

From: A Change of Pace Foundation [jeannine@changeofpace.ccsend.com] on behalf of A Change of Pace Foundation [info@changeofpace.com]
Sent: Friday, October 28, 2011 2:25 PM
To: jeannine@changeofpace.com
Subject: October News & Registration Cut-Offs Approaching

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Dear Cindy,

Halloween is coming up on Monday and the day is typically one that puts a scare in folks. The only scary thing we see coming up is increased entry fee cut-off dates. So, if you are planning on running in one of our upcoming dates, please check the dates and get your entry fee taken care of. We have some great events on the horizon.

Clarksburg Country Run



The town of Clarksburg rests on the edge of Sacramento, along the Sacramento River. It's just 20 minutes from Downtown Sac. This rural town comes alive each November with the annual Clarksburg Country Run.

One of NorCal's oldest races, the event is a classic warm-up for CIM. Distances offered are:

- Historic 20 Mile
- PAUSATF Half Marathon & Relay
- 10K
- 5K
- Kid's Fun Runs

Early Pre-Registration includes a long sleeve t-shirt - technical for the 20 Mile and Half; cotton for the 5K/10K. 20 Mile and Half finishers also receive a finisher's medal. There are age division prizes for all races except for the kids fun run.

REGISTRATION: The cut off is TODAY, October 28th! So get your entry in today. [Online Registration](#) and [Mailed registration](#) are available.

WEBSITE: <http://clarksburgcountryrun.com>



Davis Turkey Trot

A tradition for 24 years, the Davis Turkey Trot is a popular way to kick-off your Thanksgiving festivities.

Held the Saturday prior to Thanksgiving (November 19th this year), the event offers 5K and 10K distances plus four kid's fun runs. Our giant kids area is unrivaled and we also boast the USAs largest Baby Jogger 5K. That's right, a whole separate start time just for those doing the 5K with a stroller.

Age division prizes are awarded in five year increments, starting with 9& Under and continuing up to 75+. A sneak peek at the front of the award winner's medal is to the right. These are oversized medals and 3" tall. The field may prove to be quite competitive this year as the Davis Turkey Trot is also the Grande Finale of the TOUR DE FIT.



Registration: Choose from Standard entry (Short Sleeve Cotton T-shirt), or Upgraded entry with either a short or long sleeve technical shirt. This year's tech apparel will be navy blue.

WEBSITE: To register or for more info, visit http://changeofpace.com/davis_turkey_trot.html



Walnut Creek Turkey Trot

For our Bay Area friends, the Walnut Creek Sports & Fitness Turkey Trot is one Thanksgiving tradition that is ruffling a lot of feathers. Just three years ago, the event had just 400 people. Since then, the folks at Walnut Creek Sports & Fitness Club have teamed up with the Walnut Creek public schools and turned this into a 4,000 person event - and growing. All in the name of raising tens of thousands of dollars for Walnut Creek Schools.



Recently featured in Competitor Magazine as an Editor's Pick for a Thanksgiving Day race, the event takes place on Thanksgiving at Downtown Walnut Creek's Civic Park. The wide and flat courses take participants through downtown, and 10K runners and walkers travel along the Iron Horse Trail.

Early entry is available for just \$25.00 and includes a tshirt, commemorative bib, chip timing and eligibility for awards - which have been expanded this year due to growing attendance.

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Online Registration:

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30th Annual 2012 Davis Stampede

The Davis Stampede is a long-standing tradition in the greater Sacramento area as the annual kick-off to the running/walking season.

In four months, we're celebrating the big "Three-O" and we're doing it with style. Translation: We're going all out and offering lots of Schwag. . . not to mention the same great event you know and love.



2012 DAVIS STAMPEDE RACE PERKS:

- **Finisher's medals** for everybody
- **Customizable bib option:** You can put your name or cause right on your bib (Must pre-reg by 12/24)
- **Age Group Awards FIVE DEEP**
- **Post-race breakfast** (free for participants)
- **USATF Certified Course** for 5K, 10K, Half Marathon
- **Pace Group Leaders** for Half Marathon - 1:30 and up
- **Finisher's Certificates**
- **Walker-Friendly Half Marathon**
- Brand-new 5K Course
- Technical Shirt Option with both Men's and Women's sizing

STAMPEDE REGISTRATION INFO:

Early Pre-Registration offers the most bang for your buck.
Pre-register by November 30th to save a few dollars. Entry fees for 5K/10K are \$27 and the Half Marathon is \$47.

- [Register Online](#)
- [Download Printable Entry Form](#) and return by mail or to Fleet Feet - Davis.

Please Support our Davis

NOTE: The cut off for early pre-registration is Monday, October 31.

Go to <http://changeofpace.com/wctt.html> for more info or to register.



About Us

A Change of Pace Foundation is a 501(c)3 non-profit organization based in Davis, CA. Our Foundation focuses its efforts in three areas: one, to produce high quality, family oriented running/walking/triathlon events that benefit the community by encouraging exercise; two, to provide assistance to other events in the region in the form of event management, consulting or timing; and three, to use our proceeds to fund, expand and/or enhance youth fitness programs in elementary schools in Northern California.

Read more at www.changeofpace.com.



Turkey Trot Sponsors:



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