



2016 Jingle Bell Run - Sioux Falls - Celebrating 10 Years of Jingling for Arthritis

Saturday, November 26, 2016

Fawick Park, Downtown - 200 South 2nd Avenue, Sioux Falls, SD 57104 (Between 10th Street & 11th Street on South 2nd Avenue)

Event Information and Details:

The Arthritis Foundation's long-running Jingle Bell Run - Sioux Falls began in Sioux Falls 2007 and continues to be a fun family focused festive race that helps to champion arthritis research and brings people from all walks of life together, to say **Yes** to furthering this great cause.

This annual holiday event is a fun way to get out, get moving and raise funds and awareness. Whether you prefer to walk or run or help us cheer on the Jingle Bell Run/Walk participants, wear your ugly Christmas sweater or tie bells to your shoes, this event is sure to spread smiles, holiday cheer and a winning spirit.

Join our community of champions. Together, we are the **Champions of Yes** for the 160,000 adults and over 1000 children affected by arthritis in South Dakota. **Mark your calendars!**

Arthritis hurts someone you know

- Nearly 52 million Americans (1 in 5 people) have been diagnosed with arthritis by a doctor.
- Nearly 300,000 children under the age of 17 are affected by juvenile arthritis.
- Two-thirds of people with arthritis are under the age of 65.
- Arthritis costs our economy more than \$156 billion annually in lost wages and medical expenses, and the loss of 172 million work days.

Event Details:

1. Packet pick-up will be held **Wednesday, November 23, 2016**, from 5:00 - 7:00 pm. at the Sanford Wellness Center, 49th and Oxbow Avenue (4201 S. Oxbow Avenue, Sioux Falls, SD 57106). If unable to attend packet pick-up, t-shirts and race bibs will be available on-site day of race, beginning at 8:00am.
2. Race fee includes fun run electronic timing, long sleeve t-shirt, bells for your shoes and a safe run route along the beautiful Sioux River Bike Trails, finishing medals for the first 3 places - Women's, Men's, Young Teen Boys - 17 - 11 years, Young Teen Girls - 17 - 11 years and Children 11 years & under and an award ceremony.

3. While the primary goal of the Jingle Bell Run is to raise awareness of the impact arthritis has on everyday life for those who are afflicted, it is also to raise funds to help support the mission of the Arthritis Foundation and find a cure for arthritis. **But our goal is to also have a fun safe event!** We all know November weather in SD can be unpredictable, so please be aware - it is our intent to ensure the safety of the participants. If there is a **Snow Event** within 48 hours of the race start time, we cannot guarantee the bike trails will be cleared and this may result in changes to the event:
 - a. With 1 inch of snow cover - the option may be to walk only, or to run on snow as long as there is no ice under the snow
 - b. With 2 inches of snow cover - the option will be to walk only.
 - c. In either situation, the route may also be altered or shortened to ensure safety of the participants.
 - d. Ice on the trails - for the safety of the participants, will cancel the event - registration fees not be refunded, will not rescheduled the event.
 - e. In the event of more snow, and City Weather Emergency announcements - the event will be cancelled - no refund, no reschedule.
 - f. In the event of severe wind chill conditions - the event will be cancelled - no refund, no reschedule.
 - g. If cancellation is necessary due to weather conditions - emails will be sent to the email address provided at time of registration and information will also be posted through Facebook - like our page at Arthritis Foundation - South Dakota to ensure receiving Jingle Bell Run updates.
4. Please remember November temperatures may be cold - even when the sun is shining. It is important to dress for the weather conditions in order to prevent injury to exposed skin.
5. **ADA and VIP parking** (requires VIP Parking Pass) is available, areas to be determined. If ADA accommodations are needed, please contact the Arthritis Foundation at dhustrulid@arthritis.org or 605-201-7973 at least 5 business days prior to the event. The Foundation Office will be closed in recognition of Thanksgiving on Thursday, November 24, 2016.
6. **Free parking** is available in City Parking Lots marked with a Gold P, more information is available on Sioux Falls City website. Public parking is available at 235 West 10th Street and 230 South Phillips Avenue, entrance on 11th Street. Free meter parking is offered on weekends and City Holidays.
7. **** Jingle in Your Jammies ****
Want to show your support, but cannot attend the event? For \$25.00 you can register to Jingle in Your Jammies from the comfort of your home! Earn a 2016 t-shirt, which will be available to pick up at the Packet Pick up on November 23rd, 2016.
8. Food Trucks will be on-site with brunch items, hot chocolate, coffee and juice.