



FOR YOUTH DEVELOPMENT®
FOR HEALTHY LIVING
FOR SOCIAL RESPONSIBILITY

CARLISLE FAMILY YMCA
**TURKEY
TROT** 5K

PRESENTED BY:

Geisinger
Holy Spirit 

18th Annual 5K Run / Walk

Thursday, November 28, 2019 at 9am

CARLISLE FAMILY YMCA – 311 S. West St., Carlisle PA

**We are very excited to welcome Geisinger
Holy Spirit as the presenting sponsor
of our annual Turkey Trot 5K!**

Thank you also to CenturyLink for 17 years of sponsorship!

RACE START TIME

- Race starts at 9am
- Recommended to arrive at or before 8:30am
(downtown parking is limited so allow enough time to walk to the Y)
- Distances: 5K Walk / 5K Run
- Start & finish at the Carlisle Family YMCA
- Course map at carlislefamilyymca.org
(click the Turkey Trot logo)

PACKET PICK-UP

Available at the Carlisle Family YMCA:

- Tuesday, Nov. 26 from 6am-9pm
- Wednesday, Nov. 27 from 6am-9pm
- Thanksgiving morning from 6:45-8am

IT IS HIGHLY RECOMMENDED THAT YOU PICK UP YOUR PACKET BEFORE RACE DAY. RACE DAY REGISTRATION AND PACKET PICK-UP CLOSE PROMPTLY AT 8AM SO WE CAN START THE RACE AT 9AM SHARP.

IMPORTANT RACE DAY INFO

- Please do not bring dogs or other pets to the race
- The Carlisle Family YMCA discourages the use of headphones / iPods

WEATHER POLICY

The race will be held rain or shine. In the event of extreme weather conditions, the race will be cancelled and all entry fees will be viewed as charitable contributions to benefit the mission of the Carlisle Family YMCA. If the event is cancelled, it will be posted at carlislefamilyymca.org before 6:30am on race day.

FEED THE HUNGRY

Bring canned tuna or salmon to packet pick-up or on race day to support Project SHARE and be entered to win a free Massage, Personal Training or Reiki Session. Five lucky winners will be chosen. Must be present to win. <https://wp.me/P7TaH3-28J>

PROCEEDS BENEFIT...

...the Carlisle Family YMCA's commitment to strengthen youth development, healthy living and social responsibility in our community.

DIVISIONS & AWARDS

The first overall male and female receive prizes. In addition, the top 5 finishers in the following age groups:

12-U	13-16	17-24
30-34	35-39	40-44
55-59	60-64	65+

*Awards must be claimed at the Carlisle Family YMCA

RACE RESULTS

Will be posted on carlislefamilyymca.org
(Click the Turkey Trot logo and follow the link)

TUCKEY TEAM AWARDS

The Golden Fork is back but better than ever! This year there are two Golden Forks up for grabs. The expansion to two divisions. Company division (must use your company name and team name) and a Family & Friends division. Go to the teams with the most members as of Nov. 25 at 11:55pm. This is a perfect addition to anyone's Thanksgiving menu. Recommended to use to eat with your workers, friends or family and friends. We also give a prize for the best team (selected by the Y staff).

NEW & EXCITING FEATURES

- Same easy race registration
- Share and post on Facebook and Instagram on your registration
- **Want a FREE entry?** For every person you link to others. When they register your entry gets cheaper. Spread the word with your friends!
- Shoe collection for the Month of November. Bring your gently used shoes to packet pick or on race day.
- Photo booth and picture printing provided by Strouse Entertainment
- Face painting by CALC
- Snapchat Geofilter to show where you are and what you're doing on Thanksgiving morning!

DS FOR 5K RUN*

male finishers in the 5K run
he top 2 male and female
e groups receive prizes:

1-19 20-24 25-29
0-44 45-49 50-54
-69 70+

Carlisle Family YMCA by Friday, Dec. 13.

familyymca.org
for the links)

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here are
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We will have a Business/
business/company name as
Friends division. The forks
not registered participants
the Golden Forks are the
living room or office (Not
turkey). Get your co-
nd create a team today. P.S.
most creative team name

ATURES

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MORE Foundation Group.
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STROUSE ENTERTAINMENT
INFLATABLES, OVS, PHOTO BOOTHS AND MORE

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up to on



REGISTRATION & FEES

EARLY TURKEY – SEPT. 1 – OCT. 31

- Register by Oct. 31 at 11:45pm to be able to choose no shirt or a performance shirt or hoodie.
- Registration Options:
 - 5 & Under No Shirt Option = FREE!
 - 5 & Under Youth Performance Shirt = \$11
 - 6-12 Performance Shirt = \$21
 - 6-12 Hoodie = \$26
 - 13 & Up Performance Shirt = \$28
 - 13 & Up Hoodie = \$34
 - 13 & Up No Shirt Option = \$21

PRE-TURKEY – NOV. 1-25

- Register by Nov. 7 at 11:45pm to guarantee a performance shirt.*
- Registration Options:
 - 5 & Under No Shirt Option = FREE!
 - 6-12 Performance Shirt = \$21*
 - 13 & Up Performance Shirt = \$32*

TURKEY'S IN THE OVEN – NOV. 26-28

- Last Minute Registration
- Race Day Registration open 7-8am
- Registration Options:
 - 5 & Under No Shirt Option = FREE!
 - 6-12 Performance Shirt = \$21*
 - 13 & Up Performance Shirt = \$38*

***Performance Shirts will be handed out on a first come, first served basis at packet pick-up for those who register after Nov. 7 at 11:45pm.**

PLEASE NOTE: The race registration fee does not include the credit card transaction fee.

HOW TO REGISTER

- Online at carlislefamilyymca.org (click the Turkey Trot logo)
- Online registration ends Nov. 27 at 11:45pm
- No transfer of registration to another party

Thank you to everyone who took the survey last year. Your responses help us gauge areas where we can improve to make your race day experience excellent. Please take a few moments to fill out this year's survey (e-mailed after the race) so we can continue to make the Carlisle Family YMCA Turkey Trot 5K presented by Geisinger Holy Spirit the premiere Thanksgiving Day race in Southcentral PA!

THANK YOU...
TO OUR PRESENTING SPONSOR

Geisinger
Holy Spirit 

THANK YOU TO OUR SUPPORTING SPONSORS



**UPMC
Pinnacle**
Carlisle



PSL
Plant Site Logistics



CENTRAL PA RUNNERS CHALLENGE PARTNER

Visit <https://runsignup.com/Race/PA/Harrisburg/>

CentralPARunnersChallenge to find out how you can win an
award & save \$5 on registration fees for some other area races!