

3rd ANNUAL TURKEY TROT 5K RUN

START VENUE
CHANGED
TO SPATES
COMMUNITY
CENTER



☆☆☆☆☆☆ 1 MILE WALK
JOINT-BASE
MYER-HENDERSON HALL
NOVEMBER 18, 2011

Free shuttle between Fort Myer Fitness Center and Henderson Hall Smith Gym 5 - 6 AM and immediately following the 8 AM awards ceremony

First 250 to participate receive a free t-shirt

Prizes awarded to 1st, 2nd, 3rd place runners and walkers, male and female, and largest unit participation

First place male/female, runner/walker will receive a turkey!

Begins at 6:35 AM at **Spates Community Center** and ends at Henderson Hall Smith Gym

Pre-registration ends November 15. Late registration & check-in November 18, 5:15 – 6:15 AM

Sponsored by



Scan this code with your smartphone



Smith Gym: 703-614-7214
Ft. Myer Fitness Center: 703-696-7868

For more information: www.mccsHH.com
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