

Fitt

Lace up For The 8th Annual Finish Chelsea's Run 5K This March



Spring marks the start of San Diego's running season — [half marathons](#), [5ks](#), and [trail races galore](#). Well, we have another one to add to your “must-run” list: the [8th Annual Finish Chelsea's Run 5k](#). This March race is the perfect way to give back while getting your sweat on.

Close to the heart

Finish Chelsea's Run 5k is a family-friendly race near and dear to the heart of many San Diegans in the fitness community and beyond.

Organized in honor of Chelsea King, a local San Diego high schooler who was abducted on a training run in the area, the event began as a small memorial run hosted by King's parents. It quickly burgeoned into one of San Diego's most popular feel-good fitness events and is now attended by thousands in honor of Chelsea's spirit, energy, and athleticism.

Finish Chelsea's Run winds through Balboa Park and takes runners up the 163 Freeway (with no traffic, of course!). While the course is challenging, the views of downtown (and the cause) are well worth it. The best part? All of the proceeds go straight back into the [Chelsea's Light Foundation](#), the non-profit that hosts the race.

#RUN4CHANGE

Run through the finish line and straight to the center of Balboa Park where you'll find a family-friendly festival complete with music and food. The area will be decked out with sunflowers — Chelsea's favorite flower. Fitt Tip: the post-race festival hosts an inspiration wall, where runners can write inspiring notes to each other. We dig it.