

# 28 participants logged 98.9 miles during Get Fit Itasca's Virtual Turkey Trot this past Thanksgiving



By: Meghan Bown, Get Fit Itasca Community Health Coordinator & Itasca County SHIP Coordinator

Congratulations to those that made a conscious effort to burn off some of those turkey calories on Thanksgiving Day! In an effort to motivate Itasca County residents to get out and get moving rather than just having a traditional after meal nap, Get Fit Itasca hosted a Virtual Turkey Trot. Participants were encouraged to run, walk, bike, or just plain exercise their way through a 5K (3.1 miles) or 10K (6.2 miles) on Thanksgiving Day. Until 8:00 pm on Wednesday November 30, 2011 residents could report their miles, methods, and stories on Get Fit Itasca's Facebook Page, by sending an email or by calling the Itasca County Family YMCA. I am please to share with you that 28 participants logged 98.9 miles this past Thanksgiving Day. Here are some of the 2011 Turkey Trot stories:

- Taking in the beautiful weather, Sander Grotjohn completed a 10k outside on Thanksgiving morning.
- For the second year in a row the Wright family logged the most miles. Six family members completed the Turkey Day 5K in Minneapolis. Will Heydt, 7 years old, completed his first ever 5K. "He was quick, it was hard to keep up with him," said Grandpa.
- The word got out on Facebook this year and Jessica Dalrymple of South Carolina and her family were the participants that were the farthest away. They logged 15.8k and also had the youngest participant. Her 3 year old was good for .5 miles. Way to encourage physical activity at a young age.
- Kristina Clark Gaalaas had her run completed by 10:30am. She stated that it was her first run in a year! Way to go Kristina!
- After completing her 4 miles, Cheryl Schrom reported that this year she was thankful for her health and found-again fitness.
- Malissa Bahr was the first to report her miles at 7:20am on Thanksgiving morning. She completed a HIIT workout. The HIIT workout incorporates 30 seconds of high intensity intervals with period of rest.

Thank you to all that participated! Together we can make a difference in the health of our communities, families, and selves. For more information on Get Fit Itasca and the Statewide Health Improvement Program (SHIP) please contact Meghan Bown at 327-1161 ext. 240 or by emailing [mbown@ymcaitasca.org](mailto:mbown@ymcaitasca.org). Visit [www.getfititasca.org](http://www.getfititasca.org) for more active living ideas in Itasca County.