

Event Information



20 | GET FIT 25 | FESTIVAL

Walk. Run. Pedal. Party.

Saturday
November
22

Kaiser Permanente
Irvine Medical Center
6640 Alton Parkway
Irvine, CA



Everything you need to know about the 2025 Get Fit Festival

Find your thing in 2025

Event Schedule

6:00 am	All event check-in (relay team tent set-up)
7:30 am	All participant stretch
8:00 am	Team Relay starts
8:30 am	Bike Tour starts
9:00 am	5K Fun Run/Walk starts
9:15 am	Kid Zone and Group Fitness Classes open
11:30 am	Live Music starts
12:00 pm	Relay finishes
12:30 pm	Awards Ceremony

See the full event schedule at:

[Registration Information | Get Fit Festival](#)
 [\(getfitsocal.org\)](http://getfitsocal.org)



*Get Fit with your family
and friends. There's
something for everyone!*

Not a runner or a biker? No problem. Come join the fun with lots of activities to choose from.

Food trucks—sample some of OC's finest food trucks. Available from 10am to 2pm.

Festival Apparel Tent Sale—grab a branded workout shirt, shorts, etc. at a great price.

The Thrive Zone—try your luck at one of the challenging carnival games.

The Fitness Zone—Come try yoga or Zumba in a welcoming environment.

The Kid's Zone—bounce and blast your way through the kid's zone. Activities for ages 4-12

Fitness and Health Expo—check out a new product or service from a select group of fitness and health vendors.

Live music—hear the great sounds of our live band on the main stage



Register for these events

The Get Fit SoCal Relay

This 36-mile relay race is completed by your six-person team. Each team member runs or walks two different three-mile routes.

The distance is sure to appeal to elite athletes as well as the occasional jogger. It's the perfect relay race for everyone.

Two team members (runners 1 and 2) hit the path for a three-mile journey. The rest of the team waits at their team tent in the Thrive Village, or at the checkpoint area by the starting line. The course will be marked with signs and balloons. Participants run the course and head back to the checkpoint to pass the baton to the next two teammates. When they are not running, other team members will be busy cheering from the Thrive Village!

All fitness levels are encouraged to participate. Running two legs during a three to four-hour relay race is much easier than you think. You will have plenty of time after the first leg to stretch, rest, eat, and drink before completing the second leg. Once the last two runners come in from the last leg, all team members will perform a victory lap and finish together. Finisher medals and awards will be distributed at the conclusion of the event.



THRIVE 5K Fun Run/Walk

Enjoy a fast but friendly 5K course through the streets and trails of Irvine. You will receive your own numbered bib and finisher medal. This event is open to all skill levels and ages.

THRIVE Bike Tour

Enjoy a scenic 30-mile tour through the heart of Orange County. This noncompetitive event is a great way to see the OC with friends and family. Past participants rave about the scenic and beginner-friendly course. Pump up those tires and let's roll!

Register here: [Kaiser Permanente Get Fit Festival Online Registration \(runsignup.com\)](https://www.runsignup.com/KaiserPermanenteGetFitFestival)

Relay Team Guide



Form your team

The first step to create a team is to elect a team captain. Put your team together as early as possible. It's easier to recruit people when they have time to train and before their schedule gets too busy.

Team Campsite

Leave your vehicles in the parking lot and bring your pop-up tents. Each team is responsible for a team tent. Tents can be decorated to support the team name and theme. Bring chairs, food, and games. It's like tailgating with exercise!

Team Costume

We suggest you pick a theme and design a unique costume. Be creative and have fun. Who knows? Your team may win a prize for best dressed team.

Preparing for your relay

Train as you would for a 10K race. Training should start six to eight weeks before the event depending on your fitness level. (See the online training plan [here](#)) A good rule of thumb is to increase your mileage by 10% each week. Do a few training runs with your teammates. Have fun!

Registration and fees

The relay registration is \$270 per team until Nov. 15, then \$300 until Nov. 17. The team captain will need to register the team and pay on behalf of the team. You do not need to have your entire team put together to register. You can add or substitute team members up to a week before the event.

Relay Awards:

1st, 2nd, & 3rd place teams, plus...

Best Team Costume | Best Theme | THRIVE Award