

Entertainment



**FORT WORTH YMCA
turkey trot**
THANKSGIVING DAY
NOVEMBER 26th, 2009

28th Annual Fort Worth YMCA Turkey Trot: *A Fort Worth Tradition*

Every year, thousands of runners, walkers and volunteers wake up early on Thanksgiving morning for a Fort Worth tradition: the Fort Worth YMCA Turkey Trot. There are serious runners, families, walkers with their dogs and moms pushing strollers, but all agree on one thing: it's a great way to start their Thanksgiving!

The Fort Worth YMCA Turkey Trot began as a 200 runner 5K race on Thanksgiving morning in 1981. The original course was run in the neighborhood around the Westside YMCA located at 8201 Calmont Avenue. The 10k race was added in 1992. By 1995, the Fort Worth YMCA Turkey Trot had grown to almost 2000 runners and was moved to its current location at 6115 Camp Bowie Boulevard in west Fort Worth. In 1999, the Gobbler Trot 1k was added as a family fun run and had over 100 participants in the first year.

In 2008, we have over 10,000 runners that participated in the 5k, 10k, and Gobbler Trot and approximately 13,000 people attended the event.

This year, the 2009 Moritz Fort Worth YMCA Turkey Trot, presented by Total Building Maintenance, will include a 5K run/walk which begins at 8 a.m., a 10K run which begins at 9:00 a.m. and a 1K Aire Serve Gobbler Trot family fun run which begins at 9:15 a.m. Race day registration begins at 6:30. The morning offers a festive atmosphere with an aerobic warm-up prior to each race, a live band and even a turkey mascot roaming around. The 5k and 10k races will start near Winthrop and Camp Bowie.

Sponsors for this year's race include title sponsor, Moritz, a respected Tarrant County family of car dealerships and presenting sponsor Total Building Maintenance, Inc., a premier Metroplex janitorial service company. The 1K Gobbler Trot is sponsored by Aire Serv Heating & Air Conditioning and is fun for all ages. WBAP morning anchors Hal Jay, Steve Lamb and Brian Estridge are

honorary race chairs and, for the last several years, have broadcast live from the race Thanksgiving morning. In addition, other sponsors include the Star-Telegram, NBC5, the Fort Worth Running Company, Sportswear Graphics, Red Carpet Car Wash, Frost Bank, Summit Press, and many more. The entire list of sponsors can be found at the website for the race at www.fwtrot.org.

Registration is available now online at www.fwtrot.org, by mail, or in person at the Westside YMCA at 8201 Calmont Avenue Fort Worth, TX 76116 or Fort Worth Running Company, located at 5800 Camp Bowie Blvd. Fort Worth Fort Worth, TX 76107. Entry fees range from \$16 - \$30, so get a group together and register early. Packets can be picked up in advance at the Fort Worth Running Company beginning at noon Thursday, November 19th and continuing through Wednesday, November 25th.

Proceeds from the 28th Annual Turkey Trot benefit the scholarship/youth programs of the Westside YMCA. This allows the YMCA to say "Yes!" to those wishing to participate in its programs who otherwise would not be able to participate. The Westside YMCA is a branch of the YMCA of Metropolitan Fort Worth, which serves more than 190,000 individuals annually with a wide range of programs, including youth programs such as youth sports, summer day camp, aquatics and after-school child care. Each year, the YMCA of Metropolitan Fort Worth provides \$4.8 million in financial assistance and subsidies for Tarrant County and the surrounding area.

To find out more about the 2009 Moritz Fort Worth YMCA Turkey Trot presented Total Building Maintenance, visit the race's website at www.fwtrot.org, or become a fan on Facebook at Fort Worth YMCA Turkey Trot.

For volunteer opportunities, please contact Chris Butler (817) 244-4454.