

Get fit and festive this month!

So here it is, Merry Christmas... and this month's installation of the best running events in Madrid! As usual Madrid has come up trumps in terms of scheduling a great run almost every weekend.

Why not truly get in the festive spirit this month and sign up for the **Papá Noel race**, you will receive your very own Santa Claus costume (obvious bonus) and you have the opportunity to help Madrid break the record for the largest number of people dressed as Santa running at the same time. How can you resist? Alternatively, get yourself pumped and end the year with a bang at the **San Silvestre race** on New Year's Eve!



The support at these events is always so encouraging. This band cheered us on at the **4a Carrera Popular, Corre por el Niño.**

So here is what December in Madrid has in store for you:

1. **VIII Carrera Solidaria:**

Distance: 5 & 10 kilometres

When: Sunday, 7th December, 9:00 am

Where: Paseo de Castellana

[Website](#)

2. **4º Trofeo Club Iberia Virgen de Loreto:**

Distance: 10 kilometres

When: Monday, 8th December, 11:30 am

Where: Parque Juan Carlos I

3. **III Carrera Popular de Papá Noel El Corte Inglés 2014:**

Distance: 5.5 kilometres

When: Saturday, 13th December, 10:30 am

Where: Paseo de la Castellana Avenue Concha Espina corner,
metro: Santiago Bernabeo Stadium

Info: Sign up online for €12.60 to receive your **Santa Claus costume!** You have until **Tuesday 9th** to sign up. Collect your costume from participating El Corte Ingles department stores.

[Website](#)

4. **Carrera de la Solidaridad**

Distance: 5 & 10 kilometres

When: Saturday, 13th December, 10:00 am (10 k) 10:25 am (5 k)

Where: Casa de Campo

[Website](#)

5. XXXIV Trofeo Akiles:

Distance: 5 & 10 kilometres

When: Sunday, 14th December, 9:30 am (5 k) 10:00 am (10 k)

Where: Campo de Fútbol, metro: Lago Casa de Campo

[Website](#)

6. New Year's Eve – San Silvestre Vallecana 2014:

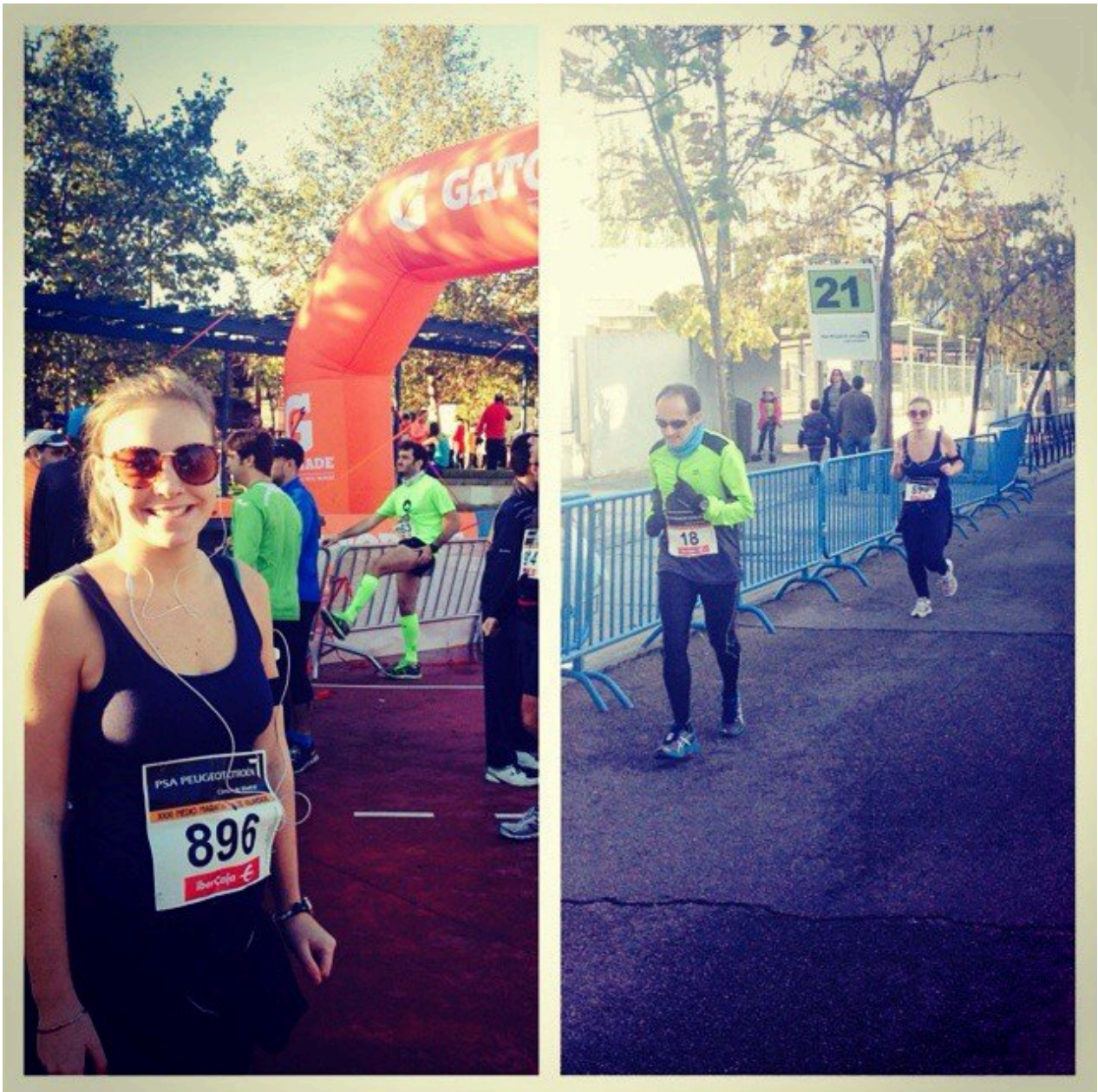
Distance: 10 kilometres

When: Wednesday, 31st December, 17:30 – 18:00 depending on which category you fall into.

Where: metro: Santiago Bernabeu

[Website](#)

Just a little update from my end – Last month I completed my first half marathon! All 21 kilometres in 2 hours and 8 minutes. Although by the end of it, to say I was running slower than snail's pace is an understatement.



Photography by **Lauren Haynes**, my personal cheerleader, at the half marathon.

If you are really into running and you want to stay up-to-date with the latest running events in Madrid and beyond, please check out my blog: www.goguiiri.com where you can also read my running diary.

Happy running everyone!

