



## **A New Flavor for Trinity's Annual Turkey Trot**

We are busy preparing for this year's **6th Annual Trinity Turkey Trot**. The trot is a way for us to promote the health and wellness of our students and our community, while at the same time, raise some much needed funds for our school. This year, we will be moving to a virtual event, and we will be offering a wider variety of options. The proceeds from this year's event will be used to rebuild our school's music program. Music brings joy and energy to the spirit, mind and body, and we believe that this is true health and wellness – now more than ever!

The **6th Annual Trinity Turkey Trot** will include options for the traditional 5k run or walk, as well as the **Gobble Waddle Kids' Run** (1 miler) for children 8 and under. This year we are also introducing the **Pumpkin Roll**, a chance for all the cyclists out there to pile on the miles. Participants in the Pumpkin Roll will have from October 1st – November 15th to accumulate as many miles as they can.

The link for the event registration can be found on the Trinity Catholic School website, <https://www.oswegotrinitycatholic.org/> under the events tab or the link on the Trinity Turkey Trot 5k Facebook page. Once registered, you will have until November 15th – the date our event would have been held – to complete your event and submit the results. Payments can be made two ways, either through PayPal or personal checks.

**PayPal** ~ Please put [PayPal.me/trinityhomeandschool](https://www.paypal.com/merchot/x-cmd=donate&donor=trinityhomeandschool) in the internet address bar. You will see Barb Sugar @ trinityhomeandschool – add "Trot" in the note section & use the "Family & Friends" option

**Personal check** ~ Made out to "Trinity Catholic School" & mailed directly to the school office – Trinity Catholic School, 115 East Fifth Street, Oswego, NY 13126.

In a year full of unprecedented challenges and uncertainties, we must strive to find balance and good health. We hope to help bring positive energy and wellness to those in our community and beyond with this year's virtual event. Please contact Laura Bond [lbond8505@gmail.com](mailto:lbond8505@gmail.com) with any questions or interest in sponsorship of this event.

