



**Be a part of history and an annual tradition and run the**

*Virtual*  
**F-M ^ Turkey Trot**

Sponsored by the F-M All Sports Booster Club - No timing chips, just pre-feast calorie burning fun!

**Trot early, wash your hands, eat all day!**

All ages are welcome - come walk, trot or run!  
Proceeds will benefit F-M sport programs.

**Date:** Thanksgiving morning, Thursday, November 26, 2019

**Time:** Any time you like!!

**Course and Race Distances:** Any distance you like!!! Anywhere you like!!! Any Town, USA (or in the world)

**How to Register and Cost Details:**

\$20 per person - **Registrations must be received on or before 11/15/2020 to receive a Covid-19 Edition Turkey Trot T-Shirt.**

**On line:** [www.fmasbc.com](http://www.fmasbc.com) or go directly to:

[www.runsignup.com/Race/NY/Manlius/FMTurkeyTrot](http://www.runsignup.com/Race/NY/Manlius/FMTurkeyTrot)

Online registration closes 11/26/19 at noon.

**Mail in:** Carey Lorraine 4424 Swissvale Dr. Manlius, NY 13104. Attn: Turkey Trot, with checks made payable to FMASBC. To **guarantee a T-Shirt**, mail in registrations and payment must be received by **11/13/2020**

**T- shirt pick up on Wednesday, 11/25/2020:** pick up your t-shirt(s) from **9am to 11am** or **5pm to 7pm** at the HS snack shack, by the turf field.

The FM All Sports Booster Club greatly appreciates fantastic participation in the past 10 FM Turkey Trots. This year will be a little different, but we think the awesome tradition of going for a run Thanksgiving morning, is one that should continue. We hope you can run, walk or trot in your neighborhood, or on your favorite route, with a small group of family or friends to keep this tradition alive for 2020!!! As you can imagine, fundraising has been very difficult these past several months and the FM All Sports Booster Club very much appreciate your support in 2020!!!

Document your run and post it to your favorite social media feed with the hashtag #FM2020Trot, so that we can share your stories!!!