



Cortland County Family YMCA

**FOR YOUTH DEVELOPMENT
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY**

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For Immediate Release

Turkey Trot returns Thanksgiving Morning

CORTLAND-- The Cortland YMCA and Salvation Army are inviting all runners and walkers of all abilities to participate in the annual Turkey Trot 5k run/walk Thanksgiving morning. The Turkey Trot will start at 9:00 a.m. in front of the YMCA on Tompkins Street, finishing off this year's Fidelis 6-Pack Series. A 1-mile fun run will also take place at the Turkey Trot so everyone can participate!

YMCA Executive Director, Don Kline expects this year's Turkey Trot to be a record breaker. "Last year we had an amazing 488 runners and walkers registered, and this year we are hoping to see over 500 come out Thanksgiving morning." said Kline.

Kline adds that anyone registering before Monday, November 15, will be guaranteed a commemorative long sleeve t-shirt. In addition Kline is encouraging everyone participating to bring a non-perishable food item to help stock the pantry at the Salvation Army during this busy and needy holiday season.

The Fidelis 6-pack is a series of 5K races hosted by the Cortland YMCA. Participants can register for each race individually or decide to join in for all six races. Points are awarded after each race and those with the highest point totals after all six races will get additional awards. For more information about the Fidelis 6-Pack or the Cortland County Family YMCA please visit us online at www.cortlandymca.org or find us on Facebook.

The Cortland YMCA has proudly been serving Cortland and the surrounding community for the past 142 years.

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