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## **Orland Park Recreation Plans Kids' Turkey Trot** *Runners Age Three to Eight Invited to Participate*

ORLAND PARK, IL – The Orland Park Recreation Department will hold its 22<sup>nd</sup> annual Turkey Trot on Thanksgiving Day. While this annual family favorite is open to all ages, parents find it difficult to participate with little ones in tow.

“This is a wonderful opportunity for families to introduce little ones to the world of fitness,” said Trustee Patricia Gira, chair of the village’s Recreation, Parks and Environmental Initiatives Committee. “The village has been sponsoring its Thanksgiving Day Turkey Trot for more than two decades now and having a similar event specifically for children is a natural spinoff of a great event,” Gira added.

Orland Park’s Kids’ Turkey Trot will be held Saturday, November 20, 2010 on the indoor track at the Village of Orland Park Sportsplex. Check in begins at 8:30 a.m. and the race beginning at 9:00 a.m. Participants, age three to eight, must register before November 12. The cost is \$12 for residents, \$15 for non-residents and \$7 for Sportsplex members.

“We wanted to do something to give the younger kids the opportunity to participate in a run separate from the Thanksgiving Day Turkey Trot,” explained Deborah Geghen, fitness manager at the village’s Sportsplex who is overseeing the kids’ event. “Last year was our first Kids’ Turkey Trot and we had \_\_\_ children participate,” she added.

Three year olds will run three laps. Four and five year olds will complete six laps with six and seven year olds running eight laps. Eight year olds will run ten laps around the indoor track and all participants will receive shirts and post race refreshments.

“Friends and family are invited to come cheer the kids on,” Geghen encouraged. “This will be a great event that we hope to continue in the years ahead, encouraging kids to enjoy healthy lifestyles, making physical activity an important part of their day,” she added.

Registration is available at the Franklin Loebe Center, 14650 South Ravinia Avenue or at the Sportsplex, 11351 West 159<sup>th</sup> Street. Questions may be directed to the Orland Park Recreation Department at 708/645-7529.