



6 Benefits of Signing Up for a Turkey Trot

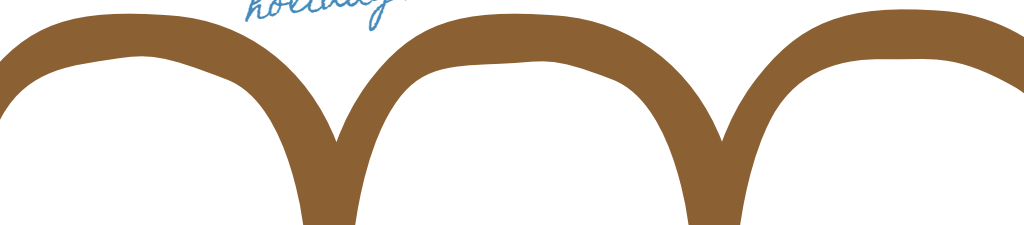


Fall Activities For Kids To Enjoy Outside

Thanksgiving morning is often centered around kitchen prep, parades, and thoughts of a hearty feast to come. But there's another growing tradition that families are embracing to kick off the holiday on a healthy and energetic note: the Turkey Trot!

A Turkey Trot is a fantastic activity for kids! These family-friendly, community-based fun runs or walks are a perfect way for kids to stay active, enjoy the outdoors, and be part of a festive community event held around Thanksgiving.

6 reasons why your kids should lace up their sneakers and join in on the Turkey Trot fun this holiday season



WHAT IS A TURKEY TROT?

A Turkey Trot is typically a community fun run or walk held on or around Thanksgiving Day. These events vary in distance, with common options including a 10K (6.2 miles), 5K (3.1 miles), 1 mile fun run or even shorter kid's dashes. Participants often wear festive costumes, like turkey hats or pilgrim outfits, adding to playful spirit of the day.



Turkey Trot Stats:

In 2023, 30% of Turkey Trots had over 1,000 participants, and 2.5% had over 5,000 participants.

Turkey Trots are held in all 50 states.

754 Turkey Trots are available on RunSignup.

1. PROMOTES PHYSICAL FITNESS

Participating in a turkey trot is an excellent way for kids to stay active. It encourages running or walking in a non-competitive and supportive environment, which helps build cardiovascular fitness, strengthen muscles, boosts energy levels, and improves overall endurance. Whether they sprint, jog, or walk, kids are staying active and having fun while doing it. Plus, many turkey trots offer shorter distances under 5k that are more manageable for young runners, such as 1 mile fun runs or even shorter kids' dashes.



Turkey Trot Experience Tip 1:

Choose an age-appropriate distance: Pick a race length appropriate for your child's age and fitness level. For younger kids, look for Turkey Trots that offer shorter routes, or separate kids' races.

2. FOSTERS A SENSE OF COMMUNITY

Many Turkey Trots support local charities or food banks, so your family's participation often helps a good cause. Kids can learn about the importance of giving back and feel part of something bigger as they run or walk with neighbors, friends and family members.

Turkey trots provide a great opportunity for kids to feel a sense of belonging and experience the joy of participating in something larger than themselves. The festive atmosphere - with costumes, music and cheering crowds - adds to the fun and excitement, making it a memorable experience for children.



Turkey Trot Experience Tip 2:

Add a costume: Get into the holiday spirit by dressing up! Kids love wearing fun, festive outfits, whether it's a turkey headband, a shirt with a funny Thanksgiving graphic, or even a full head to toe costume.

3. BUILDS CONFIDENCE

Crossing the finish line of any race, even a non-competitive one, is an achievement. Completing a Turkey Trot can boost your child's self-esteem and give them a sense of accomplishment. They'll take pride in knowing they finished what they started, which can inspire them to take on other challenges with confidence.



Turkey Trot Experience Tip 3:

Make it fun: Emphasize fun over competition. It's all about enjoying the experience and creating positive memories, not necessarily winning.

4. TEACHES HEALTHY HABITS

Thanksgiving is known for being a day of indulgence.

Starting the day with a Turkey Trot helps balance the holiday spirit with physical activity. Kids will appreciate the feast even more after spending some energy, and it's a great way to teach them the value of balancing treats with exercise.

Introducing kids to activities like turkey trots, early on can instill lifelong healthy habits. It shows them that exercise can be fun and enjoyable, not just a chore. For kids who may not be involved in organized sports, a turkey trot can offer a less competitive way to be active.



Turkey Trot Experience Tip 4:

Hydrate and fuel-up: Even in cooler weather, staying hydrated is essential. A light snack before the run and staying hydrated is important for kids, especially if they're running a longer distance.

5. ENCOURAGE GOAL SETTING AND ACHIEVEMENT

Completing a Turkey Trot, whether they run, jog, or walk, helps kids set and achieve personal goals. Crossing the finish line gives them a sense of accomplishment and boosts self-confidence. If the event includes a medal or ribbon for participation, it's an extra reward that reinforces the idea that effort and participation are valuable.



Turkey Trot Experience Tip 5:

Warm-Up and stretch: Take a few minutes to warm up and stretch before the race to prevent any stiffness or soreness.

6. FUN FAMILY TRADITION

Turkey Trots are designed to be inclusive and welcoming to participants of all ages and abilities, making them perfect for families. Whether you're pushing a stroller or walking with a toddler, these events emphasize fun over competition, making them an ideal way for families to bond.

Many Families make participating in a turkey trot a Thanksgiving tradition, starting the holiday with physical activity before enjoying the feast. Kids enjoy the chance to dress up in fun, festive outfits or costumes related to Thanksgiving, like turkey hats or pilgrim costumes, which adds an element of playfulness.



Turkey Trot Experience Tip 6:

Dress comfortably: Depending on where you live, Thanksgiving morning could be chilly. Make sure kids wear weather-appropriate clothing and comfortable running shoes.