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**For Immediate Release: Contact:**

September 15, 2015 Leanna Bernhard

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**THE Y IN CENTRAL MARYLAND TO HOST ANNUAL TURKEY TROT CHARITY 5K**

*Put more “thanks” and “giving” into Thanksgiving by supporting struggling families in the community*

(Baltimore, MD)— Join thousands of individuals as they trot in support of local children and families at **The Y in Central Maryland’s** annual **Y Turkey Trot Charity 5K,** a Thanksgiving Day tradition that raises critically-needed funds to support kids whose families live in poverty throughout Central Maryland. On Thanksgiving morning, Thursday, November 26, 2015, the Y will host its Turkey Trot Charity 5K in Arnold, Baltimore City, Bel Air, Ellicott City, Towson and Westminster.

Each Y Turkey Trot will feature a 5K Run/Walk, and prizes will be awarded in each age group. All participants will receive an official race t-shirt. Proceeds benefit children whose families can’t afford educational and enrichment opportunities, such as Y Preschool and Camp. Evergreen Health is the Title Sponsor.

NEW this year – children 7 and under register for FREE. Youth ages 8-17 register for half price!

**What:** 2015 Y Turkey Trot Charity 5Ks

5K Run & 5K Walk

**When:** Thursday, November 26, 2015

8:30 AM (all locations)

**Where:** Arnold Y Turkey Trot Charity 5K

Greater Annapolis Family Center Y

1209 Ritchie Highway

Arnold, MD 21012

Baltimore City Y Turkey Trot Charity 5K

Stieff Silver Building

800 Wyman Park Drive

Baltimore, MD 21211

Bel Air Y Turkey Trot Charity 5K

McComas Funeral Home

50 W Broadway

Bel Air, MD 21014

Ellicott City Y Turkey Trot Charity 5K

Long Gate Shopping Center

4310 Montgomery Road

Ellicott City, MD 21043

Towson Y Turkey Trot Charity 5K

The Orokawa Family Center Y

600 W. Chesapeake Avenue

Towson, MD 21204

Westminster Y Turkey Trot 5K

Carroll Community College

1601 Washington Road

Westminster, MD 21157

**Cost:**  Online and in center: $35

Race Week (Sunday, Nov. 22 – Thursday, Nov. 26): $40

Youth ages 8-17 register for 1/2 off

Children age 7 & under register for FREE (still must register)

\*NEW this year –all participants will be timed at no extra cost

**Registration:** Online at http://www.ymdturkeytrot.org now through Monday, November 23, 2015

At local Family Center Ys now through Wednesday, November 25, 2015. Registration closing times on the 25th (and locations) vary, please see website for details.

Day-of registration accepted at event locations (limited number of t-shirts available for day-of registrations)

**Additional** Please visit your local Family Center Y or log on to

**Information:** ymaryland.org

**Our Mission:**   
The Y in Central Maryland is a charitable organization 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](http://www.ymaryland.org).

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