



Dear Athlete,

As one of our registered participants for the 2008 [Donner Lake Triathlon](#), we'd like to remind you to submit your 2009 entry by March 31st. As indicated in the credit letter (that you should have received this past Fall), we have generously provided each and every registered participant from 2008 with a free entry to the 2009 event. If for some reason you did not receive a credit letter, or have misplaced yours, please email us at info@changeofpace.com and we will e-mail you a replacement.

To register, simply complete a 2009 entry form (Download Here: [Sprint](#) or [International](#)) and enclose a copy of your credit letter in an envelope. Our mailing address is on the entry form. All participants must complete a 2009 form (including the signed USAT waiver) in order to register for the 2009 event.

If you wish to "upgrade" from the sprint distance to the international distance, this is permitted; simply enclose a check for \$25.00 for the entry fee difference.

Remember, your credit is valid through March 31. Please be sure your envelope is postmarked by this date.

Sincerely,

Dave Miramontes
A Change of Pace

What's new for 2009?

Donner Lake Triathlon Teams With Tahoe Firm

For the 2009 Donner Lake Triathlon event, we have partnered with Kings Beach-based Seventh Wave Productions.

Seventh Wave Productions produces multi-sport events throughout California, Nevada and Oregon. Todd Jackson, President of Seventh Wave, launched the area's first adventure race, the Tahoe Big Blue, in 2002.

"Bringing Todd's expertise to an already reputable and successful competition will only make for a better event for participants as well as the Truckee community," said Dave Miramontes, President of A Change of Pace.



"We're thrilled to be a part of such an established and popular event," Jackson said. "We take great pride in the Truckee - Tahoe area so we're very fortunate whenever we can promote and produce events in our own backyard. The Donner Lake Triathlon isn't just a competition, it's a gathering for local and regional athletes, as well as the community."

Seventh Wave Productions is the owner and operator of the Big Blue Adventure Series and Adventure Sports Week and has produced many regional high-profile events.

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