

The Turkey Trot Rock, Gobble Gobble Gobble

Buffalo New York
fourth Thursday in November
there's a foot race today
that many will remember.

Ya Thanksgiving Day
in our Queen City
runners dressed and ready
men handsome/women pretty.

Rise early in the morn
whether nice weather or storm;
we're goin' to a race
far above the norm.

Baby we're on our way
to our *Turkey Trot*
the radio's on
Star one/zero/two/point/five let's rock

Starting long ago
back in 1896
who would have "thunk"
it would continue like this.

There are runners aplenty
all are excited
from near and far
everyone's invited.

Ya there's girls/ladies/women galore
boys/men/seniors and many, many more.

What is this race?
What's it about?
Be assured each of you
it's the best no doubt.

*Baby it's the TROT, it's the TROT
coming your way
brought to you by
the Buff-"hello" YMCA.*

*Whether you run/jog/walk or hobble
just Turkey Trot Rock, gobble gobble gobble!
Just bop maybe boogie
even do the watusi
shake it all up
be goofy and loosey.*

*It's The Turkey Trot Rock
it's The Turkey Trot Bop
movin' and a groovin'
you don't have to stop.*

The prep is easy
not much to do
maybe grab a friend
to go with you.

Put on your socks
lace up your shoes
grab all your gear
that you will use.

You may dress plain
or spruce up in your best
maybe you take part in
the Trot costume contest.

So now we're set
all ready to go
the Trot's fun for all
fast or slow.

Get to the race
find your place in the pack
a great 8K awaits you
the Y's secured that.

The gun goes off
9 AM sharp
that's when you'll see
'bout 14 thou depart.

Your running sneaks donned
you can dance in them too,
get ready to boogie
a good time's awaiting you.

***Baby it's the TROT, it's the TROT
coming your way
brought to you by
the Buff-"hello" YMCA.***

***Whether you're steady or you wobble
just Turkey Trot Rock, gobble gobble gobble!
Just bop maybe boogie
even do the watusi
shake it all up
be goofy and loosey.***

***It's The Turkey Trot Rock
it's The Turkey Trot Bop
movin' and a groovin'
you don't have to stop.***

All the way down Delaware Ave
fond memories of this race you will have;
shakin' and jivin' make no mistake
this race so rocks for heaven's sake.

There's a time in the race special for all
when we come to the underpass and have a ball,
whether you're male or female short or tall
maybe you're speeding or at a crawl.

How this started have not a clue
but it's fun for all and simple to do.
You simply shout/yell let it all out
this is a big part of what the Trot is about.

At the finish is a party
after you've run to your max
with food/drink/live music
kick back and relax.

Now it's time for all to go home
with your friends or all alone
you now have the Trot which you can savor
you've taken it in...got the full flavor.

When arriving at home
hopefully no cares in the least
sit down with your family
enjoy your post Trot feast.

We've earned our reward
we've raced our best pace
next year again
we come back to this race.

Yep this is **our** Trot on Thanksgiving Day
it's special it's neat in every which way.
We are so blessed to have this Turkey Trot right here
can't wait to see you all here next year.

***Baby it's the TROT, it's the TROT
coming your way
brought to you by
the Buff-"hello" YMCA.***

***Whatever running style you may cobble
just Turkey Trot Rock, gobble gobble gobble!
Just bop maybe boogie
even do the watusi
shake it all up
be goofy and loosey.***

***It's The Turkey Trot Rock
it's The Turkey Trot Bop
movin' and a groovin'
you don't have to stop.***