

Run at your own pace and day for Turkey Trot 2020

Race to raise funds for cardiac and pulmonary rehabilitation is virtual

GREELEY, Colo. (Oct. 13, 2020) – Few things in 2020 including the annual Turkey Trot 5K/2K run/walk look the same as they have in earlier years. What hasn't changed, however, is the need to continue to support patients in cardiac and pulmonary rehabilitation.

The 23rd annual 2020 Turkey Trot 5K/2K run/ walk, organized by the [NCMC Foundation](#) and the [Banner CardioVascular Institute of North Colorado](#), will be virtual. Organizer Heather Schminke said she hopes excitement for this year's event remains high after more than 1,800 participants completed the icy cold course in 2019. Last year's race raised more than \$40,000.

A virtual race is one in which the participant registers and then completes the distance at their discretion. There is no designated course or start time. Upon finishing, participants can upload their times and photos to the race website. Turkey Trot runners and Gobbler Trek walkers will hit the streets between Sunday, Nov. 22 and Sunday Nov. 29. The race is open to participants of all ages and abilities. There are many available websites such as www.strava.com, www.runkeeper.com and phone apps such as Map My Run available for Turkey Trotters to map their own 5K (3.1 miles) or 2K (1.2 miles).

Since 2002, the Thanksgiving Day race has raised money for the Banner North Colorado Medical Center cardiac and pulmonary rehabilitation program. The program awards the funds to patients who need help covering the costs of ongoing rehabilitation.

Cardiac rehabilitation is a medically supervised exercise and education program for people who have had a cardiac event such as a heart attack, coronary stent placement bypass or heart valve surgery or who have congestive heart failure. Participating in the program helps people improve their strength and endurance so they can return to their normal daily activities.

Pulmonary rehabilitation benefits people who have lung-related medical issues by helping them get back to health and function with confidence.

Both programs are offered in phases as a patient's health improves. The later phases are offered on an outpatient basis and not always covered by insurance. Support from the Turkey Trot funds can cover the cost of the class or be used to cover co-pays for the outpatient sessions. Last year, funds were used to help 73 people.

Race details: Registration is now open online and will close at 6 p.m. Nov. 20. Visit getmeregistered.com keyword: NCMC Turkey Trot. The cost is \$25 for adults and \$15 for children age 17 and under.

Walk-in registration is available at Altitude Running, 3620 W. 10th St., Greeley, from Nov. 1 to Nov. 20. Visit altituderunning.com or call 970-356-6964 for store hours. They will accept cash or check.

You also may register in person at North Colorado Medical Center Entrance 6, 1801 16th St., Greeley. Hours are:

10 a.m.-3 p.m., Nov. 21
10 a.m.-3 p.m., Nov. 22
10 a.m.-6 p.m., Nov. 23
10 a.m.-6 p.m., Nov. 24
10 a.m.-6 p.m., Nov. 25

Cost for late registration (after Nov. 20) increases to \$30 per adult and \$20 for children 17 and under. Cash, check, and credit card is accepted.

There will be no race-day registration this year.

About North Colorado Medical Center

North Colorado Medical Center is a fully accredited, private, nonprofit facility licensed in Greeley, Colorado operated by Banner Health, a nonprofit healthcare system with 29 hospitals in six states. It serves as a regional medical center offering a comprehensive scope of community-based and specialty healthcare services for an area including southern Wyoming, western Nebraska, western Kansas and northeastern Colorado. It offers emergency care, cancer care, heart care, orthopedics, inpatient and outpatient surgery, obstetrics, pediatrics, rehabilitation, intensive care, lab and medical imaging, medical air transport, and the Western States Burn Center. For more information, visit www.BannerHealth.com/NCMC.

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For further information: media@bannerhealth.com

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