



THE WEEKLY RUNDOWN - 11/07/19

Here's what's happening in San Diego.

PRESENTED BY



It may be November, but San Diego's sunny skies have me feeling endless summer vibes. So, instead of cozying up by the fire, catch me at the beach after spin and yoga classes, sippin' on Powerhaus's new smoothies. Peep the headlines below for the inside scoop.

👋 Emily, Fitt San Diego Local Contributor

☀️ Adding Options At Open Aire

The more the merrier! As if La Jolla Open Aire Market didn't have enough fresh, tasty options for us, **the weekly outdoor Sunday market added a few new vendors to its packed lineup!** I have my eye on [New Wave Gelato's](#) good and good-for-you, plant-based treats and [Rootshine's](#) turmeric healing juices.

☕ Brewing Better Holiday Sips

Are you on the post-Halloween, all-things-winter-holidays train? Better Buzz is! **The local caffeine chain recently unveiled their festive drinks** like the Happy Camper Latte, Peppermint Matcha, and Peppermint White Mocha. New to the menu this year? The Winter Chai Cold Brew topped with spiced brown sugar cold froth, perfect for getting cozy season started while we wait for the weather to catch up. Pick 'em up at any of their area locations, including their [newest space in La Jolla](#).

🧘 Backbends In Bay Park

Get ready to move your asana in Bay Park! **YogaSix will soon be opening their newest location in central San Diego, and they're offering a deep discount on founding memberships** (25% off and no contract!). A little birdie also told us YogaSix will soon be cutting the ribbon on studios in North Carlsbad and Little Italy, too, so you'll be sweating up and down San Diego's coast in no time.

🍞 New Toast In Town

Tender Greens is bringing the good *thymes*. **The healthy hotspot added Garden Toast to the menu**, featuring carrot hummus, pomegranate seeds, crushed pistachios, feta and freshly picked herbs on their classic grilled sourdough. It's the perfect midday pick-me-up, and you can find it at any one of their five eateries, from Del Mar to Point Loma.

👍 That's A Wrap

This news is anything but cheesy. **Powerhaus, our favorite healthy pizza parlor, expanded its menu this week** with two wraps—the Cali Wrap and Beet Wrap—and three new smoothies (you'll have your choice between the Green Drink, Strawberry Sunrise, and Pumpkin Spice). And, as always, Powerhaus has the vegans and gluten-free crew covered with allergy and diet modifications.

📅 Save The Date

WellFest 2019

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.

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EPIC Series San Diego 2019

Do you have what it takes to tackle the EPIC Series? Race against other challengers and take on upwards of 57 obstacles in one of three courses: the KIDS Course, fun for the youngest competitors; the ultra-tough ELITE Course; and the (slightly less painful) EPIC Course — all will end with smiles and an EPIC after-party full of food, tunes, and vendors ready to congratulate you.

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Ride the Point

Get on your bike and ride for a good cause (and bragging rights!) for the seventh annual Ride the Point! Opt to take on the 10-mile Family Ride, 25-mile Enthusiast Ride, or the challenging, new 62-mile Metric Century route as you cycle to support pancreatic cancer research. Courses take participants along exclusive courses to the often forbidden Point Loma. Don't miss your chance to ride the routes that are only open once a year!

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Pacific Crest Trail Day Hike

Explore the iconic Pacific Crest Trail with expert REI guides. Hike a 4-mile segment of the PCT while learning about the skills and resources that go into hiking or backpacking the 2,650-mile footpath.

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FREE BARRE CLASSES --- Athleta Wellness Collective

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Sweat, connect, and have fun with Barre + bay wreath. The studio is teaming up with Athleta to host [free barre classes](#) from 8-11:30am, followed by food samples, coffee, epic raffles for class packs, floral bouquets, Athleta gift cards, and more!

In Other News

Brian Malarkey's newest restaurant, Herb & Sea, is now ashore in Encinitas. The coastal menu mimics Herb & Wood's wood-fired items with a heavy focus on seafood. Herb & Sea is open for dinner right now, but will soon expand into happy hour and brunch, so keep your eyes open for when you can extend your time out at Sea!

Shoutouts

Congrats to Kelsey and Anna for celebrating their one-year anniversary teaching us all the jumps and sprints at [Rush Cycle Camino Del Sur!](#)

Shoutout to the Modo Yoga teacher training class! I can't wait to hit the mat with all of the [new instructors!](#)

Get it, Stephanie! The Pure Indoor Cycling instructor recently celebrated [teaching 150 rides](#) in under six months. Cyclists were treated to a surprise special performance by Amy Serrano, an electric violinist, to mark the major milestone. Keep it up, Stephanie!

Welcome to the Thrivehouse team, Quin! He'll be coaching group classes next week, so stop by [during one of his sessions!](#)

And give a [warm welcome](#) to Matt, Scott, and Matthew, your new baristas at North Park's Communal Coffee! The cozy coffee shop is [hoping to hire more rock stars](#), so maybe I'll see you behind the counter next!