



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

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One Week Until the 113th Annual YMCA Turkey Trot!

(BUFFALO, NY) – Following in the footsteps of last year’s history making turnout when 8,700 runners participated, YMCA Turkey Trot race coordinators are anticipating another record breaking year for the 113th running of this time honored event. The 8K (4.97 mile) race will take place one week from today, Thanksgiving morning, **Thursday, November 27, 2008 at 9:00 a.m. sharp starting at the corner of Delaware Avenue and Shoreham Parkway in North Buffalo.** Over 10,000 runners and walkers are expected to participate.

“The community has truly embraced the YMCA Turkey Trot wholeheartedly,” said John Murray, YMCA Buffalo Niagara President/CEO. “It is an absolute joy to see the number of multi-generations of families and groups of friends who make a point of kicking off their Thanksgiving Day celebration running the Turkey Trot together. It’s really an amazing sight to watch unfold down Delaware Avenue each year. And it’s always fun to see the variety of different costumes many of the runners choose to wear,” Murray continued.

On-line registration is available at no additional charge now through 9:00 p.m. on Saturday, November 22. Runners can also register in person at the Delaware Family YMCA, 2564 Delaware Avenue, Buffalo from 9:00 a.m. to 9:00 p.m. on November 23 through 26 at a 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.

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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.

“Besides its impressive history, what makes the YMCA Turkey Trot the premier race of the year is the fact that the monies raised help to fund a very important cause,” said Anne Reif, YMCA financial development director. “These thousands of runners are giving countless kids the opportunity to participate in summer camp; numerous working parents a place to take their children to ensure they are safe and productive during after school hours; and individuals of all ages the ability to live healthier lifestyles with the YMCA’s fitness, health and wellness programs.”

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.

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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. 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.

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