



THE WEEKLY RUNDOWN - 10/31/19

Here's what's happening in San Diego.

Happy Halloween! It's about to get spooky in San Diego tonight, but we'll creep it real here before the frightful festivities begin. Read on for all of the new pumpkin treats, fall-themed workouts, and everything in between... if you dare.

👉 Emily, [Fitt](#) San Diego Local Contributor

🏃 Don't Tread Lightly

Cardio isn't easy, but San Diego's [Renegade Fitcamp](#) is upping the game even more. **The hardcore strength and conditioning gym just changed up its layout with the addition of AirRunner treadmills** to its Hillcrest, Point Loma, and North Park spaces. The AirRunners are self-powered and made by the same people behind Assault AirBikes (if you know, you know). And you'll soon be able to find the new equipment in Pacific Beach, where the gym will be opening its fourth location!

🚲 No lululemon? Let's Ride.

In case you didn't sign up for the lululemon San Diego 10K before it sold out, [SPARKCYCLE](#) has you covered. **The cycle studio is bringing the bikes outside for two, 45-minute charity rides on Harbor Island.** All proceeds will be donated to the Challenged Athletes Foundation, so you can give back as you sprint up your final hill. Did I mention the epic swag bags, snacks, and access to the official lululemon 10K afterparty? See you on the saddle!

😊 Sustainable Sustenance

You'll feel full—and possibly enlightened—after snagging a meal at [Pachamama](#), the new South American joint in Normal Heights. The mouthwatering menu is 100% organic and almost entirely vegan or vegetarian, for those of us looking for veg-friendly fare. But don't steer clear, carnivores! Pasture-raised chicken, grass-fed beef, and sustainable salmon are also available for you. The restaurant is only open for dinner right now, but they will be venturing into breakfast and lunch services soon!

🍂 It's Fall, Y'all

I love a good fall drink... especially when it's made with good-for-you ingredients. And **Trilogy Sanctuary Cafe's new Harvest Moon Latte is making all of my (caffeinated) dreams come true** by checking both boxes. This seasonal sip is packed with organic pumpkin, oat-cashew milk, maple syrup, autumnal spices, vanilla, and a pinch of salt, and can be ordered iced or hot (and even decaffeinated!). Score yours after an infrared yoga class at [Trilogy Sanctuary](#) for the coziest night imaginable.

Believe In EVE

Get ready to veg out, North County folks. **Encinitas plant-based favorite, EVE, has made its way up the coast to Oceanside.** The hip eatery's second space cut the ribbon this week, so you can stop by for a signature Buddha Bowl, flatbread, or smoothie—and everything else you can order from the OG spot—between catching waves and soaking up the sun.

Peak Performance

ICYMI, **Performance360 opened the doors to its fourth gym** earlier this month. The Bay Park space is complete with showers, world-class equipment, top-tier coaches, and a butt-kicking strength and conditioning program. Don't miss your chance to book with the best — as more people discover the new Morena District location, more classes will be added to the schedule.

WYD On World Vegan Day?

November 1 is World Vegan Day! And while the assigned date may have been an arbitrary decision, we've gone ahead and rounded up the top vegan and vegetarian eats in the city so you can celebrate all year round. AND, if Halloween candy isn't enough for you tonight, Seaport Village's Ben & Jerry's is offering a FREE scoop of non-dairy ice cream to those of us with a sweet tooth from 4–8 pm tomorrow, November 1 — no strings attached.

Bring On Blackmarket

I'm always on the hunt for a new coffee shop, and [Blackmarket Bakery](#) is delivering! You might recognize the name from Chef Rachel K.'s recent stint on *Chopped: Sweets Showdown!*, but the cafe was famous long before the baker's TV debut. Luckily, **the North Park hot spot is making moves, and they have plans to open another eatery in East Village this spring.** The cozy cafe is known for much more than just sweets, and their new menu will be no different. They plan on serving Dark Horse Coffee and Tea Gallerie drinks, with a food menu packed to the brim with vegan and veg-friendly options.

Save The Date

Spooky Soiree With Trilogy Tribe

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Trilogy is summoning the spirits for some spooky fun on All Hallows Eve! Celebrate the spookiest holiday of the year with a fire, aerial show, live music, fortune telling, vegan eats and sips (Halloween-themed, of course!), a silent disco on the rooftop, and more. Winner of the costume contest receives a \$50 gift card to Trilogy, so come dressed to impress.

Kaiser Permanente Thrive Half Marathon and 5K

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Strive to thrive when you run for a good cause. You can opt to run the half-marathon, 5k, or 3.1-mile Walk for Wishes — your registration and efforts will all benefit Make-A-Wish San Diego. The fast point-to-point course —and knowledge that you're sweating for a good cause —will keep you moving toward the finish line.

Buti Yoga & Brews

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Gather and sweat with intention at a special Buti yoga class at Culture Brewing Co. Participants can expect a playful practice that blends primal movements with cardio bursts and vibrations to get your body in the best shape possible. Stick around for a cold pint from the beachy brewery.

Carrera de los Muertos 5K & 10K

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Carrera de los Muertos 5K and 10K is keeping it festive this weekend. This fun run, hosted along the Embarcadero downtown, brings together the community to sweat and savor a rich cultural tradition. After your run or walk, stay to celebrate in the park with mariachi, dancers and delicious food.

Spartan Workout Tour

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Spartan is helping you prep for race day with their special Spartan Workout Tour bodyweight workout. Led by top Spartan SGX coaches, the 60-minute sweat sesh will be topped off with race tips straight from the pros.

WellFest 2019

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Block off your Friday night for some well-deserved wellness and book your ticket for San Diego's second annual WellFest! UC San Diego is hosting this community event full of music, fitness activities, silent disco, wellness programs, educational seminars, giveaways, and more. Trust us, this is one event you don't want to miss.

In Other News

The air is finally crisp, and I'm not the only one who's here for it. Park 101 is also ready to take advantage of the cooler evenings. Carlsbad's open-air eatery is celebrating the season by serving up cozy movie nights every Wednesday this November. The stacked film lineup featuring family classics like *The Princess Bride* and *Homeward Bound: The Incredible Journey*. **Fitt** Tip: bring a blanket or two, and swap your movie theatre popcorn for Park 101's healthy dishes—like the Vibe Bowl—for the perfect mid-week break.

Shoutouts

Congrats to Vicki M. for spinning her way to 100 rides at [Verve Studios](#)! Keep it up!

Extra kudos to Jarred C.! This rock star completed his 1000th class at [Performance360](#). Yes, 1000 classes!

Happy sixth birthday to November Project San Diego! The free fitness community celebrated with an epic workout yesterday. Join them every Monday and Wednesday for good vibes and a good sweat.

ICYMI: [Vizer](#) launched in San Diego this summer so you can raise money for a good cause while you sweat! Sign up today to start making your workouts worth even more.

Hit a new PR? Start a new, healthy side hustle? Share your exciting news with us [here](#) for a chance to be featured!