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Average Americans will consume approximately 3,000 calories during their Thanksgiving meal. If you add in pre-meal snacks and deserts, that number will easily grow to over 4,500 calories! The Gobble Gallop and Drumstick Dash on Nov. 14 offer an opportunity for families to squeeze in a few extra calorie-burning miles before

the holidays. It's also a great showcase of Carlisle's silliest turkey-themed attire you've ever seen. Costumes are encouraged and rewarded.

The 5K course routed throughout the historic Carlisle Barracks, offers a stimulating 3.1 mile run featuring beautiful historic buildings and landmarks. The 5K starts and finishes on the very place where Jim Thorpe once played and Pop Warner famously coached the Carlisle Indian Industrial School football team on Indian Field, Carlisle Barracks. The race starts at 8 a.m.

The Gobble Gallop Kids Run will begin after all runners have completed the Drumstick Dash at approximately 10 a.m. Open to runners ages 4 to 13, the races features varying distances to accommodate the level and ability of every child. Registration for 5K Drumstick Dash opens at 7 a.m. and Gobble Gallop Kids Run registration opens at 9 a.m.

This event is **OPEN TO THE PUBLIC**. *We will be collecting donations for the **Holiday Assistance Program** at the Drumstick Dash and Gobble Gallop. Participants are encouraged to bring a non-perishable holiday food item that will go a needy family in our military community. We hope you will join us in giving back.*

Cost: Gobble Gallop Kids Run is *FREE* and open to ages 4-13. The 5K Drumstick Dash *Early Registration* is *ONLY* \$12 for ages 13+ and \$8 for ages 12 and below. Day of registration is \$15.

Registration for both family-friendly events begins October 12, 2015. Contact us at runs@carlislewr.com for questions.

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