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**For Immediate Release**

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## **23RD ANNUAL YMCA TURKEY TROT 5K GOING VIRTUAL**

Colorado Springs, CO — The YMCA of the Pikes Peak Region has announced that this year's Turkey Trot 5K, a local tradition for many families, will be completely virtual for 2020.

“The YMCA has been hosting the Turkey Trot for over 20 years, and we knew we needed to find a way to make it work for 2020,” said Boyd Williams, President & CEO of the YMCA of the Pikes Peak Region. “We’re excited to still be able to offer the race in a meaningful way and bring the community together.”

The annual Turkey Trot 5K, which had over 4,000 participants last year, raises money to ensure all individuals and families in the Pikes Peak Region have access to programs such as child care, swim lessons and youth sports.

“This year, the Turkey Trot is more important than ever,” said Williams. “The community has had a significantly increased need for Y programming in 2020 due to the unprecedented set of circumstances, particularly in child care, family support and senior outreach, and this race will allow us to use 100% of the proceeds raised to continue to provide these essential programs.”

Since the pandemic shut down fitness facilities in mid-March, the YMCA has provided child care for more than 3,200 children and helped bring over 3,000 meals to seniors.

Registration for the Turkey Trot will close on Thanksgiving Day, November 26. Runners can choose their own race date and course for the 5K and are encouraged to follow all social distancing guidelines.

To sign up for this year's virtual Turkey Trot 5K, visit [ppymca.org/turkeytrot2020](http://ppymca.org/turkeytrot2020).

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