



PinolePatch

We just launched a new Q&A feature on Patch! [Check it out](#) or [learn more!](#)

THE NEIGHBORHOOD FILES

Get Motivated: Thanksgiving Run to Support the Food Bank of Contra Costa and Solano

A great start to getting fit before the feast.

By **Gina Giacalone** November 21, 2010

[Recommend](#)

Be the first of your friends to recommend this.

Want to know the perfect way to give back for the holiday while working up a healthy, turkey appetite?

Well on Thursday, why not wake up, get dressed in Thanksgiving-themed gear and get the day goblin' with a little bit of exercise?

Brazen Racing will be hosting a Thanksgiving Morning 10K/5K/Kids Run Turkey Trot at the Point Pinole Regional Park in Richmond. For children, the 'Little Turkeys Race' with Nitro Turkey will start at 8:45 a.m. and the 5K/10K walk/run will begin at 9 a.m.

Supporting the Food Bank of Contra Costa and Solano, each person or 'little turkey' is asked to bring nonperishable foods to fill up the Food Bank barrels.

For more information, fun photos of Nitro Turkey and past contestants and how to sign-up, visit <http://www.brazenracing.com/nitroturkey.html> (<http://www.brazenracing.com/nitroturkey.html>).

The Food Bank of Contra Costa and Solano is a non-profit organization that currently serves 132,000 people every month, distributing over 12.6 million pounds of food a year.

Get involved and informed on ways to fight the hungry population in our community by viewing their Web site:

<http://www.foodbankccs.org/> (<http://www.foodbankccs.org/>)

Let us all have a napkin to place on our lap this Thanksgiving. Volunteer today.

Share with Patch other volunteer and outreach events for Thanksgiving. [Tell us in the comments.](#)



SEE NEXT IN THE NEIGHBORHOOD FILES

Who's Who: Ryan Mahrt



Advertise

Advertise on Patch and reach potential customers in your backyard and beyond. [Click here for more information.](#)

Volunteer

If you want to help local causes, or your cause needs local help, your next click should be right here.

Contribute

- + Send us news tips
- + Put an event on the calendar
- + Announce something to everyone