



THE WEEKLY RUNDOWN - 11/21/19

Here's what's happening in San Diego.

PRESENTED BY



Earlier this week, we saw sunshine and temps that were in the high 80s. Now, it looks like we're inching closer to winter weather. I can't be the only one confused! While San Diego's weather is baffling, its health and fitness offerings are not. Peep this week's strong showing of exciting events and healthy news.

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

Hop To It

Running, beer, coffee, and community... all in one?! It's like my dreams came true. [Second Chance Beer Co. and Parabola Coffee Roasting Co.](#) have teamed up to bring back their regularly scheduled [Hoppy Beans Running Club](#). Kicking off at 6pm every Thursday from Second Chance in North Park, the all-levels three-mile run will take members through the streets of North Park before ending with coffee and brew. I'll toast to that!

Power Up

Will you have fries with that (dairy-free) shake? [Plant Power Fast Food](#), the vegan eatery with spaces all around the city, recently announced plans to expand their SD presence. While the chain hasn't announced the location for their next spot, I'm staying on the lookout for any updates on the newest location where I'll be able to snag that perfect veg-friendly burger on the go.

☛ We Choose You, Carlsbad

This news is *juice* perfect. [Choice Superfood Bar and Juicery](#) has headed up the coast and opened up another Carlsbad spot—this time in Carlsbad Gateway—so all the North County health homies can sip on their greens and munch on their GF snacks all day long. Oh, and ICYMI, the cafe opened up an [Encinitas](#) space last month, too. Keep on makin' moves, Choice Superfood!

☛ Park 12 Pour-Overs

Third time's a charm! Area favorite [Achilles Coffee](#) opened up its third shop last week at [Park 12 in East Village](#). Now, you can get your fix of coffee fit for a warrior before or after you hit up a sweat-inducing workout at nearby [Fit Athletic Club & Gym](#), [Pure Barre](#), or [The Boxing Club Sport & Fitness](#). You might find me there — I'll be the one sipping a Dealer's Choice and munching on all of the avo toast...

🍊 Seeing Orange

If downtown is your main squeeze, you'll be stoked to hear that [Orangetheory Fitness](#) is joining your hood. **The HIIT hot spot (no, really, you'll be smoking after a workout here) will be opening its first downtown location in East Village at F11.** Can't wait that long to try out one of the best workouts in the city? Visit one of the several other outposts—from [Eastlake](#) to [Carlsbad](#)—to sweat it out.

📅 Save The Date

Nov. 21: Corks for a Cause

Grab your mat and join OG Yoga tonight in Little Italy's [Carruth Cellars Wine Garden](#) to get [down\(ward dog\) for a good cause](#). Twenty percent of all proceeds will go to the San Diego-based nonprofit delivering mindfulness-based yoga through partnerships with nonprofit organizations serving marginalized communities.

Nov. 22: Wonderfront Festival

Watch out, Coachella. There's a new music fest in town, and this one keeps the party going long after the last beat is dropped. Dance the night away during the [silent disco](#) or squeeze in a workout between sets with a [kayak or SUP paddle](#) (rentals will be available on festival grounds, but prices are not included in with your festival ticket).

Nov. 23: 2019 Best of San Diego 100 Miler

One day. Twenty-four hours. Think you have what it takes to conquer the [Best of San Diego 100 Miler](#)? This bare-bones ultra race isn't for the faint of heart. Participants will run in a counter-clockwise loop that traverses the city, beach and mountains along an unmarked path.

Nov. 24: Hoppy Yoga

[Green Flash Brewing Co.](#) is hosting an [all-levels yoga class](#) in their tasting room followed by a complimentary pint or flight to replenish all the calories you burned.

In Other News

Hello, Kitty!

I love a throwback, and this weekend, the [Hello Kitty Cafe Truck](#) is delivering! The notable pink truck will be making a stop at the Westfield UTC Mall this Saturday, November 23, and it will be decked out with nostalgia-inducing merch and tasty treats for the whole family to enjoy.

Athleisure All Day, Every Day

Sweat local, shop local. Born and bred in San Diego, Vuori is heading down the coast from Encinitas to post up a [new shop at Del Mar Highlands](#). The athletic clothing retailer doesn't have an opening date set yet, but we're keeping our eyes glued to their social media pages.

Shoutouts

Congrats to Pure Indoor Cycling Studio instructors [Stephanie](#) and [Maria](#) who kicked off their new side hustle, [The Sweat Consultants](#)! The pair will be hosting unique two- and three-day cycling training courses for aspiring and current teachers!

Give a warm welcome to [Brent Honnerlaw](#) to the schedule at YOGA ARTS + Citrine Spa! He'll be [leading Hatha classes](#) on Tuesdays and Thursdays!

Exciting news at CycleBar Hillcrest! Coach [Keara](#) will now be [taking over](#) the 6:45pm class on Wednesdays!

Hats off to [Amar](#) for joining the Renegade Fitcamp coaching team! She's live on the schedule so check her out at the