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YMCA Turkey Trots Go Virtual

The YMCA of Metropolitan Dallas and the YMCA of Metropolitan Fort Worth will hold Virtual Turkey Trot races this Thanksgiving for the health & safety of North Texans

DALLAS and FORT WORTH, TX (October 12, 2020) – Due to ongoing concerns with the COVID-19 pandemic, the YMCA of Metropolitan Dallas and the YMCA of Metropolitan Fort Worth announced today both the 2020 Dallas YMCA Turkey Trot and Fort Worth YMCA Turkey Trot will be **virtual events only**, for the health and safety of participants across North Texas. Families and individuals will be able to participate in this Thanksgiving Day tradition from their neighborhood or wherever they may be across the country on Thanksgiving Day, Thursday, November 26, 2020.

Those who pre-registered for the in-person Turkey Trot races in Dallas or Fort Worth will be automatically transferred to a virtual registration. Participants will still receive an official 2020 Turkey Trot long-sleeved t-shirt at select YMCA branches or Luke's Locker locations in Dallas and Fort Worth respectively in November or have it mailed directly to their home. Learn more at www.thetrot.org and www.fwtrot.org.

Founded in 1967, the Dallas YMCA Turkey Trot has become one of the largest Thanksgiving Day events normally held in downtown Dallas.

"The health and wellness of all our participants is at the core of the YMCA's mission and the safety of those who participate in the Turkey Trot is our top priority. That's why after ongoing discussions with local health authorities, we came to the conclusion that the safest way to conduct the Turkey Trot this year would be for people to participate at home, rather than gathering together in Downtown Dallas, even with the added safety measures we planned for the event," said Curt Hazelbaker, President and CEO of the YMCA of Metropolitan Dallas. "We hope the families that participate every year decide to run or walk the race together at home to keep the tradition going. We look forward to being together in-person at next year's race."

Since 1981, new generations of families have turned out to experience the fun, family-friendly atmosphere of the Fort Worth YMCA Turkey Trot.

"As the health and safety of our members, participants, staff and community is of utmost importance, and to support the guidelines set forth by our public health leaders, our 39th Annual YMCA Turkey Trot will be a virtual race in 2020. We encourage you to continue the tradition in Fort Worth by participating with us

virtually and support the YMCA,” said Tony Shuman, President/CEO YMCA of Metropolitan Fort Worth

Proceeds from the Dallas YMCA Turkey Trot will benefit the organization’s COVID-19 relief support for children and families and the preschool program at Park South Family YMCA. Proceeds from the Fort Worth YMCA Turkey Trot go to essential community programs and scholarships for families in need. Your participation in The Trot, and donations to the YMCA, help ensure we will always be ready to meet the needs of North Texas communities.

To sign up for the Dallas YMCA Virtual Turkey Trot, registration is \$33 until October 18, and \$35 from October 19 – November 25. Registration is \$15 for children aged 6 years of age and under. You can get a doggie bandana for your four-legged running buddy for \$10 and add on a finisher medal for \$5 while supplies last. Register or learn more at: www.thetrot.org.

To sign up for the Fort Worth YMCA Virtual Turkey Trot, registration is \$35 through November 25th. The first 1,000 registrations will receive a commemorative face covering. Virtual registration for dogs is \$10. Register or learn more at www.fwtrot.org.

Dallas YMCA Turkey Trot T-shirts will be available for pick up from November 11-14 at select YMCA branches around Dallas, Luke’s Locker or by mail. You will also receive access to the virtual experience and virtual goody bag. Self-timed runners will be able to join the 5K or 8-mile results leaderboards.

About the YMCA of Metropolitan Dallas

The Y is one of the nation’s leading nonprofits strengthening communities through youth development, healthy living and social responsibility. The YMCA of Metropolitan Dallas serves thousands of men, women and children each year, regardless of age, income or background. Anchored in 21 North Texas communities, the Dallas Y has the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. The Y ensures all people have equitable access to the essentials needed to become thriving members of the community. Daily, the Y bridges and fills individual and community needs as a catalyst for impactful change. The YMCA makes accessible the support and opportunities that empower people and communities to learn, grow and thrive. To learn more or get involved in improving our local communities, have opportunities to make an impact and support your neighbors, please visit us at www.ymcadallas.org.

About YMCA of Metropolitan Fort Worth

With 130 years of service to the Fort Worth area, the YMCA of Metropolitan Fort Worth serves more than 150,000 unique individuals on an annual basis. Its work impacts our community daily through programs that emphasize youth development, encourage healthy living, and empower social responsibility. The non-profit organization offers diverse family programs including youth sports, youth and government, camping, childcare, swimming and drowning prevention, wellness, diabetes management, and senior-specific adult programs in addition to fitness memberships. The Y has branches in Tarrant, Johnson, and Hood counties. Additionally, it owns and operates YMCA Camp Carter, a year-round facility offering both day-

camp programs and residential opportunities for youth. It also owns and operates the YMCA Sports Complex in southwest Fort Worth, providing soccer, baseball, and other youth sports opportunities. For more information visit www.ymcafw.org.

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Dallas YMCA Turkey Trot - Official Long Sleeve T-shirt



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