

JOIN



TYPE 1 WILLPOWER

to support kids living with Type 1 diabetes through our fourth running of the...

Turkey TROT



MOUNTAIN
LAKES 9 AM

THANKSGIVING MORNING.

Get your flock together.

MOUNTAIN LAKES CLUB

Join TYPE 1 WILLPOWER

Start your Thanksgiving by trotting around Mountain Lakes with family and friends for the fourth running of the Turkey Trot.

Since launching in 2018, Type 1 Willpower has awarded grants in excess of \$120,000. We send kids living with Type 1 diabetes to camp, fund college scholarships and support important cure-focused research.

LOCATION

Mountain Lakes Club
18 Lake Drive, Mountain Lakes, NJ 07046

SCHEDULE

Wed 11/23 Packet pick-up 12-2PM or 5-7PM
Thur 11/24 7:30AM: Packet pick-up
9AM: 5K Run/Walk Begins

COURSE

- Scenic USATF-Certified 5K Course
- USATF-Sanctioned Event

**WALKERS
WELCOME TOO!!!!**

PARKING

View our website for parking map; arrive early!
If possible to do safely, please consider carpooling.

AMENITIES

- T-Shirts guaranteed to participants registered by 11/1
- DJ, coffee and hot chocolate, snacks, and fun for all
- Bathrooms (real ones!)

VOLUNTEER

Need service hours?
We have pre-race and Thanksgiving opportunities.

DONATE/SPONSOR

Type 1 Willpower is a registered 501(c)(3) nonprofit organization. Please consider supporting us.

AWARDS

Awards given to Top 3 Female and Male finishers overall, in 17 age groups ranging from 8 & under to 80+, and in other special categories

Questions? Email: info@type1willpower.org



Join us for
**Morris
County's
NEWEST
THANKSGIVING
TRADITION!**

REGISTER

We encourage you to register online but if you prefer to mail your registration, please use this form and mail to:
Type 1 Willpower, PO Box 295, Mountain Lakes, NJ 07046

PRICE

- o Register by 11/23 \$30
- o Register Raceday \$35
- o USATF member Discount of \$5

Name (Last, First)

Address

City, State, Zip Code

Phone

E-mail

Gender Date of Birth (MM/DD/YY) & Age on Race Day

Emergency Contact Name & Number

USATF # T-Shirt Size (YM, YL, S, M, L, XL)

***NOTE: if more than 1 registrant, please register online.*

I would like to include a tax-deductible donation of _____

Total Enclosed: _____

Online registrants may review our event waiver at runsignup.com. Registrants by mail will be required to sign our event waiver at the time of packet pick-up or sign here, confirming you have read the waiver online.

Signature

All Participants 18 & Older must sign, Parents for 17 & Under

REGISTER ONLINE AT
type1willpower.org/trot

