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Get Moving at Falls City "Turkey Trot"

(KTNC) - You can get moving after the Thanksgiving feast at the third annual Falls City Turkey Trot. The event starts at 9:00 a.m. on Saturday, November 30, beginning and ending at Family Medicine Clinic at 3307 Barada Street.

There will be a 5-kilometer run-walk and, new this year, a 10-K.

The Turkey Trot is a non-competitive event aimed at helping promote health and fitness in the community.

Event day registration is at 8:00 a.m., but you need to register by November 25 to receive a long-sleeve t-shirt. Registration forms are available at Community Medical Center, the Falls City Fitness Center, and the Falls City Library and Arts Center.

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