



For Immediate Release: 11/24/09  
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## Final Days Left to Register for 114<sup>th</sup> Annual YMCA Turkey Trot!

(Buffalo, NY) – In just three days over 10,000 runners will be taking to the streets of Buffalo for the 114<sup>th</sup> running of the YMCA Turkey Trot. This Thanksgiving morning tradition welcomed over, 10,200 runners last year and we're on pace to exceed that number this year.

If you haven't registered yet there still is time! Just stop down to the Delaware Family YMCA located at 2564 Delaware Ave., Buffalo to fill out your registration and to pick up your race packet and t-shirt. You may also call the branch and register with a credit card over the phone by calling 716-875-1283. The branch will be open from 9:00 am- 9:00 pm today and tomorrow and you can always register on race day beginning at 6:30 am. The cost to register is \$25 and on race day, \$30.

**Volunteers are still needed for various roles on race day. For more information call the Delaware YMCA at 875-1283.**

**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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## *YMCA Turkey Trot*

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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](http://www.ymcabuffaloniagara.org).

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