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REGISTRATION NOW OPEN FOR TROY TURKEY TROT TRAINING CHALLENGE:

10-Week Program Will Help First Timers Complete First 5K, Established Runners Tackle a 10K

TROY, N.Y. (September 18, 2018) – The Troy Turkey Trot, the Capital Region’s largest Thanksgiving road race, will launch a 10-week Training Challenge on Monday, Sept. 17 to prepare beginner, intermediate and advanced runners for the 71st edition of the Troy Turkey Trot.

The co-ed program follows a gradually increasing training plan that is designed to train participants to complete a 5K or 10K. It is a comprehensive program and includes injury prevention, as well as nutritional and flexibility elements.

“This is an excellent opportunity for the entire community to get involved in a local family tradition,” said longtime Event Director George Regan. “The Troy Turkey Trot is an event with great road racing pedigree. It is the nation’s 12th and world’s 64th oldest road race, as well as the 11th largest Turkey Trot in the nation.”

There will be two group options in the 5K training: beginner and intermediate. The 5K is designed for novice runners and those seeking to run a faster 5K time. The 10K, which will feature just one training group, is for those wishing to move up from the 5K to the 10K. 10K participants should be currently running 3-4 days a week with at least one run a week of up to three miles. The advanced option is for participants seeking to better their 10K times.

Participants will begin each week with a 6 p.m. Monday evening exercise session involving walking, jogging and/or running at Prospect Park in Troy followed by Saturday morning runs at 8 a.m. at the Knickerbacker Park facility in Lansingburgh. Participants are expected to complete a third workout on their own at a time during the week that is most convenient for them.

Registration for the program is open through Monday, Oct. 1. All participants will receive a free high-performance Troy Turkey Trot Training Challenge t-shirt. Weekly e-mails will outline the week’s workout plan, as well as nutritional, injury-prevention and running/exercise and stretching tips.

For more information or to register, visit troyturkeytrot.com/training. The program costs \$40 and does not include entry into the Troy Turkey Trot. Additional information is also available by calling (518) 221-3051.

Now in its 71st year, the Troy Turkey Trot is the nation's 12th and world's 64th oldest road race, as well as the 11th largest Turkey Trot in the nation. The event, which draws as many as 8,000 participants from 37 states and features a 5K, 10K, Grade School Mile and Turkey Walk, is designed to celebrate fitness, families and tradition against a backdrop of some of Troy's most historic neighborhoods, as well as raise funds for the Regional Food Bank of NENY and Joseph's House and Shelter. For more information, visit TroyTurkeyTrot.com.