



2020 VIRTUAL TURKEY TROT

Hickory Foundation YMCA

WHO

Anyone who wants to be healthier - You get to have fun!

WHAT

Virtual 5k or 10k - You choose the race length!

WHEN

November 21-26 - You choose the race day!

WHERE

Anywhere in the World - You choose the race course!

WHY

The Y has stepped up during the pandemic - You support a cause!

HOW

Register at TurkeyTrot.ymcacv.org - You get the race swag!

Full details on website

EVENT DETAILS

VIRTUAL 5k/10k

The Hickory Foundation YMCA is excited to host our 2020 VIRTUAL Turkey Trot. We made this decision to help stop the spread of COVID-19 in our community and give all participants and friends the opportunity to participate in this annual Thanksgiving tradition.

RACE DETAILS

Registered participants have the option to run, jog, or walk a 5k (3.1 miles) or a 10k (6.2 miles) anytime between **Saturday, November 21 and Thanksgiving Day, Thursday, November 26**. Participants are then able to submit their time on Run Sign Up, if desired. Want a better time? Resubmissions are encouraged. **Make this a family event and have some fun! #TURKEYTROT**

REGISTRATION INFO

Online registration is open at **TurkeyTrot.ymcacv.org**. Paper registrations will not be accepted this year. The entry fee for the YMCA Turkey Trot is \$25. This non-refundable registration fee includes a commemorative 2020 long sleeve Turkey Trot t-shirt and medal! **EVERYONE GETS A SHIRT AND MEDAL!** Anyone who registers by November 12 will be guaranteed to have their swag by race day. *Group and youth discounts are available. See website for more details.

RACE COURSE

We will provide a map of the traditional course but there is no designated race course this year. Registered participants have the option to run, jog, or walk a 5k or 10k on a route of their choosing anytime between Saturday, November 21 and Thanksgiving Day, Thursday, November 26. We encourage you to follow all CDC guidelines for proper social distancing.

PACKET PICK-UP

Packet pick-up is Wednesday, Nov 18 through Friday, Nov 20 for anyone who registers by November 12. Details on specific times are online at TurkeyTrot.ymcacv.org. Those who register after November 12 will be able to pick up their race packets at the Hickory Foundation YMCA front desk Monday, December 7 - Wednesday, December 9. You also have the option to have your packet shipped to you for an additional fee.

COVID-19 DETAILS

All participants should follow current NC guidelines to help stop the spread of COVID-19. Please understand that some race information is subject to change due to NC COVID-19 guidelines. Any changes will be communicated in a timely manner.

CONTACT

Lala Kozischek | lalak@ymcacv.org | 828 324 9622