



YMCA

We build strong kids,  
strong families, strong communities.

## **YMCA BUFFALO NIAGARA**

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### **12,000 RUNNERS MAKE YMCA TURKEY TROT HISTORY!**

(BUFFALO, NY)– On Thanksgiving morning, Thursday, November 26, 2009, 12,000 people became a part of history by taking part in the largest ever annual YMCA Turkey Trot. The previous YMCA Turkey Trot attendance record was set last year when 10,224 people participated. Families and friends were sure not to miss out on this annual Thanksgiving Day tradition. Race participants had ideal weather with sunny skies and cool temperatures.

The winner for the men’s category was Dennis Pollow, Jr., 22 years old of Ransomville who finished in 24 minutes, 52 seconds. Maura Frauenhofer, 20 years old of Williamsville completed the race in 29 minutes, 06 seconds.

“This size and scope of this event continues to amaze me each year. To see this tradition continue on as strongly as it has year after year is a true testament to WNY’s dedication to supporting our community. Much like the Allentown Art Festival or Taste of Buffalo, the YMCA Turkey Trot is an event not to be missed,” said John Murray, president YMCA Buffalo Niagara.

Not only is the YMCA Turkey Trot the largest 8K race in the Buffalo Niagara region, it is also the oldest consecutively run footrace in North America, older even than the Boston Marathon. Runners took their marks for the Thanksgiving Day race, following a route from the starting line at Delaware Avenue and Shoreham Parkway, down Delaware to the Buffalo Convention Center where the top male and female Turkey Trot winners crossed the finish line. In addition to race participants, thousands of spectators lined the course to cheer on registrants.

The holiday tradition continued at the Convention Center where race participants and their families attended the post race party and awards ceremony. The post race party has become a reunion gathering for many families and friends home for the holiday. **New this year** was a family friendly area located on the lower level which aided families in getting in and out of the post race celebration area in a timely fashion while still enjoying non-alcoholic beverages and snacks and receiving their race time.

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*Another Year-Another Record for YMCA Turkey Trot!*

From a five-mile footrace along rugged dirt roads in the early days to a holiday spectacle down Delaware Avenue, the Turkey Trot has raised thousands of dollars in scholarship money for the Delaware Family YMCA Branch throughout the years. Proceeds from the race are used to provide financial assistance to children and families who otherwise would be unable to participate in YMCA programs and services, and to underwrite programs that are not self-sustaining.

“Because so many people have decided to make the YMCA Turkey Trot a part of their Thanksgiving Day tradition, countless kids have been able to participate in summer camp, numerous working parents have been assured that their children are safe and productive during after school hours with the YMCA School Age Child Care program, and individuals of all ages have been able to live healthier lifestyles with the YMCA’s fitness, health, and wellness programs,” said Anne Reif, YMCA financial development director. “The race is so much more than a fun way to start the holiday, it’s a vital contributor to the health, safety, and wellness of the entire community.”

The YMCA Turkey Trot is made possible by over 200 volunteers and the following sponsors: Wegmans, Coca-Cola Bottling Corp., Gibraltar Industries, Univera Healthcare, Dick’s Sporting Goods, Star 102.5-FM, WBEN 930-AM, Certo Brothers, University Sports Medicine, and Custom Tee Activewear.

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 that 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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