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FOR IMMEDIATE RELEASE

**GIRL SCOUTS OF EASTERN PENNSYLVANIA TO HOST  
THANKS-A-LOT TROT 5K RUN/WALK**

*The Upcoming Event is Part of GSEP's Inaugural Trefoil Fitness Challenge Series*

**PHILADELPHIA (November 1, 2017)** – [Girl Scouts of Eastern Pennsylvania](#) (GSEP) will host the Thanks-A-Lot Trot, a 5k run/walk and one mile fun walk on Saturday, November 18<sup>th</sup>, as part of their inaugural Trefoil Fitness Challenge series. The fitness event, which is open to both Girl Scouts and non-members of all grades and ages, will take place at GSEP's Camp Laughing Waters in Gilbertsville, PA.

GSEP invites both beginners and seasoned runners to participate in the Thanks-A-Lot Trot and experience Camp Laughing Waters like never before. After the participants run or walk through the trails of the camp, they are invited to enjoy the crisp autumn air with a traditional Girl Scout campfire and s'mores.

The Thanks-A-Lot-Trot is part of GSEP's inaugural Trefoil Fitness Challenge series, which encourages fitness enthusiasts and beginners alike to get up and get moving. Other events in the series include the Tough Cookie Adventure Race, which took place on Saturday, September 9<sup>th</sup>, and the Thin Mint Sprint, the third and final race of the fitness challenge series, scheduled for Saturday, April 14, in Philadelphia.

"Getting outdoors is a great way for girls to build their leadership skills, explore new things, become resourceful problem solvers, and develop a deep appreciation for nature," said Kim E. Fraites-Dow, CEO of Girl Scouts of Eastern Pennsylvania. "The Trefoil Fitness Challenge will get girls moving, push them to test their limits and grow, and engage in friendly competition with friends, family, and sister Girl Scouts."

Both Girl Scout members and non-members will receive a finisher medal, a trophy for top finisher, and a race t-shirt for all registrants who register at least two weeks prior to the event. Registration closes on November 11, and the race will begin at 9:00am. Cost to register for the event is \$30 per person.

For more information on the Thanks-A-Lot Trot, and the entire Trefoil Fitness Challenge, visit <http://www.gsep.org/en/events/trefoil-challenge.html>.

**About Girl Scouts of Eastern Pennsylvania**

Girl Scouts of Eastern Pennsylvania (GSEP) is the largest girl-serving organization in Pennsylvania and builds girls of courage, confidence, and character, who make the world a better place. GSEP serves close to 40,000 girls in partnership with more than 15,000 volunteers in Berks, Bucks, Carbon, Chester, Delaware, Lehigh, Montgomery, Northampton and Philadelphia counties. Today, 80 percent of women in leadership and executive roles in the U.S. were Girl Scouts. Girl Scout alumnae comprise 70 percent of women in the U.S. Congress. For further information about Girl Scouting, how to join, volunteer, reconnect, or donate, call 215-564-2030 or visit [www.gsep.org](http://www.gsep.org)

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