



# 44th Annual Norwich Family YMCA TURKEY TROT

**5K Race**  
12:30 pm

**November 23, 2025 • Norwich, NY**  
at the YMCA, 68 North Broad Street

## DIVISIONS:

5-K women's & men's -  
under 11, 12-15, 16-19, 20-29, 30-39,  
40-49, 50-59, 60-69, 70-79, 80 and over.

## RACE INFORMATION:

Day of race registration begins at 10 am.

## ENTRANCE FEE INCLUDES:

Accurate Chip Timing System,  
2025 Turkey Trot Shirt, Arby's Turkey  
Sandwich, Stewart's Chocolate Milk, Deja  
Brew Bagels, Subway Cookies & Chobani  
Yogurt

## ENTRY DEADLINE:

No entries will be permitted after  
11:30 am the day of the race.



## KIDS NEIGHBORHOOD FUN RUN

Free 1/2 Mile Neighborhood Run  
Children show up at 11:45  
in front of the Y  
Run Begins at 12:00 NOON

## ENTRY FEE:

Adults -  
Early Registration \$30 until Nov 14th  
Nov. 15th- 22nd: \$35  
All Students 12 Grade & Under - \$25.00  
Kids Neighborhood Fun Run - Free

Runners' shirts are guaranteed to all  
who pre-register by November 14th.  
Registration afterwards will be a part of  
our second order and runners will be  
able to pick their shirts up at the Y  
after the event.



**UNISON**



**Chobani.**



THE EVENING  
**SUN**



**nycm**  
INSURANCE



**GRAND  
UNION**



**New York Pizzeria**



COFFEE SHOP

**CHENANGO  
MASSAGE THERAPY**  
Jim Dennis Jr. LMT



**WAL★MART**



## Norwich Family YMCA Turkey Trot Application

NAME: \_\_\_\_\_

AGE: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

Sex: ☐ MALE ☐ FEMALE  
(please print)

PHONE: ( ) \_\_\_\_\_

### Race Shirt Size:

Only guaranteed if pre-registered

☐ YL ☐ AS ☐ AM ☐ AL ☐ AXL ☐ AXXL

e-mail: \_\_\_\_\_

In consideration of my entry being accepted, I, hereby, for myself and my heirs waive and release any and all my rights and/or claims for damages that I may have against the sponsors of this race, and/or the Norwich YMCA, for any injuries that I may suffer in connection with any participation in the 44th Annual Norwich YMCA Turkey Trot. The registrant and his/her dependents assume responsibility for any and all risks, injuries and property damage which may be acquired while at the Norwich YMCA. By signing my name below, I hereby certify that I have read, understand and agree with all the terms and conditions within this release and do intend to be legally bound thereby. All proceeds from entry into this event will cover the cost of this annual event, and any funds remaining will benefit the Norwich YMCA Youth Sports Programs. Event fees are not transferable to another entrant.

Signature: \_\_\_\_\_ (If under 18 years of age legal guardian must sign.)



**www.norwichymca.com**