



**For Immediate Release**

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## **Tampa YMCA Gearing Up for Goody Goody™ Turkey Gobble**

*Proceeds from the Thanksgiving Day 5K will benefit local cancer survivors & their families.*

**Tampa, FL (Sept. 23, 2015)** – Registration is currently underway for the Tampa YMCA's [Goody Goody™ Turkey Gobble 5K](#) sponsored by [Goody Goody™](#) restaurant. On Thanksgiving morning, Thursday, November 26<sup>th</sup>, the [Tampa Metropolitan Area YMCA](#) invites community members – of all ages and ability levels – to participate in the fun 5K or one mile walk/run in downtown Tampa.

"Goody Goody is the title sponsor because I believe in the Y and in fitness," says Richard Gonzmart, fourth generation co-owner and president of the Columbia Restaurant Group, which owns and will operate the restaurant. "And the course is close to our location in Hyde Park Village, where we'll open in early 2016."

Goody Goody is also graciously providing free breakfast to all participants after the chip-timed race takes place on the USATF-certified course beginning and ending at Amalie Arena. The route is an out and back course, taking participants across the Platt Street Bridge and along the beautiful and scenic Bayshore Boulevard. Awards will be given to 1<sup>st</sup> place male and female adult and 1<sup>st</sup> place male and female children ages 12 and under. The next 50 male and 50 female finishers, regardless of age, will receive a commemorative gift. Strollers are welcome and there will be music and family fun.

The Y is very proud to say 100-percent of proceeds raised from the Goody Goody™ Turkey Gobble 5K will support the [LIVESTRONG® at the YMCA](#) program for cancer survivors and their families. The free 12-week program offers people affected by cancer a safe, supportive environment to participate in physical and social activities focused on strengthening the whole person. Since the journey through cancer treatment is a brave one, participants will have the opportunity to purchase their own personalized superhero cape during the race registration process to honor the superhero they're running for on Thanksgiving Day.

Registration is available at [www.active.com](http://www.active.com):

- \$30 per person for individual 5k
- \$15 per person for run/walk 1 mile
- \$30 per person for team 5k

The Goody Goody™ Turkey Gobble 5K is also sponsored by [Rocke McLean Sbar](#), [The Tampa Tribune](#), [Cox Media Group](#) and [Reeves Import Motorcars/VW](#). For more information, [click here](#) or call the Downtown YMCA Wellness Centers at 813-229-1305.

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### **About the Tampa Y**

The Tampa Metropolitan Area YMCA is one of the area's leading nonprofits, strengthening Hillsborough and East Pasco communities through youth development, healthy living and social responsibility. Across the Association, 19 facilities engage more than 160,000 men, women and children — regardless of age, income or background — to nurture the potential of children and teens, improve our

community's health and well-being, and provide opportunities to give back and support neighbors. The Tampa Y has long-standing relationships and physical presence not just to promise, but to deliver, lasting personal and social change. [www.tampaymca.org](http://www.tampaymca.org)