

# Run for It

Burn off the big meal before you eat it: We found some of America's best Turkey Trot races.



In true Hawaii style, this race is laid-back. You just show up, hand over eight bucks and run. The route isn't announced until runners arrive, but you are promised a hilly course with views of Diamond Head and the Pacific.

[honolulumarathonclinic.org](http://honolulumarathonclinic.org)

**DISTANCE 10 miles**  
**CALORIES BURNED 1,200\***



You might catch a glimpse of some Silicon Valley bigwigs: The race has a separate division for CEOs as well as one for cops and firefighters. There's also a costume contest, and the winners get round-trip flight vouchers on Virgin America. [svturkeytrot.com](http://svturkeytrot.com)

**DISTANCE 6.2 miles**  
**CALORIES BURNED 744\***



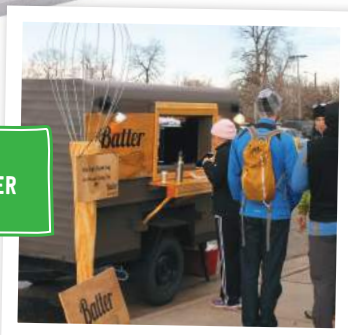
You won't jog up and down The Strip at this Las Vegas event. The course takes runners through the six tunnels used during the building of the Hoover Dam—and the halfway mark is right at a lookout point. [bbscrun.com](http://bbscrun.com)

**DISTANCE 7.5 miles**  
**CALORIES BURNED 900\***



The 9,500 runners at the Mile High United Way Turkey Trot pace themselves for a day of eating and drinking. At the starting line: breakfast from local food trucks, including the crêpe truck Batter. And at the finish line: six of Denver's popular microbrews. [unitedwaydenver.org](http://unitedwaydenver.org)

**DISTANCE 4 miles**  
**CALORIES BURNED 480\***



Proving that everything is bigger in Texas, the Dallas YMCA Turkey Trot draws close to 40,000 participants. The enthusiasm is supersize, too: In 2011, 661 runners dressed up as turkeys, setting a world record for the largest gathering of people costumed as the bird. [thetrot.com](http://thetrot.com)

**DISTANCE 8 miles**  
**CALORIES BURNED 960\***

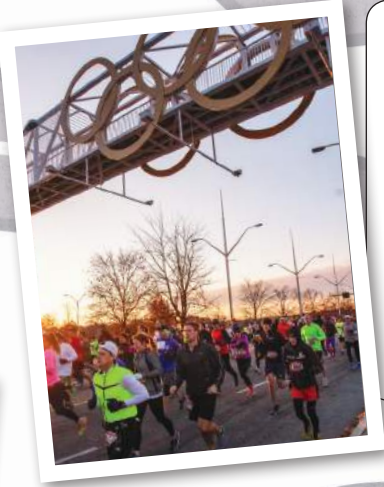


This race is known for its killer swag bags. Last year, more than 4,000 finishers walked away with bright orange hoodies and bags embroidered with turkeys; the year before, they scored turkey-print pajama pants. [northshoreturkeytrot.com](http://northshoreturkeytrot.com)

**DISTANCE 6.2 miles**  
**CALORIES BURNED 744\***



\*Figures are based on a 160-pound person running a 10-minute mile; speed demons will burn more.



No one would mistake this for a fun run. Atlanta's Thanksgiving Day Half Marathon attracts more than 8,000 hard-core competitors every year. The route follows part of the 1996 Olympic Games marathon course and passes under the Olympic rings. [atlantahalfmarathon.org](http://atlantahalfmarathon.org)

**DISTANCE** 13.1 miles  
**CALORIES BURNED** 1,572\*



At the Chase Thanksgiving Day Turkey Trot, you have to hustle for your piece of the pie: Only the first 1,000 men and 1,000 women who finish (of 7,000 participants) get to take home a pumpkin pie. [columbus-turkeytrot.com](http://columbus-turkeytrot.com)

**DISTANCE** 5 miles  
**CALORIES BURNED** 600\*



Soon after this 107-year-old race began, a local family upped the ante by offering a diamond as the grand prize. That kicked off a tradition of local businesses providing diamond rings (for men) and pendants (for women) to the top 14 finishers. [runfordiamonds.com](http://runfordiamonds.com)

**DISTANCE** 9 miles  
**CALORIES BURNED** 1,080\*

Buffalo's YMCA Turkey Trot dates back to 1896, making it the country's oldest Thanksgiving Day foot race. Only six men ran that first year; these days the race attracts more than 14,000 runners. [ymcabuffaloniagara.org](http://ymcabuffaloniagara.org)



**DISTANCE** 5 miles  
**CALORIES BURNED** 600\*



The Plymouth Turkey Trot comes with a history lesson: The racecourse passes Plymouth Rock and an exact replica of the *Mayflower*. If you want a second helping of exercise, the city hosts a later race along Old Sandwich Road, one of the oldest public roads in the state. [plymouthrockracing.com](http://plymouthrockracing.com)

**DISTANCES** 4.8 miles; 3.1 miles  
**CALORIES BURNED** 576; 372\*



\*Figures are based on a 160-pound person running a 10-minute mile; speed demons will burn more.

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