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The 44th Capital One Bank Dallas YMCA Turkey Trot *A Thanksgiving Tradition since 1968*

With more than forty great years in the making, the Dallas YMCA Turkey Trot is almost here, again marking Dallas' way to begin Thanksgiving Day. On Thursday, November 24, nearly 40,000 participants are expected to turn out to Dallas City Hall Plaza for the 8 mile race and 5K fun run. The Capital One Bank Dallas YMCA Turkey Trot benefits YMCA programs that help the YMCA to strengthen the foundations of community.

The Capital One Bank Dallas YMCA Turkey Trot is one of the largest multi-event races in the country. The excitement that surrounds this event continues to grow each year as more runners and generations of families turn out to experience the fun and family-friendly atmosphere that is the backdrop to the race.

The Trot offers a scenic trip through downtown Dallas on a certified 5K course and a fairly flat yet challenging 8 mile course through downtown Dallas and historic Oak Cliff. This year there will be a new and improved controlled start line to ensure a good clean start for all. This year with registration, participants will receive a complimentary 25 visit membership to begin Training for the Trot at a Dallas area YMCA.

Pre-registration is \$25 until November 9th, walk in registration at Luke's Locker November 16-23 is \$30 and race day registration is \$40. Trot Tot registration for children 6 and under is \$15. Packet Pick-up for mail-in, on-line registration and walk-ins will begin Wednesday November 16th and continue through Wednesday, November 23rd at Luke's Locker locations in Dallas at their new location on 3046 Mockingbird Lane (near SMU), at Luke's in Allen on Garden Park, in Colleyville on Colleyville Blvd and in Plano on Legacy Road. Register your dog for \$10 and receive a cool Y-Trot bandana and race bib for your 4 legged friends. Again this year, the Turkey Trot will provide the option for all participants to be chip timed in both the 5K and 8 mile race with a \$5 timing charge.

Tune in Saturday night, November 26th on WFAA Channel 8 as the 44th running of the *Capital One Bank Dallas YMCA Turkey Trot* comes to life through the history, people and

the stories of the Dallas YMCA. A family tradition for 4 decades – relive this year’s special race highlights in a half-hour television special -- through the eyes of the thousands of families and participants. Plus learn how the YMCA is impacting lives through a variety of unique programs and activities in north Texas communities all year long.

The original Dallas YMCA Turkey Trot was held at the Old Fair Grounds back in the early 40’s; but the long string of consecutive races began with the 8-mile race in 1968. The unique 8- mile race distance was created when the 107 participants were instructed to run along the shores of White Rock Lake “to the big oak tree and back”. By 1979, the Race had become so popular that it was moved to the Downtown are to accommodate more runners and showcase “Big D”. The 3 mile Fun Run/Walk was added in 1984 to accommodate the increasing participation of individuals and families.

For more information on the Capital One Bank Dallas YMCA Turkey Trot or to volunteer call (214)954-0500 or to register log on to www.thetrot.com

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