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## 24<sup>th</sup> Annual Thanksgiving Day 5K is a family affair

KANSAS CITY, MO (October 28, 2013) – For 24 years the Kansas City Sports Commission has hosted a Thanksgiving Day 5K & Family Stroll, which has become a family tradition for many families across the Kansas City metro area.

“There are families who have been participating from the inception and they always start Thanksgiving day with our race,” said Kathy Nelson, Kansas City Sports Commission President and CEO.

Besides families, entire neighborhoods located around the Sprint Campus get together and walk to the race to participate. Another race tradition has been the stocking caps the first 500 registrants receive. This year they will receive special Thanksgiving Day socks.

“We have participants who try to be the first to sign up so they can add to their collection of race stocking caps,” said Sarah Dee, Events Department Director. “This year we thought we would change it up and give them something different to look forward to receiving.”

Twelve and under children can register for the Tom Murphy Fun Run for Kids, which is in memory of Tom Murphy, former Sprint associate and an integral member of the KC Sports Commission Board. The fun run will begin approximately at 10 a.m. and each child will receive a bag of goodies.

Pre-registered participants are guaranteed a long-sleeve T-shirt. Walkers and strollers are welcome at this family-friendly event. Each team with 10 members or more will be entered in a drawing to win a \$100 Price Chopper gift card. [Registration](#) discounts are available for Sprint Employees, combos of 2-4 people and families of five or more members. [Click here for event information.](#)

Sprint, the official communications partner of the Kansas City Sports Commission and WIN for KC, has been a strong supporter for the past 20 years of the Thanksgiving Day 5K and Family Stroll in addition to all Sports Commission and WIN for KC events throughout the year.

Volunteers are needed for the day of the race and during packet pickup. There are several shifts for selection and multiple shifts can be selected by one individual. Volunteer online registration is open. [Click here for volunteer registration.](#)

### **About The Kansas City Sports Commission and Foundation**

The Kansas City Sports Commission & Foundation benefits the Kansas City region through sports by creating, attracting and managing major sporting events for Kansas City. And, promote the lifetime benefits of sports for youth through educational initiatives, tournaments and clinics.

### **About WIN for KC**

The Women’s Intersport Network for Kansas City (WIN for KC), was established in 1994 with the mission to empower girls and women through advocating and promoting the lifetime value of sports and fitness, while providing opportunities for participation and leadership development. WIN is a volunteer, membership-driven organization that operates as a program under the umbrella of the Kansas City Sports Commission and Foundation.

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