

<http://news.lifetime.life/2015-10-27-get-ready-to-burn-the-bird-26th-annual-delta-dental-turkey-day-5k-set-for-thanksgiving-day?forPDF=1>

Get Ready To Burn The Bird: 26th Annual Delta Dental Turkey Day 5K Set For Thanksgiving Day

Nearly 13,000 expected to participate with food collection for Second Harvest Heartland Delta Dental of Minnesota named title sponsor of 2015 Turkey Day 5K

MINNEAPOLIS--(BUSINESS WIRE)--More than 500,000 calories are set to be burned this Thanksgiving Day, the most popular running day in the United States, at the [Delta Dental Turkey Day 5K](#) produced by [Life TimeSM](#), [The Healthy Way of Life Company](#)—freeing up plenty of room for turkey fare after the race. Since its inception in 1989, the Delta Dental Turkey Day 5K has become a Minnesota family tradition, with participants as young as one and as seasoned as 81 years young completing 3.1 miles on race day.

New this year, participants can choose to be timed during the race or participate in the untimed fun run/walk. The run kicks off at Life Time Athletic Target Center and offers a scenic course and close up views of top spots in Minneapolis. Kids aged three to eight can enjoy fun fitness activities and games, plus their very own indoor Turkey Day Kids 1K. Registration for Kids Care is available the morning of the race for \$5 to all participants.

Also new this year, Delta Dental of Minnesota has signed on as the Title Sponsor of the event. Delta Dental of Minnesota, a non-profit oral health services company serving Minnesota, will provide runners with gift bags at the 2015 event, including a free toothbrush and toothpaste to promote overall health through oral health.

"Delta Dental of Minnesota is proud to partner with Life Time for our upcoming Title Sponsorship of the 2015 Turkey Day 5K," said Rodney Young, Chief Executive Officer and President of Delta Dental of Minnesota. "There is clinical evidence regarding the impact oral health has on overall health, and we encourage our community to remember their oral health in their daily health and wellness routines. Oral health is a true component of a healthy lifestyle, and we hope to remind participants to take care of their teeth, not only on Thanksgiving Day when they're eating lots of food, but every day to help keep their mouths and bodies healthy."

A true community event, for the fourth year Life Time will be collecting food for Second Harvest Heartland on race day near the start line. The company also will match all donations made through registration to Second Harvest Heartland up to \$10,000. To date, more than \$45,000 in total donations has been raised for Second Harvest Heartland. The Delta Dental Turkey Day 5K is the shelter's second largest single-day food drive event.

"Thanksgiving morning is the best day of the year in downtown Minneapolis with people of all ages coming together for this annual, healthy tradition," says Kelly Donahue, brand manager, Life Time Athletic Events. "We're blessed to live in a community of cheerful givers to Second Harvest Heartland and work with like-minded partners like Delta Dental of Minnesota who help bring this event to life."

Registration and additional information for the 2015 Delta Dental Turkey Day 5K is available at www.turkeyday-5k.com.

About Delta Dental of Minnesota

Delta Dental of Minnesota is an independent, tax-exempt, nonprofit health services company that serves the oral health needs of Minnesota and North Dakota residents. Since 1969, Delta Dental of Minnesota has accomplished this mission by providing the best access across the state to oral health care through affordable dental plans. Delta Dental is an authorized licensee of the Delta Dental Plans Association of Oak Brook, Illinois. To learn more about Delta Dental of Minnesota, visit www.DeltaDentalMN.org.

About Life TimeSM, The Healthy Way of Life Company

Life Time is a privately held, comprehensive health and lifestyle company that offers a personalized and scientific approach to long-term health and wellness. Through its portfolio of distinctive resort-like destinations, athletic events and corporate health services, the Healthy Way of Life Company helps members achieve their goals everyday with the support of a team of dedicated professionals and an array of proprietary health assessments. As of October 27, 2015 the company operates 118 centers in 26 states and 34 major markets under the LIFE TIME FITNESS® and LIFE TIME ATHLETIC® brands in the United States and Canada. Additional information is available at www.lifetimefitness.com.

For further information: Life Time Amy Henderson, 952-229-7721 ahenderson2@lifetimefitness.com or Delta Dental of Minnesota Sarah Leeth, 612-224-3295 sleeth@deltadentalmn.org

*" "We're
blessed to live
in a
community of
cheerful
givers to
Second
Harvest
Heartland and
work with like-
minded
partners like
Delta Dental
of Minnesota
who help
bring this
event to life."*

”

Additional assets available online: [Photos \(2\)](#)