymcabuffaloniagara.org

Less than 50 days to the YMCA Turkey Trot!

(Buffalo, NY) - Before you know it the 114th Annual YMCA Turkey Trot will be upon us! Have you registered yet? This annual tradition will take place once again on Thanksgiving morning, Thursday November 26th! You can register online by simply logging on to www.ymcabuffaloniagara.org and click on the turkey trot logo on the top of the page or pick up an application at area Wegmans, Dick Sporting Goods, or Runner's Roost locations in addition to any YMCA Buffalo Niagara Branch.

Online registration will be available until November 21 and the entry fee for individuals is \$20 until November 21, \$25 through November 25, and \$30 on race day. A family of four or a four member corporate all-comers team, and husband and wife teams can join the race for \$5 registration fee in addition to their individual entry fee.

New this year we are introducing the use of the disposable champion chip which will instantly record a runners time which will greatly expedite their arrival to the post race celebration which takes place at the Buffalo Convention Center! Also new this year is the family friendly post race area in the Convention Center located on the main level where participants and their families can enjoy non-alcoholic beverages and refreshments and be in and out of the festivities in no time-allowing them time to get home to baste the turkey.

This annual holiday tradition begins at **9:00 a.m.** sharp and begins at the Delaware Family YMCA (2564 Delaware Ave.) and ends with the finish line at the Buffalo Convention Center. The race takes an 8K (4.97 mile) route where runners and walkers alike are encouraged to participate. At the conclusion of the event we welcome participants to partake in the post-race celebration and awards presentation.

Proceeds from the event helps to make YMCA programs and services accessible to children and families at the Delaware Family YMCA Branch who would otherwise be unable to afford them.

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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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