



Cardio Canine is a **"HANDS FREE"** human harness + dog leash system perfect for runners, or just taking your dog(s) for a walk.

We offer a high quality product that is both effective and safe to run or walk with your K-9 companion **"HANDS FREE"**.

Our one dog human harness and dog leash system includes:

- Adjustable Harness System
- Front, Back and Side Attachments
- 14 oz. Water Bottle
- Storage Pouch
- Training Guide

Everything needed to be running hands free with your dog in no time!

Additional leashes can be purchased for those with mutiple dogs.



Learn more at www.cardiocanine.com

Dogtopia

...where it is recess all day!



Dog Daycare, Overnights & Spa

703-751-PETS (7387)
3121 Colvin Street
Alexandria, VA 22314
www.dogdaycare.com





R & B Inc. HVAC | 10%discount coupon

discount, coupon, or installation

Redeemable at 1710 Mt. Vernon Avenue
703-683-1996 Expires December 31, 2011

www.rbincorporated.com

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Congrats on running
The Alexandria Turkey Trot!

Take a break from running shoes with something fun
from our new 2nd floor shoe area ... a great selection
of heels, flats, boots & wedges (all price points)!

**Take \$20 off your purchase
of one full-price, in-stock pair of shoes (or boots)**

Offer expires 11/27/11. Please present coupon - one per person. Final Sale.

Kiskadee 2205 Mt Vernon Ave Alexandria 22301
703.549.0813 www.kiskadeeshop.com

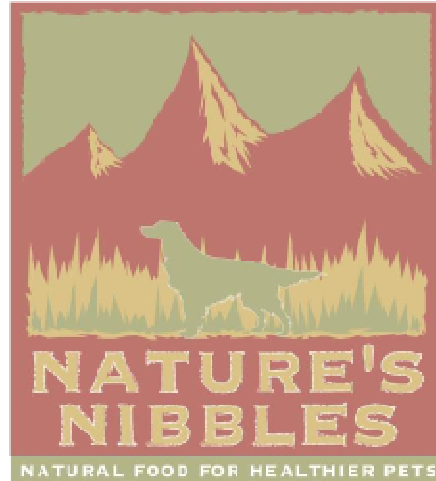
15 % OFF

Artfully
Chocolate

Any purchase

www.ArtfullyChocolate.com

valid at Del Ray and D.C. stores until 1/31/11



\$3.00 OFF any LG Bag of Dry Dog or Cat Food!

Coupon valid for in store or online purchases. Print for in store purchases. Use coupon code "DRYBAG" for online purchases.

"Lg Bag" is the largest size of the brand sold.
Offer good through November 30, 2011

\$2.00 OFF any bag of Treats (Dog or Cat)

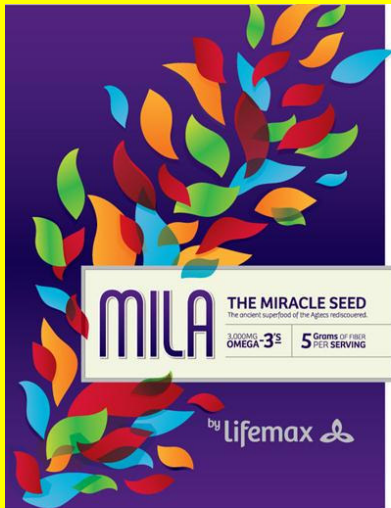
Coupon valid for in store or online purchases. Print for in store purchases. Use coupon code "TREATS" for online purchases.

Offer good through November 30, 2011

\$3.00 OFF ANY Case (12) of 13oz. Canned or (24) 5.5oz or 3oz. Canned Food

Coupon valid for in store or online purchases. Print for in store purchases. Use coupon code "CANNED" for online purchases.

Offer good through November 30, 2011



Mila - Super Premium **Chia** seeds!

Enhance your endurance naturally with food

- 8x more Omega-3 than Salmon (3,000 mg)
- 10x more antioxidants than blueberries
- 6x more calcium than milk
- 3x more iron than spinach
- 2x more fiber than bran
- Complete Protein
- Pets benefit, too!

