



RUN



WALK

# ABOUT THE FT. LAUDERDALE TURKEY TROT & PADDLE

## WHEN

Thanksgiving Day, November 26, 2015.  
Registration opens at 6:00am. Race begins at 7:30am.

## WHO

All casual and competitive walkers, runners and paddle boarders - local and visiting - who want to "feel the burn" before they indulge in their Thanksgiving feast.

## WHAT

A 5K run or walk; or a two-mile paddle. Event will be timed, with overall male & female winners as well as age-based category winners.

## WHERE

DC Alexander Park: 501 Fort Lauderdale Beach Blvd.  
5K Race Route is along A1A beginning at SE 5th Street

to Sunrise Blvd. and back. Course certified by USATF.  
Paddle - 2 miles in Atlantic Ocean along A1A coastline.

## WHY:

1. Start Thanksgiving Day off on the right foot (or paddle).
2. Get some exercise before the big meal.
3. Don't just watch the big game, play the game.
4. It's a family affair.
5. Start a new holiday tradition.
6. Give "thanks" and support the iTRACE Foundation & Leadership Broward Foundation.
7. Great opportunity for elite runners, joggers, walkers & paddle boarders.
8. Meet your neighbors.
9. When else will you get to dress up like a turkey?
10. The VIEW!! Watch the sun come up over the ocean on Thanksgiving morning.



PADDLE

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**LEADERSHIP  
BROWARD  
FOUNDATION, INC.**

## Learn more about Leadership Broward Foundation, Inc.

Leadership Broward Foundation, Inc. (LBF) is Broward County's premier leadership development training organization with a 33-year history of preparing, and connecting leaders from the business and civic communities to strengthen Florida's future. Leadership Broward Foundation programs help emerging and recognized leaders expand their skills and enhance their knowledge of local and state issues, as well as leverage their individual passion to make changes in our community.

For additional information, and to register online, please visit the website at [www.turkeytroftl.com](http://www.turkeytroftl.com).



**iTRACE  
Foundation, Inc.**

## Learn more about iTRACE Foundation, Inc.

iTRACE Foundation, Inc. (iTRACE) is a not for profit preventative health & wellness research foundation. Founded in 2009 by a small group of community conscious individuals, iTRACE is dedicated to improving the quality of living in the community. They work to achieve the following goals: to decrease childhood overweight and obesity, to increase physical activity across the lifespan, and to promote life-saving, low-cost preventive health measures.