



FINISH

Join GHC Competitive Sports and Intramurals for the 2019 Turkey Trot!

What is it?: 3k or 5k route! We also have our “wheels route” for strollers and wheelchairs!

Who can participate?: Open to ALL students, faculty and staff and their family. Registration is free- simply e-mail cpuckett@highlands.edu

When is it?: Saturday, November 16, 11am

The winners of each of the 8 divisions will receive a **FREE** turkey for your Thanksgiving meals!

- Boys & Girls 17 & Under
- Men & Women 18-30
- Men & Women 31-59
- Men & Women 60+

Enjoy a **FREE** turkey or ham wrap or pita and salad!

All participants will receive a **FREE** t-shirt!