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Sent: Wednesday, November 17, 2010 4:45 PM
To: jeannine@changeofpace.com
Subject: Davis Turkey Trot Participant Confirmation

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2010 Davis Turkey Trot Participant Confirmation E-Mail



2010 Davis Turkey Trot Participant Confirmation

Thank you for pre-registering for the 23rd Annual Davis Turkey Trot Run/Walk.

This email contains important information regarding Packet Pick Up, 5K/10K Timing Chip Pick Up, and general rules.



We encourage you to become a fan of our Davis Turkey Trot page on Facebook.

Race updates, last minute news, results, photos, general information etc. will be posted there. It is a very simple (and free!) way to stay connected. You can post on our page and ask questions as well.

Link below:

[Davis Turkey Trot page](#)

We also have pages for our [Foundation](#) (covering all our events) as well as the [Davis Stampede](#).

FLEET FEET
Sports
FLEET FEET 29% OFFER

We have teamed up with Fleet Feet Davis for an awesome offer for you for the upcoming 29th Annual Davis Stampede:

Register at Fleet Feet Davis on either Fri., 11/19 or Sat., 11/20 **and save 29%** on your 2011 Davis Stampede entry.

[Read more here.](#)

Packet Pick Up

All participants will need to pick up their official Race Packet in order to compete. This is especially important for 5K/10K participants.

Packets include your bib number, timing chip (5K/10K) and your t-shirt.

There are two opportunities to pick up packets:

- 1.) On Friday, November 20, from 11am-5pm on Civic Center Field.
- 2.) On Event Morning, (Sat., 11/20), at Civic Center Field. Registration opens at 6:30 a.m. Please arrive one (1) hour prior to your race start to allow sufficient time to pick up your packet, find parking, warm up, etc.

All registration on both days (including for the kid's run) will take place inside the big tent on the field.

Note: In an effort to help our planet stay green, we do not distribute plastic race ("goody") bags.

Important Race Times

Friday, November 19th:

11:00 a.m. - 5:00 p.m. - Race Packet Pick Up @ Civic Center Field (rain or shine)

Saturday, November 20th:

RACE DAY! Civic Center Field, 6th & B Streets

- 6:30 a.m. - 5K, 10K and 1 Mile Late Reg. / Packet Pick Up opens.
- 8:00 a.m. - 5K Baby Jogger/Stroller Run/Walk Starts (6th & C St)
- 8:20 a.m. - 5K Run/Walk Starts (6th & C Streets)
- 8:45 a.m. - 1 Mile Fitness Walk Starts (B Street by Civic Ctr. Pool)
- 9:00 a.m. - 10K Run/Walk Starts (6th & C Streets)
- 11:15 a.m. - Kid's Fun Runs Start (1 Mi. then 1/2 Mi., then 1/4 mi.) (On B St. near 6th St.)
- 11:45 a.m. - Toddler Trot 200 yd dash (On B St. near 6th St.)

The Davis Stampede will occur Sun., Feb. 6, 2011 and includes a 5K/10K/Half Marathon & 3 Kids Fun Runs.

No purchase necessary.

Not valid online or on previously submitted



entries.

RAIN?

In the event of rain on Saturday, the races will still take place as planned. Think of it as a free shower. :)

We are hoping that the storm continues to slow and that the clouds hold off until after the race is over!

A few tips to make a wet run/walk as comfortable as possible:

- consider a lightweight outer layer that repels water, such as a jacket.
- wear a moisture-wicking shirt to help keep you dry.
- wear technical socks (avoid cotton)
- choose moisture wicking shorts or tights that will allow your lower half to breathe
- moisture wicking (aka, "technical") apparel does not absorb water like cotton does.
- consider a running hat

If you need any last minute apparel, or further tips, the staff at Fleet Feet is very knowledgeable and can provide a great resource.

Great wet/cold weather running tips:

<http://running.about.com/od/coldweatherrunning/tp/rainyruntips.htm>

Chip Timing for 5K & 10K

Timing Chip Basics

Chip timing uses a small, lightweight RFID chip attached to your shoe to record the time you cross the start line, and again the finish line, to determine your net time for the race. Therefore, it is critical that you wear your chip on your shoe. Chips will be collected at the finish line. We are excited to be partnered with Capital Road Race Management this year and they will be handling our registration/finish line timing on event day. ***Please remember, chips need to be returned when you finish.***

Common Chip Questions:

Q: What happens if I forget to wear the chip?

