



FACT SHEET

- DATE:** Thanksgiving Day: Thursday, November 26, 2009
RAIN OR SHINE
- START TIME:**
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| 8:00 AM | Registration |
| 8:45 AM | Warm Up |
| 9:00 AM | Race Start |
| 10:30 AM | Completion including award presentations |
- LOCATION:** **The Residents' Club**
1200 Bulle Rock Parkway
Havre de Grace, Maryland
- COURSE RUN/WALK:** Start at Residents' Club. Proceed down Bulle Rock Parkway across Zachman Way pedestrian bridge, down Blenheim Road to Bulle Rock Golf Course and back to the Residents' Club.
- The 5K route is a combination of road and trail. The course will be well marked with monitors along the way. **Timing by Renaissance All Sports Athletic Club (RASAC).**
- BENEFICIARY:** **Susquehanna Hose Company** www.susquehanna5.com
- ORGANIZERS:** **HeartSmart** www.HeartSmartFoundation.org
- COST:** Pre-regis Adults \$20 Pre-regis 10 & Under \$10
(Includes long sleeve logo T shirt, refreshments & prizes)
- PARTICIPANTS:** **OPEN TO GENERAL PUBLIC:** all age groups and fitness levels
- PRIZES:** Age Categories **Youth:** 14 and under **Adolescent:** age 15-19
Open: age 20-29 **Sub -Masters:** age 30 to 39 **Masters :** age 40 - 49
Veterans: age 50 to 59 **Senior:** age 60 plus
The **youngest** and the **oldest** Turkey Trot participant each will receive an award.
All participants will receive goodie bags.
- ADDITIONAL INFO** Kathy Harper at 410.939 8700 kharper@bullerock.com
Email info@HeartSmartFoundation.org
www.BulleRockTurkeyTrot.com