



# ANNUAL SWAN'S RUNNING CLUB & NORTHSHORE MEDICAL TURKEY TROT

## ABOUT THE RACE

Join the Annual 8K Turkey Trot Run/Walk presented by Swans Running Club & Northshore Medical & Aesthetics Center!

DATE: **DECEMBER 1, 2024**  
 LOCATION: **NORTHSHORE MEDICAL CENTER**  
 START TIMES: **WALK - 8:00AM | RUN - 8:30AM**



<b>CATEGORIES:</b>	<b>OPEN: 18-39</b>	<b>MASTERS: 40-49</b>
<b>SENIORS: 50-59</b>	<b>VETERANS: 60+</b>	<b>YOUTH: 12 TO 17</b>

Gift Certificate

Northshore Medical & Aesthetics Center  
 Harmonizing Health, Beauty & Well-being Specializing In Results!

To: \_\_\_\_\_ Amount: \_\_\_\_\_

From: \_\_\_\_\_

Authorized Signature: \_\_\_\_\_ Expiration Date: \_\_\_\_\_



**Prizes: Free Turkeys, Gift Vouchers and more!**  
 Come in your best turkey costume for a chance to win!  
**REGISTRATION: ONLY \$30!**

Bring your family, friends, coworkers, and girl groups—this is a fun-filled race for a great cause!

**Register today and let's trot for a good cause!**

## THIS IS EXCITING! WHAT'S HAPPENING NEW THIS YEAR?

- This year Northshore Medical will be giving out **FREE health checks**
- Bonus:** Also, free supplements, hair products and skincare products will be given out from **Dr. Brown's Laboratory**
- WE LOVE OUR COMMUNITY!** Plus, we're collecting non-perishables for local feeding programs so all racers, volunteers and community viewers can bring a can or two of nonperishable food items that you love when eating Christmas and New Year's meals.



## RACE VOLUNTEERS ARE NEEDED!

Want to be part of the excitement at the Annual 8K Turkey Trot? We're looking for enthusiastic volunteers to help with race marshaling, registration, the prize ceremony, giveaways, cheering on racers, and more. This is a fantastic opportunity to support a community event and make a difference! Sign up today to lend a hand and join the fun!



**SIGN UP TO VOLUNTEER**

## JOIN US, ASK THEM, IT'S ALWAYS A GOOD RACE!

**IT'S THE HOLIDAY SEASON- WE LOVE TO DRESS UP!**  
 ..AND WE CAN'T FORGET THE CREATIVE COSTUMES OVER THE YEARS!

Get festive and fun by dressing up for the Annual 8K Turkey Trot! Let your creativity shine with a seasonal costume—whether it's a turkey, a pilgrim, NMAC inspired, or something totally unique, show up in style for a chance to win the best costume prize. Embrace the spirit of the season and make this a memorable race! Don't miss your chance to strut your stuff and win!



**SEE MORE PHOTOS**

**THANK YOU**

FROM

