



Cortland County Family YMCA

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

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For Immediate Release

Murphy, Mackenzie Top Trotters at Turkey 5K

CORTLAND— 477 registered runners and walkers left their turkeys in the oven and came out Thanksgiving morning to support The Salvation Army and The Cortland County Family YMCA at the 12th annual Turkey Trot 5K. The Turkey Trot continues to be the largest 5K race for the YMCA and the Fidelis 6-Pack.

The race started and ended at the YMCA on Tompkins Street. Runners strutted down through Tompkins, Sands and Warren Streets, through SUNY Cortland just past the Alumni Stadium and back. Patrick Murphy, 26, was the fastest trotter of the day, coming in at 16 minutes, 28 seconds. Natilie Mackenzie, 29, raced in as the fastest female with 19 minutes, 20 seconds. Both Murphy and Mackenzie are first time winners of the Turkey Trot.

Participants were encouraged to bring a non perishable food item to the Turkey Trot to help stock the Army's pantry. "The Salvation Army needs any extra food during this needy holiday season," said YMCA Executive Director, Don Kline.

Unique to the Turkey Trot, first place finishers received a frozen turkey, second place received an apple or pumpkin pie, and third place a loaf of bread. Murphy and Mackenzie, as overall winners, received all three prizes, enough to make a meal!

The YMCA would like to thank all of our Fidelis 6-Pack Turkey Trot sponsors: Fidelis, Graph-Text, Borg Warner, Cortland Regional Sports Council, DLH Properties, Contento's Demolition, Cortland Regional Medical Center, Royal Motors, Fleet Feet and Plan First Technologies.

The Y would also like to recognize the HealthyNOW program for having five of its participants obtain sponsorships and run in the 5k.

Peggy Eck, Co-race Director of the Fidelis 6-Pack, would also like to thank all the volunteers that helped the Turkey Trot become such a success year after year. "We have dedicated volunteers who help race after race, year after year and I (and the YMCA) cannot thank them enough." said Eck.

Full race results can be viewed online at www.cortlandymca.org.

The Turkey Trot concluded this year's 6-pack, and final results will be posted online with a celebration to follow! Commemorative long sleeve shirts were given to anyone registered before November 15.

For more information, please contact the Cortland County Family YMCA at 607-756-2893, or visit us online at www.cortlandymca.org

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

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