A: No chip = No time. Don't forget to wear the chip, or you will not receive a time.

Q: What if I lose my chip?

A: Don't lose your chip. They cost money (\$20!). But if you do, go to problem registration to be assisted with reissue.

Q: What if I leave my chip at home?

A: Head to the Solutions table at registration on race day to be assigned a new chip. Please remember to mail CRRM back the misplaced chip.

Q: I am registered for the 10K and would like to switch to the 5K. What do I need to do?

A: *Please go to the Solutions table to get a new bib and new chip.*

Q: Where do I wear the bib number?

A: Bib numbers should be worn on the **front** of your body for quick athlete identification on the course by course officials and photographers.

The 1 Mile Fitness Walk and the Kid's Fun Runs are not timed; therefore participants do not need a timing chip. All participants will be issued a bib number. All Kid's Fun Run finishers will receive a ribbon at the Kid's Run Finish Line (located on the grass inside the kid's area).

Additional Race Information

Race Results: Race results will be posted on-site as available for the 5K and 10K. Awards will be available for pick up at our awards/volunteer tent, located near the finish line and registration. We do not have an official awards ceremony. Unclaimed awards will not be mailed, but will be available for pick up at Fleet Feet Sports - Davis starting Sunday, November 21. Results will be posted online at www.changeofpace.com on race day.

We have added age division awards for the 5K Baby Jogger race. Divisions are Male/Female 29 & Under, 30-39, 40-49, 50+.

Fluid Stations: There will be one fluid station on the 5K (mile 1.5) and three on the 10K (miles 2, 4 and 5.5). Along

with water, fluid replacement (Gatorade) will be available at all fluid stations.

Registered Participant List: For your convenience, we always post a list of registered participants for our events on our website, changeofpace.com.

Pets: Please do not bring dogs or other pets with you to the race. Dogs are not permitted on the 5K/10K course as a matter of safety for you and the other athletes.

Sweat Check: For your convenience, we have a sweat check booth along the First Base line of the baseball field adjacent to both registration and all start lines. We ask that you use this area rather than placing your apparel on the nearby neighbors' lawns.

Vintage T-shirts: We will have hundreds of vintage shirts from our other events available for purchase for as little as \$1 apiece at our Vintage Merchandise Tent. We also have a limited number of 2010 Extra Merchandise pieces, including technical shirts (\$12), long sleeve technical shirts (\$15) and long sleeve shirts (\$12) in both youth and adult sizes. Cash or check accepted.

Kid's Area: Our kids area will be set up on race day. Unfortunately, if it is raining, the bounce houses will be unable to be set up. :(

Course Maps: Course Maps, Parking & Directions, Kid's Area overview, etc. can all be found on our website, www.changeofpace.com. We encourage participants to take advantage of parking at the Davis High School lot and walking/jogging the 7 blocks down B Street to the race site. Parking at DHS is free (no time limit or meters).

Parking: Participants traveling to Davis from Sacramento should exit at Richards Blvd. Those coming from points west (Vacaville, etc) are advised to take Hwy. 113 North and then exit at Covell Blvd. Plentiful parking is available at Davis High School, 7 blocks from the race site.

First Aid: Should you need **basic** first aid during the event (ie. band-aid), we will have a first aid kit at volunteer check in. Any injuries, emergencies or other first aid needs can be met with the ambulance from American Medical Response, which will be at the back of finish line.

Event Beneficiary

The Davis Turkey Trot benefits the A Change of Pace Foundation, a 501(c)3 non-profit organization. Our Foundation organizes fun and safe events like the Davis Turkey Trot, Davis Stampede and California Kid's Triathlon. Through net proceeds raised at our events, we are able to provide full and partial scholarships to adults and youth who cannot afford to participate; we support both our own and other Yolo, Solano and Sacramento-County running/fitness programs; we support youth sports organizations and programs; and for 2011, we are planning a FREE running event (adults and kids) to further encourage exercise. Look for details on this in our December Newsletter.

We are very excited about the impact we are making in the community and are looking forward to spreading that reach for 2011. We thank you for your past, present and future support.

Event Sponsors



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