

THE BIG DETAILS:

8th Annual 'Strides For Stroke' Turkey Trot
5K run / 3K walk

"No Frills, Just Fun, For Steven"

Lexington, MA
Thanksgiving Morning
November 24th, 2016
8:30 a.m.

\$25/per person (\$30/per person morning of event)
Children 12 and under free

THE SMALL DETAILS:

We invite you to join us for this family-friendly, homegrown event in historic downtown Lexington. The race begins and ends at Steven's childhood home, conveniently located in downtown Lexington (11 Sherman Street).

The 5K running course brings you along the bike path before it heads up and over some hills, through a few beautiful neighborhoods, and back up a gentle slope to the finish line.

The 3K walking course begins on the bike path and then goes up through the Meriam Hill neighborhood, which is known not only for its challenging inclines but also for its stunning, historic homes.

Start+Finish at 11 Sherman Street, Lexington

Registration opens at 7:00 a.m. Runners and walkers begin promptly at 8:30 a.m.

\$50 AMEX gift cards are given to the top male and female finishers.

THE TINY DETAILS:

Both the running and walking loops are stroller friendly.

Neither loop is closed to street traffic.

This event is not officially sanctioned, nor is it professionally measured or timed.

There are no water stops along either route.

Parking is abundant in nearby public parking lots; the start/finish is a short walk from those lots.

We happily supply coffee, hot cocoa, muffins, fruit and water.

There are NO REFUNDS for any reason. Your registration fee is a gift to Steven (and we thank you tremendously!)

The event might be cancelled in the event of inclement weather.

This event is billed as "*No Frills, Just Fun, For Steven*" and here's why:

We started this event a few months after Steven suffered his massive stroke at the age of 33 (read more here: http://www.STHStrokeFoundation.org/stevens_story). Each year the event has mostly been spread by word-of-mouth, and we love that home-grown feel. In 2013 we actually had to have a Port-A-Potty which was a huge milestone for us!

If you're expecting lots of free swag, multiple vendors, loud music and a big official timer, then this event is not for you. We pride ourselves on the intimate nature of the event (although we have grown steadily each year!) and we love that the focus is on family, fun and a good cause. Every dollar raised goes **directly** to Steven's ongoing medical expenses and we therefore try not to divert any funds to unnecessary items.

Bring your children, your friends, your family and your smiles. It's a great way to start your Turkey Day!