



## 8 Must-Run Turkey Trots in San Diego



One of our favorite holiday traditions is the Turkey Trot. There's nothing like earning your pumpkin pie before the potatoes are even peeled. And we're thankful San Diego goes all out for a little pre-bird fun. Here are our must-run trots in San Diego that can get your family moving before feasting.

### **Encinitas Turkey Trot**

We never thought any view could outdo the table set with Thanksgiving dinner... until we ran the Encinitas Turkey Trot. The 5K and 10K races run along the Pacific Coast and offer stunning ocean views while you run like a beast before you feast. Don't forget to show up in costume. The Encinitas Turkey Trot's costume contest is one of the highlights of the morning.

### **South Bay Turkey Trot**

Move your feet before you feast in Bonita's Rohr Park. The South Bay Turkey Trot offers three courses (a 5K, a 10K and a 15K), so there's fun for every person in the family (or friend group — looking at you, Friendsgiving feasters!). The 10K and 15K run along both road and dirt—with some pretty big hills in between—so you can feast without regret later on.

### **Father Joe's Villages Thanksgiving Day 5K**

Throw your turkey in the oven and join Father Joe's Villages 5K's 7,500+ runners and walkers for a scenic run around Balboa Park. Not ready to the family festivities after three miles? Us too. We'll see you for the post-race music, beer garden, and costume contest. Don't feel bad about getting into the festive spirit(s) early; all proceeds go towards helping Father Joe's Villages serve almost one million meals to the local homeless community.

### **O'side Turkey Trot**

Feeling ambitious before you fill up on turkey? O'side Turkey Trot is the only San Diego County trot to offer a combo run option: you can run the 5K and the 10K. You won't regret the extra

North County seaside race views. The live music and costume contest afterward don't hurt either.

### **Coronado 5K Turkey Trot**

Head across the bridge for Coronado's annual 5K in partnership with Rady Children's Hospital. The course leads you through Tidelands Park for a scenic view of downtown San Diego that rivals that first sight of your turkey. Fitt Tip: No bikes or pets are allowed, so save your time with Fido for your feast later!

### **Thank You Run**

We're feeling thankful for this trail and road 5K in 4S Ranch; the tough course gets rid of any guilt for your upcoming meal. Have little ones in tow? The Thank You Run offers a 1K Kids Fun Run, so your entire family can sweat before savoring your favorite treats. Bonus: the run benefits Helen's Closet, which helps to care for people with ALS and also benefits 4S Ranch-Del Sur Community Foundation.

### **San Diego Run for the Hungry**

Feel good before you fill up at the San Diego Run for the Hungry, a 5K and 10K race that benefits the Jacobs and Cushman San Diego Food Bank and hunger-relief programs like JFS Food Mobile and HandUp Food Pantry. So, head to Horton Plaza on Thanksgiving morning with your food donations and your furry friend — dogs are allowed!

### **Running of the Turkeys Trail Run**

If you want to get down and dirty with no frills before the feast, head to Torrey Hills Neighborhood Park for a 10K trail run. You'll join the organizers for a pre-race course briefing, and then you can hit the trails before the sun rises. Fitt Tip: while there is no official entry fee, donations go to Operation Rebound, a branch of the Challenged Athletes Foundation.