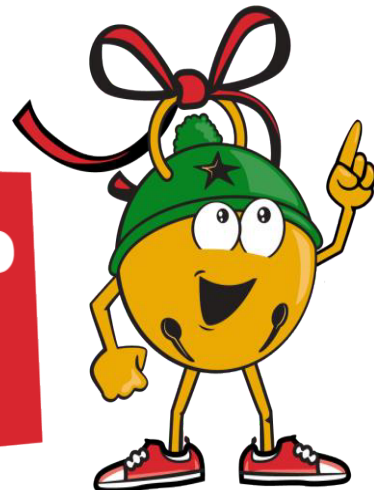


# 2020 Virtual Jingle Bell Run West Virginia

December 11-13, 2020  
[JBR.org/WestVirginia](http://JBR.org/WestVirginia)



**CAN'T STOP  
JINGLING!**



2020 Virtual

Arthritis Foundation®

Jingle  
Bell Run



Thank You Silver Sponsor!

We are joint replacement  
specialists.



1-877-MUORTHO

Mako

Left to right: Alexander T. Caughran, MD;  
Ali Oliashirazi, MD; Felix H. Cheung, MD;  
Matthew Bullock, DO, MPT



Marshall Orthopaedics

[marshallhealth.org/jointreplacement](http://marshallhealth.org/jointreplacement)



2020 Virtual  
Arthritis Foundation®

Jingle  
Bell Run



# Thank You Silver Sponsor!

Stay cozy and warm,  
filled with holiday cheer.  
We'll see you again  
in the new year!



 West Virginia University  
SCHOOL OF MEDICINE

 West Virginia University  
SCHOOL OF MEDICINE

The WVU School of Medicine Rheumatology Team  
wishes you a happy, healthy start to 2021.



Use the code **MtrStyle20** for 15% off purchase of WVU  
gear at [ShopWVU.com](https://ShopWVU.com). Valid through 12/31/20.



## Virtual Jingle Bell Run, West Virginia Guinness World Record Attempt!

We have an exciting opportunity for you to compete for the largest remote 5K within a 24-hour period by Arthritis Foundation. Here is the information you need to ensure your 5K is counted in our Guinness World Record attempt!

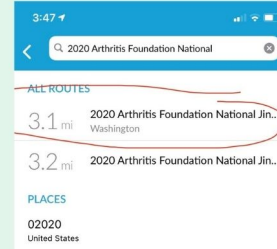
Thank you to our local sponsors!



### 1. Download the free RunGo app



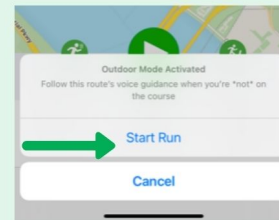
### 2. Search for the route "2020 Arthritis Foundation National Jingle Bell Run"



### 3. Select your mode - virtual (if running/biking outside) OR indoor (if using a stationary bike or treadmill). Do not use the start button!

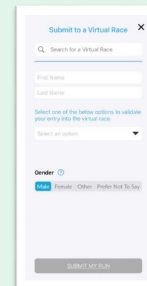
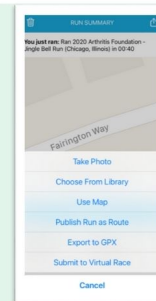
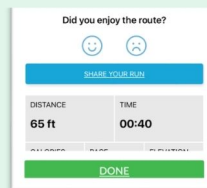


### 4. Complete your 5k!



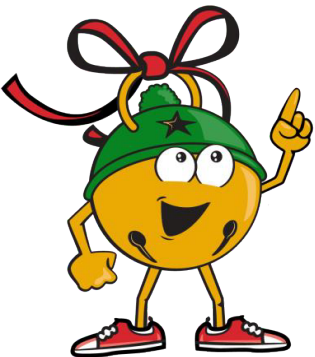
### 5. Submit your 5k!

