

Turkey craze takes over the track

By Mark Sunderland
The Clackamas Print

It was a bright and sunny day on Tuesday, Nov. 17, with a nary a chill breeze to send one bunnyp in a coat. It was also the day of the Turkey

Trot. The Turkey Trot started down at Clackamas' where participants turned in two cans of food and received a ticket for the prize drawing that took place the next day. Those who wished to participate in the Turkey Trot were greeted by ladies in red. One was Teresa Robertson and the other was Julie Baker.

"It's not really a fundraiser but a health and wellness activity for the campus for the students. It's a bit of a challenge, but we are asking for cans of food and that's the charity side of it," Robertson said.

Robertson was able to shed a bit more light on the event. "It's not a fundraiser at all. The only entrance fee is two cans of food, and that's going towards the drive that the college is doing. And also,

part of health and wellness initiative to get people interested in participating in activities on campus and being active," Baker said.

This is the first year that the Turkey Trot was run by Student Activities. It is a part of the Intramurals events that the Associated Student Government is hosting this year.

"The student government has done flag football and an ultimate Frisbee, I think, and they are working on other activities like that," Baker said about the program.

There was a relaxed feel to the whole event as it wasn't about being the fastest, so people could walk if they wished or jog the whole way. There were six stations placed along the jogging path and they added flair and fun to the whole event as the stations would ask trivia questions on various aspects of health and wellness or even food trivia. It also gave folks a chance to pause, rest up or simply spend a bit of time enjoying the scenery that surrounds the campus.

It seems the college intends to keep running this event.

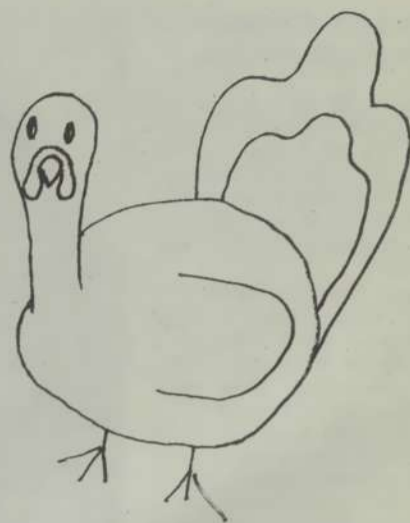


Illustration by Brian Steele Clackamas Print

Turkey Trot treks across Clackamas Community College

Key

- * = Start & Finish Line
- # 1 = Walking/Exercising
- # 2 = Protein
- # 3 = Fast Food Trivia
- # 4 = Water/Hydration
- # 5 = Breakfast is the Most Important Meal of the Day
- # 6 = Potassium/Vitamins



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