

## YOUR SOURCE FOR PREMIERE EVENTS

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### JINGLE BELL RUN/WALK FOR ARTHRITIS

Through Balboa Park bells will be ringing as runners tie jingle bells to their shoelaces, don holiday costumes and join friends in support of the Arthritis Foundation in the Jingle Bell 5K Run for Arthritis on Saturday, **December 9**. The run will feature a race course through the heart of Balboa Park, health expo, timing from Kathy Loper Events, awards to the top overall male and female and top age-group categories, T-shirt and goody bag to all participants. Jingle Bell Run is a part of Downtown for the Holidays with free shuttles downtown from 9 a.m. - 2 p.m. **Register today by going to [www.arthritis-sandiego.org/jinglebellrun](http://www.arthritis-sandiego.org/jinglebellrun) or call 619-298-7400.**

### HOLIDAY SPEEDO RUN

It was loved last year, so it's heading back. Why? Just like for the Ironman, "Those who have to ask why will never understand." The Holiday Speedo Run on Saturday, **December 16**, is not for the timid. But put on a pair of Speedos and you just might overcome any bit of shyness — especially when you're surrounded by others dressed in those skimpy little suits! The run goes off at 2 p.m. at Ye Olde King's Head Bar, 116 Santa Monica Blvd. in Santa Monica (Ocean and 2nd streets). From there, you'll head down the 3rd St. Promenade, through the SM Place and back again. And it's all done as a charity run for Cherie Gruenfeld's Exceeding Expectations program. (Bring either some old tri-related gear that Cherie's kids can use or make a donation on the Web site at [www.cheriegruenfeld.com](http://www.cheriegruenfeld.com).) **Get all the info about the run and check out the video of last year's event at [www.holidayspeedorun.com](http://www.holidayspeedorun.com).**

