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A Heart-Warming Thanksgiving Tradition Turns 30

YMCA Bethesda's Turkey Chase has raised over \$2 million in its history for Montgomery County's at-risk youth and families

Bethesda, MD, November 22, 2012 – During the holidays, children and adults alike find solace in family traditions that have been passed down through the generations. Thanksgiving morning is one such holiday that brings with it many different traditions. While some are putting turkeys in the oven or nestled on the couch watching the Macy's Day Parade, nearly 10,000 DC-area residents of all ages will be making their way to YMCA Bethesda to connect, work up an appetite, and celebrate the spirit of giving at the 30th Annual Turkey Chase.

"We are humbled every year that thousands of people from all over the U.S. come together to celebrate this 30-year tradition," shares Carla Larrick, founder of Turkey Chase and VP of the YMCA of Metro. Washington. "Just imagine a space where everywhere you turn, there are neighbors and family members rekindling relationships, children dressed up as turkeys and brimming with excitement, the local high school choir singing the National Anthem, and local families coming out to cheer on the runners as they pass by."

In its 30th year, Turkey Chase is the largest 10K in Montgomery County, and the signature charity event of YMCA Bethesda-Chevy Chase and the Bethesda-Chevy Chase Rotary Club. Our Grand Marshals this year are Montgomery County Executive Ike Leggett and his wife Catherine. The event features a 2-mile fun run, a USATF-certified 10K race, and a 50-meter Tot Trot, where kids 8 and under will chase the elusive mascot while dressed as turkeys. With food, music and a whole infield of entertainment, Turkey Chase is a Thanksgiving tradition that's fun for all ages.

Conceived in 1982, Turkey Chase launched as a Biathlon with 100 runners, but continues to grow in participants, age range and impact every year. Last year's race embraced 9,036 runners' age 0-85, 350 volunteers, and 30 corporate donors who supported the cause. This tradition personifies the holiday spirit of family, fellowship and charity... and the observance continues well into Thanksgiving dinner. Through snowstorms, 9/11, and other incidents, the spirit of Turkey Chase only grows stronger. It's made possible every year through the Y's partnership with the Bethesda-Chevy Chase Rotary Club and generous sponsors, such as Congressional Bank, who is the three-year title sponsor. Over \$2 million has been raised since the race's inception so Montgomery County's at-risk youth and families can take part in enriching YMCA programs and local Rotary charities.

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ABOUT THE YMCA OF METROPOLITAN WASHINGTON

The Y is one of the nation's leading nonprofits strengthening communities through youth development, healthy living and social responsibility. We've been connecting and supporting men, women and children in Greater Washington for 160 years – regardless of age, income or background. Anchored in Washington, DC, southern MD, and northern VA, the YMCA of Metropolitan Washington creates a positive difference in the lives of more than 200,000 people each year through its 17 branches and program centers. We have the long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. For more information, visit www.ymcadc.org or follow us at www.facebook.com/ymcadc.