



## A Change Of Pace Foundation

### July 2011 Newsletter

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## california kids triathlon

sunday, august 7 ■ arroyo pool/park ■ davis, ca

### ■ 10th Anniversary Celebration

The **California Kids Triathlon** was first introduced ten years ago in Davis, CA. Since then, over 6,000 kids have crossed the finish line. Each year, the event provides the opportunity to kids challenge themselves with a sport that combines three activities into one. Nothing quite compares to the look of pure joy, sense of pride and accomplishment that is seen when a these young athletes cross the finish line.



The sport of Triathlon hasn't been around for that long and gained a great deal of popularity in the 1980's when Dave Scott, a Davis Native, won the prestigious Hawaii Ironman Competition not once, but 6 times. During the 1990's the sport propelled into the limelight and new athletes were intrigued by the challenge. Even 7 time Tour-de France winner, Lance Armstrong began his career as a triathlete before focusing on a more lucrative sport. The challenge of competing in a swim-bike-run triathlon has always been a lure for many and completing the three legs seems to provide self-fulfillment and accomplishment. For most, being able to label yourself a "triathlete" is a badge of honor. Remember, it only takes the completion of one triathlon to become a "Triathlete".

#### ■ Choose from Three Divisions

There are three divisions from which participants may choose: **Individual**, **Parent/Child** and our new **Teen Team** Division.

*The individual division* is the most traditional division; the child completes each of the three segments of the event by his or her self. *The Parent/Child division*, introduced in 2010, is a division that allows a great bonding experience between Parent and Child, and also a sense of security for the younger triathletes. We feel this lead-by-example opportunity is not only positive, but will be embedded in their minds for a long time. Parent and child complete the three segments of the event together.

Our newest division, *the TEEN TEAM Division*, was developed in an effort to increase participation from those in their teen years (11-17). We are aware that most teenagers are motivated by friends or in groups so it made perfect sense. Teams are comprised of four individuals and will have the opportunity to start together in the same heat. It is up to each member to complete the entire course and an overall combined score of the four times will determine the team score and place. Awards in this category are different than the rest of the race and include tickets to paintball and area waterslide parks.

#### ■ No Experience Necessary

The California Kids Triathlon was designed to be achievable for most kids. Distances are catered to each age division. The focus at this event is on completion. While there are awards given to top finishers, the majority of the focus is placed on the fact that each athlete came out and gave it a "tri". Finisher's Medals are distributed to everyone as they cross the finish line. Distances are outlined on our website [here](#).

#### ■ Video

If "a picture is worth a thousand words," then a video is worth a million. You can check out the video from our May kids triathlon by clicking the image to the right.

#### ■ How To Register

**So, can I still enter my child or teen in the event? Yes!**

Entry fees include a t-shirt and finisher's medal, and are \$40 for individuals or \$55 for Parent/Child teams. There are three easy ways to register:

- Online through Friday, Aug. 5 [[Link Here](#)]
- By Mail (postmarked by Tues., Aug. 2)
- In Person at Fleet Feet Davis (By Thurs., Aug. 4)



2011 Positive Energy Kids Triathlon

Late registration will be accepted at Packet Pick Up (Saturday, Aug. 6 at Arroyo Park from 2-6 PM) and on Race Morning. Entry fees increase to \$45 and \$60, respectively, on race weekend.

Read more about registration: [http://changeofpace.com/CKT\\_Registration.html](http://changeofpace.com/CKT_Registration.html)

#### ■ Volunteers

**There are many great reasons to volunteer at the California Kids Tri.** Maybe you are a student who needs community service hours. Perhaps you're an adult runner/walker and you're looking for a way to "give back" to the community and do your part to help out events (since most events are dependent upon hundreds of volunteers). Maybe you are looking for something to break up the same-o, same-o of your summer. Maybe you want a free t-shirt. Perhaps you just love to get out and do fun outdoor events! Whatever your reason, we hope you'll join us. Click this link to view shifts and timeframes available, or to sign up. We thank you in advance!! <https://acop.webconnex.com/CKT-Volunteer>

## oktobrewfest 5K

saturday, october 8 ■ sudwerk restaurant & brewery ■ davis, ca

### Returning to Sudwerk on Saturday night, October 8th

Tighten those dirndls, strap on the lederhosen and enjoy the ride. This event will quench your thirst and rock your socks off

#### Event Features:

- 6:00 PM Start Time for the 5K
- 5K Entry Includes Custom Pint Glass filled with the cold beverage of your choice
- New 5K Course; USATF certified route
- Finisher's Medal-Turned-Bottle-Opener\*
- Technical T-shirt Option with both Men's & Women's sizing
- Post Race Activities include live music, a costume contest, yodeling, Bratwurst eating contest and more ....
- Beer Garden-sample all of our great Sudwerk Beers in our newly expanded area
- Root Beer Kid's Fun Runs - Finisher's Medals - and Root Beer Floats
- 5K will have chip timing and festive Age Group Awards (5 year, three deep)
- 5K Field Limit is 1,400...Register Early...Party of the Year is going to be a sell-out!



Registration opens on Monday, August 1st.

**Website:** <http://changeofpace.com/oktobrewfest.html>

\* 5K Finishers aged 20 or younger as well as Kid's Run finishers will receive a different finisher's medal that does not have the bottle opener feature.

## tour de FIT stage five

monday, september 5 ■ davis labor day 5k/10k races ■ davis, ca

The 2011 Tour de FIT is heating up! With the first four stages complete, we have a lot of winners with their special Yellow Jerseys who are ready to compete at the Grande Finale, the Davis Turkey Trot, on November 19th.

The next stage is the **Davis Labor Day 5K/10K Races**. Held in Downtown Davis, this event organized by the Golden Valley Harriers is a great way to kick off your holiday, support youth cross country programs, and get in a great run. Did we mention that their \$25 entry fee (by 8/5) includes a tech t-shirt?

The Labor Day Races are part of the Tour de FIT and therefore, winners at this event in each of the categories will receive a free entry to Oktobrewfest. Read More about the Davis Labor Day Races, or register online [here](#).

## upcoming events

### ■ mark your calendars ■

Where our crew will be in the next four months:

- August 7 - California Kids Triathlon - Davis, CA
- September 5 - Davis Labor Day 5K/10K Race - Davis, CA
- September 9 - Palo Alto Weekly Moonlight Run - Palo Alto, CA
- September 18 - Barbara Schmidt Millar "Celebration of Life" Women's Triathlon - Nevada City, CA
- September 24 - Trix Run - Lodi, CA
- October 2 - Sonoma County YMCA Harvest Fair Run - Santa Rosa, CA
- October 8 - Oktobrewfest 5K - Davis, CA
- October 23 - Runnin' for Rhett 5K/10K - Sacramento, CA
- November 13 - Clarksburg Country Run - Clarksburg, CA
- November 19 - Davis Turkey Trot - Davis, CA
- November 24 - Walnut Creek Sports & Fitness Turkey Trot - Walnut Creek, CA



Join us on [Facebook](#) so we can keep you in the loop.  
Our updates include race info, training tips, registration reminders, results, photos & more.

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