

# 20 Can't-Miss Health Events in O.C. To Keep You Healthy

*A look at upcoming activities for your body and mind.*

By **Erin Bola** - August 16, 2018



*Xterra Laguna Beach*

## **THE FITEXPO**

### **AUG. 25 AND 26**

Bodybuilding, jiu-jitsu, and arm wrestling are just a few of the activities represented at The FitExpo Anaheim, which also offers free fitness classes, new health and wellness product demos, and a chance to meet fitness celebrities. 888-348-3976, [thefitexpo.com](http://thefitexpo.com)

## **CHOC WALK IN THE PARK**

### **AUG. 26**

This 5K walk through Disneyland, California Adventure, and Downtown Disney has raised more than \$32 million for Children's Hospital Orange County over the past 28 years. In addition to the walk, participants receive free parking and discounts across the Disneyland Resort. 714-509-8690, [chocwalk.org](http://chocwalk.org)

## **OC MTB LIMESTONE XC RACE**

### **SEPT. 8**

Mountain bikers of all levels are invited to this 12.3-mile, cross-country race through Limestone Canyon Regional Park. Experts can compete for a cash prize on the 24.6-mile course. Post-race refreshments, age-group awards, and a raffle await participants at the finish line. [ocmtb.com](http://ocmtb.com)

## **XTERRA LAGUNA BEACH**

### **SEPT. 9**

Swim, bike, and run your way through Crystal Cove State Park, then grab a pint and bites at the

post-triathlon beer garden. Regional champions will earn a qualifying spot in the 2019 XTERRA World Championship in Hawaii. [xterralagunabeach.com](http://xterralagunabeach.com)

### **TUNNEL TO TOWERS 5K RUN AND WALK**

**SEPT. 9**

Honor 9/11 first responder Stephen Siller, who ran from the Brooklyn Battery Tunnel to the Twin Towers, at this commemorative 5K. Proceeds from the event, held at William Mason Regional Park in Irvine, will benefit injured service members. [tunnel2towers.org](http://tunnel2towers.org)

### **HUNTINGTON BEACH CITY SURF CONTEST**

**SEPT. 15 AND 16**

Surf the waves at this annual all-ages contest, now in its 48th year. Participants must live in the Huntington Beach Union High School District. 714-960-8870, [huntingtonbeachca.gov](http://huntingtonbeachca.gov)

### **29th ANNUAL SOCAL ALZHEIMER'S DISEASE RESEARCH CONFERENCE**

**SEPT. 21**

Alzheimer's affects more than 84,000 people in Orange County. This conference, hosted by the UC Irvine Institute for Memory Impairments and Neurological Disorders (UCI MIND) and Alzheimer's Orange County, will bring world-renowned experts to Irvine to discuss progress in the battle against Alzheimer's. 949-955-9000, [alzoc.org](http://alzoc.org)



*Komen Orange County*

### **KOMEN ORANGE COUNTY 2018 RACE FOR THE CURE**

**SEPT. 23**

This year's Race for the Cure is a 3.1-mile loop through Newport Beach. Money raised will be used to help fund research and treatment for breast cancer. 714-957-9157, [komenoc.org](http://komenoc.org)

### **OBESITYHELP 2018 NATIONAL CONFERENCE**

**OCT. 5 AND 6**

Undergoing weight-loss surgery is a process made easier by support and understanding. This Anaheim conference will give attendees the inspiration and motivation to achieve their goal of improved health. [obesityhelp.com](http://obesityhelp.com)

### **OC RIDE FOR AIDS**

**OCT. 27**

With four bike routes ranging from 10 to 100 miles, this ride travels through places such as Back Bay, Santiago Canyon, San Clemente, and more. Money raised will benefit those living with HIV/AIDS in O.C. [ocrideforaids.com](http://ocrideforaids.com)

