

Turkey Trot a Thanksgiving Success!

Over 100 people attended the FIRST annual Turkey Trot

“The consensus was a very relaxed event—no pressure to perform, but families and newcomers to this sort of event were welcomed and enjoyed the morning. Participants who wanted to time their run were able to self-time, but for the most part people joined friends or made new friends for company on Ke Ala Hele Makalae. Participants really liked the concept of balancing out their anticipated caloric intake on Thanksgiving with a fun early morning exercise.” *Thomas Noyes; Project Coordinator: Communities Putting Prevention to Work.*



This event was made possible by funding from the Department of Health and Human Services and sponsored by Communities Putting Prevention to Work-Hawaii—improving healthy eating and healthy activities, creating jobs, and promoting sustainability on the islands of Kauai and Maui.