



Media release For Immediate Release

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After More than 20 Years of Running Turkey Trot, the Y Launches its First Ever Virtual Turkey Trot Charity 5K.

- **Thousands Sign Up as People Search for A Safe and Healthy Alternative Way to Celebrate Thanksgiving with Family and Friends This Year**

As Thanksgiving draws nearer, the Y in Central Maryland offers a safe, healthy way for families to celebrate Thanksgiving together as the need to find new ways to celebrate with family and friends is becoming more and more evident. Billed as a "virtual event," unlike past years when the Y Turkey Trot Charity 5K happened only on Thanksgiving morning, this year's Turkey Trot can be run anytime the entire week of Thanksgiving (Nov 22-29) on any 3.1 mile course the participant chooses.

A new way to safely be with others *and* preserve a cherished tradition, thousands of Marylanders have already signed up to participate and more are registering daily. Says the Y in Central Maryland President & CEO, John Hoey, "participants will be creating a new family tradition giving those closest to them something positive to look forward to and enjoy during this stressful time. We're even hearing about families who have signed up relatives who can't travel this year but are synchronizing their runs as a family event happening in various places at the same time. Given that proceeds support Y financial assistance, it's also extending a helping hand to the growing number of people in our community who are experiencing poverty and need help to stay connected to Y programs like Y Academic Support Centers and Y membership which are healthy, safe and supportive."

Runners can upload their time and win awards daily.

Registration continues through November 29th at ymdturkeytrot.org. The Y is also conducting a canned food drive at all Y locations through November 21st to help families in central Maryland experiencing food insecurity.

Our Mission:

The Y is a charitable organization in Central Maryland dedicated to developing the full potential of every individual through programs that build healthy spirit, mind and body for all.

Our Commitment:

At the Y, we are committed to providing family-oriented, affordable, high quality programs.

A cause driven organization with three areas of vital focus:

- For Youth Development: nurturing the potential of every child and teen
- For Healthy Living: improving our community's health & well-being
- For Social Responsibility: giving back and providing support for our neighbors

The Y is a place for everyone. People of all races, ages, faiths, gender, abilities, backgrounds and incomes are welcome and financial assistance on a sliding scale is available to those who would otherwise be unable to participate.

Our Values:

Caring, Honesty, Respect and Responsibility

More information can be found at www.ymaryland.org.