



YMCA BUFFALO NIAGARA
We build strong kids, strong families, strong communities.

For Immediate Release: 11/20/09

Contact: Kathy Vallone, Communications Director

(716) 565-6000 ext. 112

One Week Left Until 114th Annual YMCA Turkey Trot!

(Buffalo, NY) – There is only one week left until over 10,000 runners will take to the streets of Buffalo to participate in the 114th Annual YMCA Turkey Trot. The YMCA Turkey Trot is the oldest continuously run footrace in America and we are proud to host this event once again on Thanksgiving morning, **Thursday, November 26, 2009.**

There is still time to register to participate in the race as either a runner or walker. Online registration for \$20 is available until 6:00 pm on Saturday, November 21, 2009 at www.ymcabuffaloniagara.org and registration is available at the Delaware Family YMCA located at 2564 Delaware Ave., Buffalo from 9:00 am – 9:00 pm Monday, November 23- through Wednesday, November 25 for the cost of \$25. Race-day registrations will also be taken from 6:30 a.m. to 8:30 a.m. at the Delaware YMCA at a cost of \$30 per person.

“We are amazed at the sheer number of people who join us on Thanksgiving morning for the event. It’s a Buffalo tradition much like the Allentown Art Festival or Taste of Buffalo-the YMCA Turkey Trot is one of those events people do not want to miss!”, said John Murray, President/CEO of YMCA Buffalo Niagara.

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.

-more-

Founded in 1896 with just six runners, the annual YMCA Turkey Trot is the oldest consecutively run footrace in North America. Once a cross country race along rugged dirt roads, the YMCA Turkey Trot now winds down Delaware Avenue to Niagara Square and finally to the Buffalo Convention Center for the huge post-race party that attracts over 14,000 people. The race has become a signature event in Western New York attracting thousands of all ages from not only our local area and Canada but also many individuals from across the county, including those who have left the area but return for the Thanksgiving holiday and the Turkey Trot tradition. Part of that tradition includes the many people who don colorful costumes for the race, dressing up as pilgrims, turkeys, Santa Claus, Christmas trees, Elvis and even the Village People!

Throughout the years, the YMCA Turkey Trot has raised thousands of dollars in scholarship money for the Delaware Family YMCA Branch. Proceeds from the race are used to underwrite programs that are not self-sustaining and to provide financial assistance for children and families who otherwise would be unable to participate in YMCA programs and services.

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 40 community based program sites.

-more-

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.

###