

Running events coming up

Keizer residents will have no excuse to pack on pounds this holiday season. Local organizers are coordinating no fewer than three long distance runs in November and December.

The Keizer Chamber of Commerce is holding its third annual Turkey Dash.

The 5K run/walk is slated for 8 a.m. on Thanksgiving, Nov. 26. Participants will start and finish at the Lowe's in Keizer Station, 6225 Ulali Drive, and run through the Gubser neighborhood.

Pre-registration at the Keizer Chamber office is \$30 for adults, \$15 for those 18 and

younger. Day-of-race registration is \$35 for adults and \$20 for youth.

The event is stroller friendly, but pets are prohibited. Pre-registration guarantees a T-shirt.

On Saturday, Dec. 12, the Glow Run will kick off the Festival of Lights Holiday Parade. Cost is \$25 for adults and \$5 for kids 12 and under. Day-of-race registration is \$35.

Register online at www.fol-holidayparade.org or in-person the day of the event near the start and finish line – Columbia Bank on River Road – the day of the race.

All participants will receive a Santa hat and clip-on light.

On Dec. 19, the Keizer Chamber is sponsoring a 5K Jingle Dash along the cart routes of McNary Golf Club. The race begins at Courthouse Fitness Center, 117 McNary Estates Drive.

The event begins at 3:30 p.m. Cost for adults is \$25 for preregistration or \$30 the day of. Youth fees (5 to 12 years old) are \$12 in advance or \$15 the day of the race. Kiddos 4 and under are free.

Registration can be completed through the Chamber website, keizerchamber.com.

Tree lighting Dec. 1

This year, get into the Christmas spirit in Keizer right from the start of December.

Starting at 6 p.m. on Tuesday, Dec. 1, two lucky children will be chosen to assist Santa Claus as he flips the switch that lights up Keizer's Christmas tree.

The annual lighting ceremony is at Walery Plaza, named for Keizer resident Dave Walery, affectionately known as Mr. Christmas due to his volunteer work over many years maintaining and

installing the decorations that line River Road during the holidays as well as his work with the permanent tree.

Walery Plaza is located where River Road and Cherry Avenue meet. If you're driving along River Road on Dec. 1 and can't find it, just look for the tall tree with the nearby large crowd.

The lighting is sponsored by Walery's Premium Pizza and presented by the Keizer Chamber of Commerce. Live music by the Keizer Community Band will fill the festive

air at the event.

Children are selected for the honor by a drawing. There is a sign-up table at the event; children simply need to put their name and age on the form. A Keizer leader will draw out the two lucky names.

The actual flipping of the switch on the tree lights is expected to happen around 7 p.m. Before that, Santa is scheduled to arrive in Keizer around 6:45 and hitch a ride to Walery Plaza in a fire truck courtesy of his friends at the Keizer Fire District.



Shopping break.

A perfect moment to talk about alcohol.

An alarming number of pre-teens are drinking alcohol – which makes it urgent to find every opportunity to talk to your kids about the dangers of underage drinking. For tips on how – and when – to begin the conversation, visit:

www.underagedrinking.samhsa.gov

