

# Jingle Bell Run



# Jolly for a Reason

## 2018 Jingle Bell Run Seattle Running Meet-ups

### Running Meet-ups with Coach Kal

Join us on the first Thursday of every month to kickstart your training for this year's Jingle Bell Run Seattle! Whether you are just getting started or are a seasoned runner, all levels are welcome as we will customize the workouts based on the overall needs of the group.

Location: Meet at the *Greenlake Dirt Track* at 6:30 p.m. and the run will start at 6:45pm.

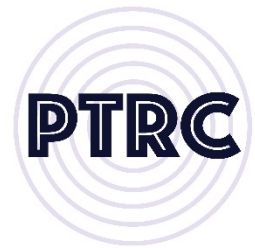
#### Running Meet-up Dates:

Thursday, August 9 at 6:30 p.m.

Thursday, September, 6 at 6:30 p.m.

Thursday, October 4 at 6:30 p.m.

Thursday, November 1 at 6:30 p.m.



### About Coach Kal

Kalpanatit Broderick has been a competitive runner all his life, including running at the collegiate level at Georgetown University and then professionally with Nike. Coach Kal has since retired from competitive running and founded PEACEFUL TRAINING where he focuses on coaching individuals and groups to help them improve in the areas of physical, nutritional, spiritual, mental and emotional health. [You can read more about Coach Kal here.](#)

### Super Jock 'n Jill Run Club



*super jock 'n jill*

**Super Jock 'n Jill Greenlake** | 7210 E Greenlake Drive N, Seattle, WA 98115

Join the Super Jock 'n Jill Greenlake Run Club every Monday night at 6:15 p.m. in front the Greenlake store. This is a social run that's open to all pace levels. Typical routes from the store include Green Lake, Cowen Park and the University of Washington with distances between 3-6 miles.

**Super Jock 'N Jill Redmond** | 16095 Cleveland Street, Redmond, WA 98052

Join the Super Jock 'n Jill Redmond Run Club every Tuesday night at 6:15 p.m. in front of the Redmond store. This is a social run that's open to all pace levels. Typical routes from the store include Sammamish River Trail, Marymoor Park and Bear Creek Trail with distances between 3-6 miles.

**#JingleBellRun**

Register Today at [JBR.org/Seattle](http://JBR.org/Seattle)