- Select "Share your run" then "submit to your virtual race" and select your race name. (Pick the same Jingle Bell Run race you selected for your route)
- Enter a few race submission details (name, gender, 1 of 3 validating questions).
- Click "submit my run"



Questions? Helpline : 800.283.7800

Make sure you complete your run between 12:00 PM EST on Saturday, December 12 and 12:00PM EST on Sunday, December 13



# VIRTUAL SWAG BAG



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**WALK-IN CLINIC HOURS**

## ORTHOPAEDICS

**MON – THURS, 9 – 11 AM • 1 – 3 PM | FRI, 9 – 11 AM**

Marshall University Medical Center, Ground Floor  
1600 Medical Center Drive, Huntington | 304-691-1262

**MON – FRI, 9 – 11 AM**

Marshall Health – Teays Valley  
300 Corporate Center Drive, Scott Depot | 304-691-6710

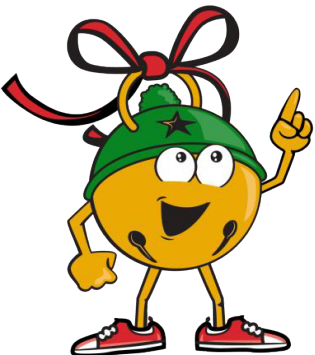
## SPORTS MEDICINE

**MON – FRI, 9 – 11 AM • 1 – 3 PM\***

Marshall Sports Medicine Institute  
2211 Third Avenue, Huntington | 304-691-1880

Our offices are closed for New Year's Day, Labor Day, Memorial Day, Thanksgiving,  
Christmas Eve and Christmas.

*\*On certain Fridays this walk-in clinic may be closed due to our on-site physician providing coverage for  
Marshall University Athletics. Please call to confirm hours.*



# VIRTUAL SWAG BAG

Along with medications, there are other lifestyle changes that those suffering from arthritis can make in their daily lives to manage their chronic pain.

## EXERCISE



Exercising regularly can increase strength and flexibility while reducing joint pain and combating fatigue.

Some of the best exercises include:

- Stretching
- Walking
- Yoga
- Water Aerobics
- Cycling

Exercises can come in many forms, including hobbies such as:

- Gardening
- Knitting/Crocheting
- Dance
- Cooking
- Playing an instrument

## HEALTHY EATING



Introducing healthier, anti-inflammatory foods into your diet while limiting highly processed options or sweets, could help in managing flare ups and overall pain levels.

Here are some suggestions to start:

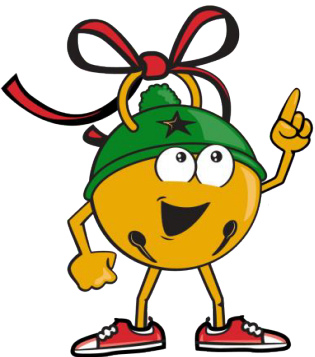
- Fruits and vegetables that are high in vitamin-K (spinach, broccoli, blackberries, cherries)
- High fiber foods (whole grains, beans)
- Nuts
- Fish
- Herbs and spices

## STOP SMOKING



Smokers have an increased risk of developing rheumatoid arthritis. For those taking medication, smoking can decrease the effectiveness of some arthritis prescriptions and limit your ability to exercise.

If you are interested in getting help to stop smoking, contact the West Virginia Tobacco Quit Line, 1-800-QUIT-NOW (1-877-966-8784).





**Live Yes!**  
**INSIGHTS**<sup>SM</sup>

## Give 10 Minutes. Change the Future of Arthritis.

By taking part in the **Live Yes! INSIGHTS<sup>SM</sup>** assessment, you'll be among those changing lives today and changing the future of arthritis, for yourself and for 54 million others. And all it takes is just 10 minutes.

By sharing your experience, you're showing decision-makers the realities of living with arthritis, paving the way for change. You're helping break down barriers to care, accelerate research and create resources that make a difference in people's lives, including your own.

**NOW IS THE TIME** to make your voice count, for yourself and the whole arthritis community.



### Continue the Conversation!

Go to our Live Yes! **ONLINE COMMUNITY** and discuss how your participation is changing the future of arthritis.

[LiveYes.arthritis.org](http://LiveYes.arthritis.org)



Go to [arthritis.org/INSIGHTS](http://arthritis.org/INSIGHTS)



# Thank you to our sponsors



Marshall Orthopaedics



## VIRTUAL SWAG BAG

*Please click below link to enjoy resources from our event sponsors*

[Community Giving Call \(donordrive.com\)](https://donordrive.com)







**Thank you !**

**2020 JBR Committee  
Honorees & Volunteers**

**For more information:**

**Deborah Hartman**

**412.218.1987**

**[dhartman@arthritis.org](mailto:dhartman@arthritis.org)**



**Arthritis  
Foundation®**

*Champion of Yes®*



[JBR.org/Pittsburgh](https://www.jbr.org/Pittsburgh)

2020 Virtual

Arthritis Foundation®

# Jingle Bell Run



# CAN'T STOP JINGLING!

#JINGLEBELLRUN