

Action Potential Social Distanced Turkey Trot

8th Annual Run/Walk/Roll

By Rachel Brown

Cross the line before you dine! To avoid mass gatherings, Action Potential's Turkey Trot will be socially distanced this year. The race will occur between 7:30-10AM, with participants free to run/walk the 5K or 1 mile distance at a location of their own choosing. Roads will not be closed off this year, so runners are asked to use their own discretion — folks are even welcome to run on a treadmill. Registration will include a link to post run times for those who want to share them, as well as a free



Free gaiter with registration; turkey trot in past years. Photos courtesy of Action Potential.

custom gaiter, which can serve as a face covering when running near others.

For participants who run past the pavilion at Concord Township Park, be sure to wave to the camera — the Action Potential staff will be there for a live Facebook broadcast. "The Action Potential Turkey Trot has been a community staple for eight years," said Kristen Wilson, co-owner of Action Potential. "Even though this year may look a little different than races in the past, one thing remains constant: our community's dedication to making the best of a tough situation. We hope people will come out and run to show their support — not just for the race, but for each other."

Kristen said that she realizes that it's a stretch to ask everyone to use the honor system to post their run times (please submit before 2PM on Thanksgiving Day). Participants may ask: How is that fair? Here's Kristen's answer: "Yep, that's right — it's not fair. But neither is being quarantined, homeschooled, working from home, wearing masks, or anything else about this year. But we're rolling with it, and we hope everyone joins us."

Registration must be received before 4PM on Tuesday, November 24th, and registration packets will be mailed this year. The \$18 fee is lower this year but proceeds still benefit Safe Harbor of Chester County, a nonprofit organization. The charity offers shelter to 40 homeless men and women, as well as provides meals, laundry access, showers, and support services.

Kristen conceded that 2020 has been a tough year. "But we're here to make it as fun as possible, no matter how that may differ from our typical turkey trot," she said. "And don't worry. 2021? We'll be back, full-force, with a vengeance!"

Thanksgiving Day

Time: 7:30-10AM

Cost: \$18 (register by 4PM

on Tuesday, November 24)

www.apturkeytrot.com or 484-841-6154

Counting Calories and Miles

According to the Calorie Control Council, the average Thanksgiving meal runs about 3,150 calories. Most fitness experts agree that running a mile burns off about 100 calories, so running a 5K amounts to roughly 620 calories expended. Crunch these two sets of numbers, and it means that the average person would have to run five 5Ks to completely counter balance the November feast. Rather than attempting that over-the-top goal, why not use the turkey trot to "pay for" parts of the big meal? Here's a cheat sheet of approximate calorie counts:

Turkey, 3.5 oz. – 200 calories

Mashed potatoes, 1 cup – 200 calories

Stuffing, 1 cup – 350 calories

Gravy, ½ cup – 50 calories

Sweet potatoes, 1 cup – 200 calories

Cranberry sauce, 1 cup – 200 calories

Green bean casserole, 1 cup – 250 calories

Pumpkin pie, 1 slice – 300 calories

For the math whizzes out there who tally these counts and find them far short of the 3,150 total, please realize that the council is also adding in appetizers, drinks, and seconds.



One on One Sessions | No Doctor Referral Necessary

ReachYours.com/GVL | ActionPotential@ReachYours.com

Glen Mills: 1786 Wilmington W Chester Pike Ste 200A; 484.841.6154

Kennett Square: 228 S Mill Rd #131; 610.455.4284

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