



Update: Turkey Trot 5K – TOMORROW

Turkey Trot 5K Run/Walk—Join the Fun



TOMORROW is Thanksgiving — so, it's only one day to the best 5K run of the year. Don't miss the annual **Turkey Trot 5K Run/Walk** on Thanksgiving morning. Sign up the whole family — the weather will be perfect. Turkey Trot details are as follows:

- **Date:** Thanksgiving, November 24
- **Location:** McAllister Park (formerly Lafayette Golf Course), Golfview Road

- **Registration Fees:** - \$35Adult; \$10 Youth (under 13)
- **Day of Run Times:** Check-In—6:30—7:30 a.m.; Run start time—8 a.m.

Race day walk ups are welcome. For more information, go to www.turkeytrot5krun.org.

To register online for the LUM Turkey Trot 5K Run/Walk, click [HERE](#).

- * Online Registration is open until 6 p.m. TODAY (Wednesday, November 23)
- * After 6 p.m. TODAY, please print the registration form ([HERE](#)), fill it out & bring it with you on Thursday morning (11/24) from 6:30 – 7:30 a.m.

- * Runners, walkers, strollers, wagons & dogs are welcome!
- * **Weather Forecast** cloudy skies early, followed by partial clearing. High temp 49 & low temp 32. Dawn 7:13 a.m.; Sunrise 7:43 a.m.
- * **FREE Turkey Trot T-shirt**, while supplies last
- * **Please SHARE** — with your family and friends.

All proceeds from the 2016 Turkey Trot 5K Run/Walk will benefit local families through the programs and services of Lafayette Urban Ministry.

- * Race day walk-ups are welcome!
- * **Packet Pick Up** — packets will be available for pick up
 - * **EARLY** — Wednesday, November 23 from 2 to 6 p.m. at the LUM Office, 420 N 4th Street, Lafayette
 - * **DAY OF RUN** — Thursday, November 24 from 6:30 – 7:30 a.m. at McAllister Park (the former Lafayette Golf Course), Golfview Drive, Lafayette – off of N 9th Street

Denver Mattress Matches Gifts—THIS Month

Denver Mattress Co. will match your donation to the Lafayette Urban Ministry emergency shelter dollar-for-dollar during the month of **November** (up to \$2,500). Give to LUM today, and your gift will be doubled.

Time is running out — **only 7 days left** to take advantage of this incredible offer.

To participate in this match opportunity you must donate online through the Denver Mattress [website](#). And thanks.



TT5K Run – Volunteers Still Needed

If you don't want to run or walk in the Turkey Trot 5K — perhaps you'd like to volunteer. Turkey Trot 5K Run needs volunteers for check-in, set up, parking assistants, route guides, food prep & distribution & break down. To sign up to volunteer, click [HERE](#).

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