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A costumed turkey mascot limbers up outside the Oregon Zoo in preparation for the traditional Thanksgiving Day Turkey Trot. The run-walk takes place Nov. 28 beginning at 8 a.m. at the zoo. PHOTO BY JULIE CUDAHY, COURTESY OF THE OREGON ZOO

Get Fit Before the Feast

The Oregon Zoo invites runners and walkers of all ages to its annual Turkey Trot on Thursday, Nov. 28. The Thanksgiving Day event, organized by the Oregon Road Runners Club, includes a four-mile run and

fitness walk, starting at 8 a.m., and a half-mile Tot Trot, beginning at 9:45 a.m. A portion of Turkey Trot proceeds will fund animal care and programs at the zoo.

"Turkey Trot is a fun, healthy and

festive way to start Thanksgiving Day," said Kim Smith, zoo director. "People really get into the spirit of it."

Events are non-competitive and meant for fun, but a timing clock will be available at the finish line for par-

ticipants who wish to time themselves.

Each event starts at the World Forestry Center and finishes inside the zoo by the concert amphitheater. For information and registration forms, visit orrc.net.