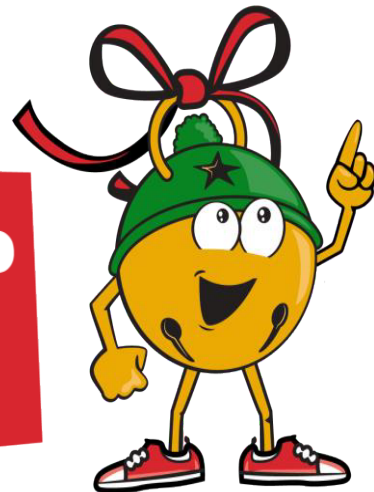


2020 Virtual Jingle Bell Run Pittsburgh

December 11-13, 2020
JBR.org/Pittsburgh



**CAN'T STOP
JINGLING!**



2020 Virtual
Arthritis Foundation®

Jingle Bell Run



Presenting Sponsor

A festive event to
support the work of an
important foundation.

We are proud to support the Arthritis Foundation
and its commitment to research and raising awareness
of this devastating disease.

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Medical Honoree



Ken Urish, MD PhD is an Associate Professor at the University of Pittsburgh Department of Orthopaedic Surgery, and an Associate Medical Director at the Magee Bone and Joint Center. His practice focuses on primary and revision knee and hip replacement. As a physician scientist, Dr. Urish has extensive experience with clinical and translational research, robotic surgery, and joint replacement in active, high demand patients.

Currently, he is Director of the Arthritis and Arthroplasty Design Laboratory (NIH funded) where the group's focus is on early arthritis prevention and optimizing joint replacement outcomes. Dr. Ken, along with his wife Mary and three children, enjoys biking, camping, and anything outside.





Virtual Jingle Bell Run, Pittsburgh Guinness World Record Attempt!

We have an exciting opportunity for you to compete for the largest remote 5K within a 24-hour period by Arthritis Foundation. Here is the information you need to ensure your 5K is counted in our Guinness World Record attempt!

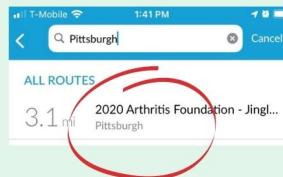
Thank you to our Presenting sponsors!



1. Download the free RunGo app



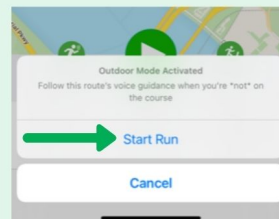
2. Search for the route "2020 Arthritis Foundation-Jingle Bell Run (Pittsburgh, Pennsylvania)"



3. Select your mode - virtual (if running/biking outside) OR indoor (if using a stationary bike or treadmill). Do not use the start button!

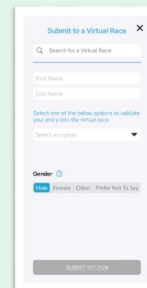
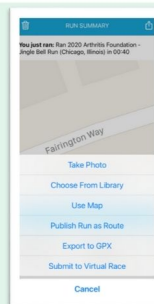
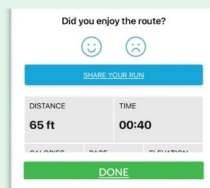


4. Complete your 5k!



5. Submit your 5k!

- Select "Share your run" then "submit to your virtual race" and select your race name. (Pick the same Jingle Bell Run race you selected for your route)
- Enter a few race submission details (name, gender, 1 of 3 validating questions).
- Click "submit my run"



Questions? Helpline : 800.283.7800

Make sure you complete your run between 12:00 PM EST on Saturday, December 12 and 12:00PM EST on Sunday, December 13



Thank you

Arthritis Foundation for hosting the Jingle Bell Run
and all the help you provide to the arthritis community,
many of whom are our customers.



elizur elves
will *virtually* be jingling with you



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VIRTUAL SWAG BAG

Please click below link to enjoy resources from our event sponsors

[2020 Swag Bag Pittsburgh.pdf \(donordrive.com\)](https://donordrive.com)



arthritis.org/JBR



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**2020
JINGLE BELL RUN**

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CyFIR

Thank you to the Arthritis Foundation for hosting the 2020 Jingle Bell Run as continued commitment to raise awareness and research.

www.cyfir.com

JINGLE BELL RUN

**Let's jingle all the way
to find a cure and
conquer arthritis
together.**



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By taking part in the **Live Yes! INSIGHTSSM** assessment, you'll be among those changing lives today and changing the future of arthritis, for yourself and for 54 million others. And all it takes is just 10 minutes.

By sharing your experience, you're showing decision-makers the realities of living with arthritis, paving the way for change. You're helping break down barriers to care, accelerate research and create resources that make a difference in people's lives, including your own.

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LiveYes.arthritis.org



Go to arthritis.org/INSIGHTS



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UPMC HEALTH PLAN



THE BONE & JOINT CENTER
MAGRE-WOMENS HOSPITAL OF UPMC





Thank you !

**2020 JBR Committee
Honorees & Volunteers**

For more information:

Deborah Hartman

412.218.1987

dhartman@arthritis.org



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[JBR.org/Pittsburgh](https://www.jbr.org/Pittsburgh)

2020 Virtual

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#JINGLEBELLRUN