

TODAY'S FOCUS: HEALTH & WELLNESS

Obstacle course offers fun challenge for Mudderellas



Competitors race down a slide during the Mudderella obstacle run held Oct. 4 at Vail Lake near Temecula. ANDREW FOULK PHOTO

TEMECULA'S SCENIC HALF MARATHON & 5K EXPECTS BIG TURNOUT

KIRSTEN SILVEN
• SPECIAL TO THE U-T

The fourth annual Temecula Half Marathon & 5K run will be held Oct. 26 at Wilson Creek Winery, 35960 Rancho California Road. Presented by Sandy Feet Events, proceeds will benefit the Rose Again Foundation, which seeks to provide a safe, loving and nurturing home-life experience and education to orphaned and foster children.

More than 2,500 participants are expected this year and space is limited, so although same-day registration will be available if the event does not sell out, participants are asked to register in advance to ensure a spot.

Race day check-in begins at 6:30 a.m. The half-marathon will start at 7:30 a.m., followed by the 5K at 8 a.m. and the Youth 5K, for children ages 15 and under. Registration is \$85 for the half marathon, \$40 for the 5K and \$20 for the Youth 5K.

"The Temecula Half Marathon & 5K presented by California Coast Credit Union is the most scenic half marathon in the West," Maura O'Neill, event coordinator with Sandy Feet Events, said in an email.

Participants will run through a challenging countryside course that includes both paved and dirt roads. The half marathon is an out-and-back race that takes runners past vineyards and

farmland, while the easier 5K travels a loop through scenic back roads.

The half marathon is limited to 3.5 hours and the race will take place rain or shine, unless conditions become unsafe. Awards will be given to men and women three deep in each age category and finisher medals will be awarded to those who complete the half marathon to celebrate the accomplishment.

Following the race, participants are invited to attend a finish-line wine and beer tasting featuring live music at Wilson Creek Winery, also to benefit the Rose Again Foundation.

Runners and spectators who plan to stay until the festivities end at noon and would like to sample a variety of Southern California's finest beer and wine should bring extra cash. Discounted wine and beer tasting tickets are available to runners for \$10 and come with a souvenir race glass.

According to a press release, money raised will be used to improve the lives of foster and orphaned children, as well as aged-out foster young adults and the families who adopt and foster them.

For more information about the Rose Again Foundation, visit www.roseagainfoundation.org.

For more information or to register for the race, visit www.temeculahalf.com, or call 619-890-6067.

CALENDAR

VALLEY CENTER

Oct. 16
Gentle Yoga
5 p.m., Valley Center Library, 29200 Cole Grade Road
The Valley Center Library will hold a Gentle Yoga class, an hour to relieve the stress of the day and restore your mind and spirit, according to the library. For more information, visit www.sdcl.org or call 760-749-1305.

TEMECULA

Oct. 17
Morning Runners
7 a.m., Vail Ranch Middle School, 33340 Camino Piedra Rojo
Vail Ranch Middle School has scheduled a Morning Runners meeting for students and parents. The group participates in 1- to 5-mile runs and is open to runners of all abilities. For more information, visit www.rms.tvusd.k12.ca.us.

Oct. 18
Hike
8 a.m., St. Thomas of Canterbury Episcopal Church, 44651 Avenida de Misiones
Saint Thomas of Canterbury Episcopal Church will host its Hike. For more information, call 951-302-4566 or visit www.episcopalchurchtemecula.org.

Zumba
9 a.m., Mountain View Community Church, 26201 Ynez Road
Mountain View Community Church will host its Zumba at The View. For more information, call 951-693-0771 or visit www.mtvcc.org.

Oct. 20
Gentle Yoga
9:30 a.m., Community Recreation Center, 30875 Rancho Vista Road
Community Recreation Center is offering a program titled Gentle Yoga for ages 12 and older. Registration is \$48. For more information, visit www.cityoftemecula.org.

Oct. 29
Tennis - Level 1 Quick Start
3:30 p.m., Erle Stanley Gardner Middle School, 45125 Via Del Coronado
Gardner Middle School is hosting Tennis - Level 1 Quick Start for ages 4 years, five months to 10 years. Registration is \$45. For more information, visit www.cityoftemecula.org.

DEL MAR

Oct. 17
Silver Yoga
10 a.m., St. Peter's Episcopal Church, 334 14th St.
St. Peter's Episcopal Church is offering Silver



Nov. 12
Junior Golf Clinic - Ages: 6 to 10 years
2:30 p.m., The Legends Golf Club at Temeku Hills, 41687 Temeku Drive
The Legends Golf Club at Temeku Hills is offering a program titled Junior Golf Clinic for ages 6 to 10. Registration is \$75. For more information, visit www.cityoftemecula.org. THE LEGENDS GOLF CLUB

Yoga. For more information, visit www.stpetersdelmar.net.

SAN DIEGO

Oct. 17
Kids Yoga
10:30 a.m., San Diego Library College-Rolando Branch, 6600 Montezuma Road
Kids Yoga will teach participants a fun and interactive introduction to yoga, according to the San Diego Library College-Rolando Branch. For more information, visit www.sandiego.gov or call 619-533-3970.

Oct. 18
Zumba Gold for Boomers and Active Seniors
9:45 a.m., San Diego Library College-Rolando Branch, 6600 Montezuma Road
Zumba Gold for Boomers and Active Seniors will teach participants Latin-rhythm dance steps that are easy to follow and adaptable for any fitness level, according to the library. Eunis "WildFire!" Christensen will lead the Zumba Gold class. For more information, visit www.sandiego.gov or call 619-533-3970.

LAKE ELSINORE

Oct. 18
Hiker Chicks
8 a.m., Lake Elsinore Diamond Stadium, 500 Diamond Drive
Cornerstone Community Church's Hiker Chicks women's group meets monthly for a hike at the levee behind the Lake Elsinore Diamond Stadium. For more information, visit www.go2cornerstone.com or email beachcruizer@live.com.

Have a news tip or an event you'd like to see in print? Send details to Temecula@UTSanDiego.com

VISTA

Oct. 18
Zumba Fitness class
9 a.m., Brengle Terrace Park, 1200 Vale Terrace Drive
The city of Vista Recreation & Community Services Department is hosting Zumba Fitness classes. The Jan Saddington-led class combines body-sculpting techniques with Zumba music and moves. The cost is \$71 for residents and \$85 for non-residents for 10 classes. For more information, visit www.cityofvista.com.

ENCINITAS

Oct. 21
Silver Age Yoga
1 p.m., Encinitas Branch Library, 540 Cornish Drive
The Encinitas Branch Library is offering Silver Age Yoga, designed so seniors can safely participate at their level of comfort. For more information, visit www.sdcl.org.

Zumba
2 p.m., Encinitas Branch Library, 540 Cornish Drive
The Encinitas Branch Library is offering a Zumba dance and fitness class. For more information, visit www.sdcl.org.