**INTO THE WILD OC TRAIL RUNS****NOV. 3**

The Limestone Eco Challenge is a 12K/25K race for advanced runners that guides participants through the fall scenery at Limestone Canyon Regional Park. All runners will receive a shirt, medal, and raffle entry upon registration. [intothewildoctrailrun.com](http://intothewildoctrailrun.com)

**DINOSAUR DASH****NOV. 4**

Hosted by the Tustin Public Schools Foundation, Dino Dash offers 2K, 5K, 10K, and half-marathon races at The Market Place. Don't forget to stop by the Expo, which features games and activities for runners and their families. 714-832-3060, [tpsf.net](http://tpsf.net)

**NEWPORT DUNES TRIATHLON****NOV. 4**

Held at the Newport Dunes Waterfront Resort, the race includes a swim in the Newport Dunes Lagoon, a scenic 8-mile bike course, and finally, a 3.1-mile run course. There will also be a 5K run and a costume contest. [newportdunes.californiatriathlon.org](http://newportdunes.californiatriathlon.org)

**EPILEPSY AWARENESS & EDUCATION EXPO****NOV. 5 THROUGH 7**

After undergoing surgery to remove a part of her brain that was causing seizures, 18-year-old Sofie was inspired to create Epilepsy Awareness Day at the Disneyland Resort. Now in its fourth year, it starts with a free two-day expo featuring more than 60 nonprofit support groups and professionals. [epilepsyawarenessday.org](http://epilepsyawarenessday.org)

**HUNTINGTON BEACH TURKEY WOBBLE****NOV. 22**

This race features 1K, 5K, and 10K routes that make their way along the Pacific Ocean in Huntington Beach. Over the past seven years, the Turkey Wobble has raised money to drill 38 wells in developing countries, providing clean water to more than 38,000 people. 949-829-2384, [hbturkeywobble.com](http://hbturkeywobble.com)

**DANA POINT TURKEY TROT****NOV. 22**

Named one of the best Thanksgiving runs by *Fitness* magazine, this event brings more than 17,000 people to its 5K, 10K, and Kids' Gobble Wobble categories. This will be the race's 41st year. [turkeytrot.com](http://turkeytrot.com)

**SOUTHERN CALIFORNIA HALF MARATHON AND 5K****JAN. 12**

Known as a warm-up for the L.A. and O.C. Marathons, the Southern California Half Marathon and 5K winds through Irvine and benefits Woodbridge High School Athletics. 714-404-2156, [schalfmarathon.com](http://schalfmarathon.com)

**SURF CITY MARATHON AND HALF MARATHON****FEB. 1 THROUGH 3**

The annual Surf City Marathon in Huntington Beach is famous for its flat course. The weekend-long event begins with an Active Lifestyle Expo featuring local health vendors and ends with post-race drinks at the Sand Bar. [motivrunning.com/run-surf-city](http://motivrunning.com/run-surf-city)

**WOMANOLOGY CONFERENCE****MARCH 4**

For valuable tips about health care and a bit of laughter, look no further than the Womanology conference hosted by Hoag Memorial Hospital Presbyterian. An all-female panel of doctors, wellness

coaches, and specialists lead a discussion about what women need when it comes to health care, support, and general life advice. The biggest takeaway? Health care today takes a team of experts working together. The 2019 event will be the third iteration, and tickets sell out quickly. Get yours for the March 4 conference at the Newport Beach Country Club. Email [briesenberg@hoagcharitysports.com](mailto:briesenberg@hoagcharitysports.com) for tickets and info.

**OC MARATHON AND HALF MARATHON**

**MAY 2019**

From Fashion Island to the Fair, the annual OC Marathon challenges runners to race 26.2 miles through Newport Beach, Costa Mesa, and Santa Ana. Not an experienced runner? Opt for the Wahoo's OC 5K, followed by a finish-line party featuring music, tacos, and more. 949-222-3327, [ocmarathon.com](http://ocmarathon.com)

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**Michelle Pagaran**