



FACT SHEET

DATE:	Thanksgiving Day: Thursday, November 26, 2009 RAIN OR SHINE		
START TIME:	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 21078		
COURSE RUN/WALK:	Start at the Residents' Club. Proceed down Bulle Rock Parkway across the 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 and prizes)	
PARTICIPANTS:	OPEN TO GENERAL PUBLIC: all age groups and fitness levels		
AGE CATEGORIES:	Youth: 14 and under	Adolescents: age 15-19	Open: age 20-29
	Sub-Masters: age 30-39	Masters: age 40-49	Veterans: age 50-59
	Seniors: age 60 plus		
PRIZES:	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 Email info@HeartSmartFoundation.org www.BulleRockTurkeyTrot.com		