

Heritage of Hawk Ridge TURKEY TROT



HHR First Annual Turkey Trot

What is a Turkey Trot? It's a race, kind of. This year the race is a virtual walk/run. You can choose between the 1 mile or 5K (3.1 mile) or create your own route. This event is open to friends and family.

What is a Virtual Race? A virtual race does not have a specific location or starting time. You run/walk anywhere you choose, on any day before the deadline. There is not a required location that the event must be completed nor a mandatory time. A virtual run/walk event creates positive motivation by helping everyone get outside running to stay active and healthy. Many virtual runs, including the HHR Turkey Trot, are associated with giving back to the community. This year HHR will make donations to the USO, Gateway to Hope and Cedar Creek Therapeutic Riding Center. Click on the logos above to learn more about each charity.

How to get started:

1. Choose the distance you would like to run/walk.
2. Complete the registration form and submit to the by Nov 29 Or register [on-line](#). If registering on-line, please still turn in your registration form to the office or email it to Maggie (events@heritageofhawkridge.com). T-Shirt availability is not guaranteed for donations submitted after 11/5
3. Conquer the distance you signed up for. The distance you set can be completed at any location, and at any time of the day. The choice is completely up to you. Also, there is no time limit the distance must be covered in, and you can split up the distance between multiple days. The important thing is to finish the event, complete the distance, and have fun. Once finished, email Maggie (events@heritageofhawkridge.com) the distance you completed and she will send you your finisher certificate and enter your name in a drawing for prizes.

Registration is a \$25 donation to one of the charities. You pick which of the 3 receive your donation. Registration includes a HHR Turkey Trot T-Shirt! We will deliver them as soon as we receive them at the office.

More details:

- The deadline to complete the walk is Sunday, November 29.
- Having family over for the holiday? They can join you, just get them registered so they can get their t-shirt.
- Consider downloading an app to help you keep track of your distance. Try these apps: mapmywalk, rungo or strava.



Turkey Trot 2020 Registration – Due by Wed, 11/4

Your Name: _____

Address: _____ Email: _____

Distance you plan to run/walk: (circle one) 1mile 5K creating my own

Which charity do you wish to support? (circle one)

USO Lambert

Gateway to Hope

Cedar Creek Horses

of people registering: _____

T-Shirt Sizes

Adult / # ordering

S - _____

M - _____

L - _____

XL - _____

XXL - _____

XXXL - _____

Child / # ordering

XS - _____

S - _____

M - _____

L - _____

XL - _____

T-Shirts are
not
guaranteed
on donations
submitted
after 11/5