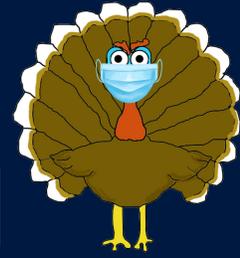


14TH ANNUAL



Trout Valley Turkey Trot FUN



COVID/BINGO EDITION

Run the Turkey Trot course & post your time #tvttbingo

Leave a BIG tip at a local business

Find a geocache in Cary/FRG (or share proof of your valiant attempt to do so!)

Read & share something interesting about the history & origin of Thanksgiving

Send a note to your child's school/teacher, thanking them for what they do

Purchase a gift card from a local business

Get your post-run stretch on with Athletico, video posted on TTCCA website/fb

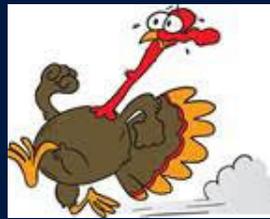
Share a heart healthy app or side dish recipe on the TTCCA facebook page

Call/visit family or a friend who you haven't been in contact with for at least a year.

Run/Walk a NEW TRAIL! *check out the awesome alltrails app for inspo!

Write down 3 things you're grateful for & share with someone on Thanksgiving Day

Run/Walk the Firehouse Box



Drink the recommended ounces of water for your weight 2+ days during Thnxgvgng Week

Take a photo w/ the Turkey Trot mascot and post it on social media!

Perform a random act of kindness

Call or FaceTime with someone who might be isolated this holiday due to Covid

Go for a walk/run with a current or vintage Trout Valley Turkey Trot t-shirt on

Make a donation to your local food pantry or animal shelter

Week of Thanksgiving, eat at or order from one of our fab restaurant sponsors!

Go for a run at Hickory Nut (Cary-Grove XC Home Course)

Share w/ your favorite accountability partner, how you plan to stay healthy this winter

Write a positive review for a local business

Try a new recipe!!

On Thanksgiving, go out for a solo or group walk/run and post pic on TTCCA website