

**Put your bird in the oven & bring your family
(visiting grandchildren) and dinner guests to the**

**SOON TO BE ANNUAL
GOOD HOPE FARMS
THANKSGIVING**



Central Pennsylvania Food Bank Benefit

THURSDAY, NOVEMBER 24, 2011

Run/Walk /Bike/Scooter/Other

Just Donate Food and Socialize After the Trot

Start/End Location: 476 Woodcrest Drive

Race Registration: 8:15 a.m.

Race Start Time: 9:00 a.m.

Turkey Trot: This is the outer loop of neighborhood.

Chicken Fun Run: This is a small loop for those toddler turkeys
or those who are not "game" for the trot.

Admission: 1 or more canned items per person to be
donated to the Central Pennsylvania Food Bank.

RSVP: It helps immensely if you pre-register online.

Click on the "**go to form**" on the website. (www.ghfca.org) Unexpected guests
and reluctant neighbors need not RSVP. However, I expect most of you to RSVP,
because you want it to be less work for the volunteers/your neighbors.

Don't Forget: your water and/or coffee

T-Shirts!!!!

Order Your Good Hope Turkey Trot T-Shirt \$10

All proceeds after costs go to Central PA Food Bank.

- All racers and non-racers can order
- See the Design Online
- Order online or by contacting Vicki Wilken at 731-9593
- Click "go to form" to order online
- Money must be delivered to Vicki by **11/9** (5276 Strathmore)

Racers and Non-Racers please join us for refreshments & social afterward

Feel free to bring a delight or beverage to share, or we will just be social and not refreshed. I am okay with this, but some of you might need a bit of refreshing after you tried to be our top bird in the race!

We are in need of **volunteers** to assist:

Race Registration, Set-up & Finish Line

Packing and/or Delivering donated items

FYI: Our neighborhood thrives when every family organizes 1 neighborhood event or assists with at least 2-3 events & participates in many!

Pennsylvania Food Bank's list of non-perishable items which are most valuable:

- Canned tuna
- Canned meats and stews
- Soup
- Peanut butter
- Canned fruits and vegetables
- Baby food, cereal and formula (must be within code date)
- Packaged meals
- Packaged pasta and rice
- Canned and dried beans
- Pure fruit and vegetable juices

**This benefit is a way to truly be thankful this
Thanksgiving and give back to the community!**

For more information and/or to volunteer for the race, email Johanna at davejohanna@comcast.net