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Turkey Trot returns to MCC

By John T. Miller



Last year's run Photo Wendy Scheck

Over 560 runners and walkers of all age groups, along with infants in strollers and pets, participated in the Turkey Trot Fun Run on Thanksgiving morning last year at the Moraga Country Club. This year is shaping up to be another resounding success, with a 5K Run/Walk scheduled to begin at 8:15 a.m., and a 1.5-mile race starting at 8:30 a.m. on Thursday, Nov. 22.

Ron Haas, general manager and chief operating officer of the club, says, "After a successful start last year introducing the event to the Moraga Community we are excited to host this year's run."

The event is open to runners - and walkers - of all ability levels. Family and friends of MCC members, along with anyone else in the community are encouraged and welcome to attend.

The event benefits the Food Bank of Contra Costa and Solano. "So in addition to working up an appetite for your own Thanksgiving feast with all the fixings, you will know that you are helping others less fortunate," adds Haas.

Last year's inaugural event raised over \$5,000 for the Food Banks.

The course offers participants an opportunity to run and/or walk the paved roads and paths of the beautiful Moraga Country Club. The organizers made some slight changes this year to the routes so both the 1.5-mile and 5K races will now be on the back nine of the golf course. "These new routes will be slightly more challenging due to the hills, but the scenery will more than make up for it," says Haas.

Overall male and female winners in each run will receive a special award along with runners in the following age groups in both distances: 10 & under, 11-20 years, 21-50 years, 51-65 years and 65 and older.

Haas created the event last year, with the support of the Moraga Chamber of Commerce, as part of the club's goal to "launch a new tradition of family friendly community connectivity."

He urges people to sign up soon: "This event will fill up quickly and there is no better way to start the family festivities than with a fun morning out on Moraga Country Club's Golf Course."

The 5K fee is \$30 plus a \$4.50 signup fee, while the 1.5-mile race costs \$20 plus a \$3.45 signup fee.

Once again, participants will get bibs with automatic timers provided by Ford Timing, along with a Turkey Trot race bag including a T-shirt, discount vouchers, GU energy gel, and more. Beverage stations will be available along the way.

More information, along with an opportunity to donate, can be found on the MCC website at www.runsignup.com/moragaturkeytrot. Registration ends Wednesday, Nov. 21 at 10:30 p.m. Moraga Country Club is located in Moraga at 1600 St. Stevens Drive.

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