

# **Tamarac Turkey Trot**

## **5K to 10K Training Program**

Been running 5K races for a while and want to up your game to a 10K? This program is for you!

**Join Tracey for a 12-week training program.**

Begins **September 1, 2026 at 6 a.m.** (weekly).  
Meet in the lobby of Tamarac.

To sign up, email [loretta.towne@corewellhealth.org](mailto:loretta.towne@corewellhealth.org).  
*Sign-up closes on August 25 at 5 p.m.*

**Must** be registered for the Turkey Trot  
10K prior to starting the program.

Register for the race at:  
[tamaracwellness.org/tamaracturkeytrot](https://tamaracwellness.org/tamaracturkeytrot)

**Tamarac**  
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