



1st Annual Runnin' for Rhett 5K/10K & Kids Race

Thank You for joining us and Runnin' for Rhett.



Dear Cindy,

Thank you so much for joining us yesterday for the 1st Annual Runnin' for Rhett Race in Downtown Sacramento.

Rhett would have been so excited to see all of you out there wearing baby blue shirts and running or walking. It would have brought a smile to his face for SURE.

The goal of the Runnin' for Rhett Foundation is to let Rhett's story inspire you to get out and exercise. He couldn't; and wanted to so badly. You did that for him yesterday when you were literally hitting the streets and running for Rhett.

Let's not stop with yesterday. Keep on moving. Being able to run or walk is truly a gift - and now that you've crossed the finish line of your race, there's no telling what you can do next. Keep that momentum going and embrace the motto, "Move Into Life."



Share Your Pictures

We would LOVE to see your pictures and/or videos, hear your story, your feedback, your race experience and your thoughts on yesterday's race.

Please feel free to SHARE them with us on our [Facebook wall](#)

You can view our page [here](#)

Our Pictures

View our album of candid photos from yesterday's event [here](#)



Runners head towards the Tower Bridge in Sunday's Race.



Your Race Results

Congratulations on completing yesterday's event. Your race results are listed below. You can view complete results online at: <http://changeofpace.com/runninforrhett-results.html>

Name: Cindy Aboukhadijeh
Division: 35:08.7 Bib #:
Net Time: 35:03.0 Gun Time: 11:20/M
Pace per mile: 697
Overall Place: 325
Gender Place:
Age Division Place: Age Division:



Jim & Kathy Clay of Sacramento at the 10K Finish Line.

So What's Next?

Coming up on the Runnin' for Rhett plate:

- **The Marathon training team** will be completing the California International Marathon on December 4th.
- **The R4R baby blue booth** will be out at the Clarksburg Country Run on November 13 and the Davis Turkey Trot on November 19th (Stop by if you are there!)
- **The Spring Half Marathon training** program will start in January. This program is ten weeks and takes you from where you are today to a half marathon (13.1 miles). We encourage a variety of fitness levels, from walkers to joggers to runners. Everyone's welcome to join our training "family."
- **The Annual R4R Season Kick-off and Balloon Launch** will take place in January
- **Spring Youth Fitness programs** will start in March and culminate with the Capital City Classic on April 22nd.

Read More at <http://runninforrhett.org>



Professional Photos

Professional sports photographers from brightroom.com were on-site yesterday to capture your image as you participated. Race photos will be posted on their website [here](#) in a few days.



It was a GREAT DAY!!



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