*Not Available
in Stores!*

Free Mila single-serving bag with any purchase by November 30, 2011

Purchase on line: www.lifemax.net/joycewoodson

Information: Mila@joycewoodson.net



Join us at the
Cheese & Wine Bar

"Thirsty Tuesday":
20% off glasses of wine at
lunch and bottles at dinner.

"Wine Down Wednesday":
\$5 house wines all day.

2411 Mt. Vernon Avenue
Alexandria, VA 22301
703-706-5300
www.cheesetique.com



Special Sale!

1 Assessment + 2 Personal Training Sessions

\$59.00



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myUR.com





fibre space™

a yarn universe



Give creatively this holiday season...

Give something truly one of a kind with our classes and gift certificates! fibre space™ is a full service knit & crochet shop that offers a wide selection of yarns, needles and notions in a wide range of prices. We specialize in indie and US made companies and are most known for our amazing selection of hand-dyed yarns.

\$15 off

**Introduction to
Knitting kit**
(Regularly \$60)

Valid through 1/31/2012



Start creating today!

Kit Includes:

Learn to Knit book
Yarn for your first project
Knitting needles
Notions
Project bag

fibrespace.com | 102 n. fayette st, alexandria, va 22314 | 703.664.0344



Del Ray Turkey Trot Special

**HALF PRICE
YOGA CLASSES!**

Limited Time New Student Offer (expires 12/31/11)

¢44 for the next 6-week session (Reg. ¢88)

Next session begins January 2, 2012

Two Ways to Register

In person with this coupon, or

By phone: 703-299-8946

Yoga in Daily Life 2402 Mount Vernon Ave.
Alexandria, VA

www.yogaindailylifeus.org



ST. STEPHEN'S & ST. AGNES SCHOOL



www.sssas.org

- Coed
- Episcopal
- Day School
- JK-12
- Located in Alexandria, Virginia



come **experience** us



Lower School Curriculum Night
Nov 30, 7:00 p.m.

JK/K Tours for Parents
Dec 7, 8:30 a.m.

Middle & Upper School Student Visiting Days
Call 703-212-2706 for info!

Middle & Upper School Curriculum Night
Jan 26, 7:00 p.m.

To RSVP for our Admission Events, go to www.sssas.org
Grades JK-5: 703-212-2705 | Grades 6-12: 703-212-2706



FREE Max's Dog Soap

with your next purchase
use "turkey trot" in comments field or
just say at the farmer's market

expires 12/04/11



Been There? Run That? Make this year different **RUN FOR AUTISM!**

This year when you step to the starting line,
know that you are running for something more.

**JOIN OAR'S ROCK 'N' ROLL
USA TEAM TODAY!**

The RUN FOR AUTISM is the charity running program for the Organization for Autism Research (OAR).



Photo by Jerry Drengel

JOIN THE RUN FOR AUTISM-USA TEAM
AND RECEIVE:

- Guaranteed FREE entry to the race
- Charity village tent with gear check and refreshments
- Finish line celebration with your family, friends, and teammates
- RUN FOR AUTISM t-shirt and custom performance race singlet
- Support from your OAR teammates and RUN coordinators

703.243.9710 | run@researchautism.org | www.facebook.com/runforautism | @RUN_for_AUTISM

RAISE MONEY. FUND RESEARCH. CHANGE LIVES. www.researchautism.org



Alternative Health Associates
\$25 off Massage (one hour or more)

*We specialize in therapeutic sports massage.
Ideal for athletes in training and after events.*

Coupon Expires: 1/15/12

Maureen Schantz
Alternative Health Associates
215 N. Washington Street in Old Town Alexandria
www.AltHealthAssociates.com 703-683-5736



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www.AltHealthAssociates.com 703-683-5736



Improve Performance.
Prevent Injury.
Recover Faster.

Runners enjoy 10% off class packages*

 MIND THE MAT
PILATES & YOGA



*Email info@mindthemat.com with 2011 Alexandria Turkey Trot race number. Good through 12/31/11