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**FOR IMMEDIATE RELEASE**

November 4, 2016

### **Charlevoix Hospital Announces Annual 5k Turkey Trot**

CHARLEVOIX, MI – RUN. EAT. NAP. That's the order of the day for the annual Munson Healthcare Charlevoix Hospital Turkey Trot on Thanksgiving Day - Thursday, November 24.

Registration is now available online at [shop.cah.org](http://shop.cah.org), in person at the Munson Healthcare Charlevoix Wellness Workshop on 411 Bridge Street in downtown Charlevoix, or on the day of the event from 7:30-8:30am. Pre-registration ends November 20 at midnight; after that, the cost increases by \$5. Pre-registration costs are as follows and include a long-sleeved t-shirt or hooded sweatshirt (additional \$10): \$15/adult, \$10/youth. Early shirt pickup will be available on November 23 at the Wellness Workshop or you may pick your shirt up at the event.

Please bring a non-perishable food item to help support local food pantries. Strollers and leashed pets are welcome - and you can get your photos taken at our photo booth! Participants are encouraged to bring cameras, phones and smiles and to feel free to dress up in Thanksgiving-style attire.

This year's 5k run/walk starts at 8:30am from the hospital's parking lot and will take a slightly different route than former years, adding a trip down a portion of Bridge Street where participants can stop mid-run for some warm apple cider, refill your water bottle with fresh, filtered water, use the public restrooms (baby changing station available), warm up, or just stop by to say hi and check out Munson Healthcare's new Wellness Workshop.

Walk or run – it doesn't matter – just come out for the fun and get some fresh air and exercise with your friends, family and neighbors.

Get more information online at [shop.cah.org](http://shop.cah.org) or by calling the Wellness Workshop at 231-437-3482.

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