

Annual Thanksgiving Day Turkey Trot Scheduled at Ridgewood Shopping Center

The annual Thanksgiving Day Turkey Trot will be held Thursday, November 27 at the Ridgewood Shopping Center in Raleigh. The event will feature a competitive and noncompetitive 8k race, a one-mile fun run and a kids' dash. Activities begin at 8 a.m.

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RALEIGH, N.C. (September 30, 2008) – Andrew Techet, president of Ridgewood Shopping Center in Raleigh, announces today the annual Thanksgiving Day Turkey Trot will be held Thursday, November 27 in the Ridgewood Shopping Center at Wade Ave. and Ridge Rd. Presenting the event are Ridgewood Shopping Center, Fleet Feet Sports of Raleigh and Mizuno Corporation. For the second consecutive year, proceeds will benefit the National Multiple Sclerosis Society of Eastern North Carolina.

The 2008 Turkey Trot will feature four events: a competitive and noncompetitive 8k race, a one-mile fun run and a kids' dash. Along with the fastest runners, every one hundredth 8k competitive race participant to cross the finish line will receive a free pair of Mizuno shoes from Fleet Feet Sports of Raleigh. In 2007, more than 1,200 people from 31 states and Canada participated. In North Carolina alone, runners and enthusiasts came from 47 towns and cities raising more than \$13,000 for charity.

“The Turkey Trot is a family tradition for people from all over the country,” says Bruce Bokish, volunteer race director. “We love the fact this event supports a nonprofit organization, and we look forward to a successful event supporting the National MS Society of Eastern North Carolina.”

The Turkey Trot race, sanctioned by U.S.A. Track and Field, will be held on a certified course and will feature Champion Chip timing. This year, the event also offers a “Sleep In” option. For a minimum donation of \$20, participants can register to sleep in and receive a Turkey Trot event t-shirt.

For more race information or to register online, visit www.active.com or call (919) 349-1719.

About Ridgewood Shopping Center:

Ridgewood Shopping Center has been serving the Raleigh community for over 40 years. Locally owned and operated since its inception, Ridgewood Shopping Center has made a point of maintaining a high quality mix of local and national merchants. Ridgewood tenants have carefully built their reputation by providing their customers with a higher level of service and merchandise. For more information call (919) 787-2599 or visit www.ridgewoodshoppingcenter.com.

About Fleet Feet Sports:

Fleet Feet Sports Raleigh is a locally owned running store featuring a welcoming environment where runners, walkers and fitness enthusiasts of all abilities receive unparalleled service and support. The knowledgeable team will take the time to get to know you and your specific needs in order to guide you to the products that are the right FIT for you, whether it is footwear, athletic clothing, sports bras, or fitness accessories. For more information, call (919) 832-8275 or visit www.fleetfeetraleigh.com.

About the National Multiple Sclerosis Society:

MS stops people from moving. The National MS Society exists to make sure it doesn't. We help each person address the challenges of living with MS. Each year, through our home office and 50-state network of chapters, we devote approximately \$125 million to programs and services that enhance more than one million lives to move us closer to a world free of MS. In 2007, the Society invested more than \$46 million to support 440 research projects around the world. We are people who want to do something about MS NOW. If you or someone you know has MS, please contact the National MS Society today at www.nationalmssociety.org or 1-800 FIGHT MS to learn about ways to help manage multiple sclerosis and about current research that may one day reveal a cure.

About Multiple Sclerosis:

Multiple sclerosis interrupts the flow of information from the brain to the body and stops people from moving. Every hour in the United States, someone is newly diagnosed with MS, an unpredictable, often disabling disease of the central nervous system. Symptoms range from numbness and tingling to blindness and paralysis. The progress, severity and specific symptoms of MS in any one person cannot yet be predicted but advances in research and treatment are moving us closer to a world free of MS. Most people with MS are diagnosed between the ages of 20 and 50, with more than twice as many women as men being diagnosed with the disease. MS affects more than 400,000 people in the U.S. and 2.5 million worldwide.

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