



OLD ST. PAT'S 25th ANNUAL TURKEY TROT:
THANKSGIVING MORNING
Presented by THE ROAD TO BOSTON Training Program
Calling everyone!

Walkers, strollers, joggers, runners, and turkeys to our informal noncompetitive Turkey Trot.

DATE: Thanksgiving Morning, Nov. 26, 2009

TIME: Check-in: 7:40 a.m. TROT: 8 a.m. MASS: 10 a.m.

MEETING PLACE: Front stairs of Old St. Pat's. Come dressed ready to trot.
Adams Street & Des Plaines Avenue.

DISTANCES: Trot: 4 to 8 miles; Walk: 3.1 miles

PACE: Easy, relaxed, no racing. Just socializing. We will divide into groups of walkers, joggers and runners.

ATTIRE: Please dress for the weather. There are no changing facilities available.

COST: None. Just bring your smile and 1 or 2 cans of food for the homeless. Why pay \$30 for another unwanted T-shirt when all you want to do is run some fun miles with friends? Please join us.

COURSE: Through Chicago's loop, Museum Campus, and Lakefront

PARKING: Ample & free parking at Old St. Pat's Church.

MORE INFO: Visit our Web site, www.theroadtoboston.info.

USED RUNNING SHOES AND CLOTHES: Please bring them for homeless who have started a running club, www.citystriders.org.

QUESTIONS: If you have any questions, please contact Mark Buciak at 773.307.0033, or theroadtoboston@rcn.com.

