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The Tampa Y Invites Community to Wobble Before the Gobble

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

Tampa, FL (October 28, 2013) – On Thanksgiving morning, the [Tampa Metropolitan Area YMCA](#) invites community members to participate in a fun 5K in Downtown Tampa. All ability levels are welcome to the Tampa Y's [Turkey Gobble 5K](#) sponsored by Rocke McLean & Sbar Attorneys at Law.

"The Turkey Gobble 5K is the perfect opportunity to spend time with family and friends on the day you're especially thankful for them," says District Development Director Nickita Barker. "Not to mention, it's a great way to start the holiday off on the right foot, considering some of the day's dietary indiscretions."

The Tampa Y's Turkey Gobble 5K starts Thursday, November 28th at 7am in front of the Tampa Bay Times Forum on Channelside Drive. Awards will be given to 1st, 2nd and 3rd top male and female runners as well as for the largest corporate team and best turkey costume. The first 100 finishers will also receive a commemorative item. Strollers are welcome along the beautiful neighborhood course. There will also be music, refreshments and family fun. Register today at www.ymca5k.com (registration fee applies). In the spirit of the season, 100% of proceeds raised from the Turkey Gobble 5K will support the [LIVESTRONG® at the YMCA](#) program for cancer survivors and their families.

5K Run Entry Fees:

- \$25 per teen/adult (12+) registering before November 25th
- \$30 per teen/adult (12+) registering after November 24th
- \$10 per child (ages 6-11)
- Groups of 5 or more receive \$2 discount per person. (Must register all participants at one time).

For more information, go to www.ymca5k.com, email ymca5k@tampaymca.org or call the Downtown YMCA Wellness Centers at 813-229-1305.

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