



Thank you for registering for the 2011 Capitol City Classic!

Dear Aidan,

Coming up on Sunday, April 17th, we look forward to including you in the inaugural Capitol City Classic. Following are a few reminders about picking up your bib number, t-shirt, when to arrive, etc. See you Sunday and we hope you enjoy the event!

Packet Pick Up Reminder...

Friday, April 15

4:00-7:00 PM at the Running Zone in Elk Grove.

The Running Zone, located at 8470 Elk Grove Blvd., is a sponsor of the Capitol City Classic. If you have any last minute apparel or shoe needs, their staff is very knowledgeable and ready to help you out. If you have a friend who still needs to register, we will also be accepting entries. It is the last opportunity to pre-register for \$30.



Saturday, April 16

Noon to 5:00 PM at Crocker Park

We will be hosting Packet Pick Up at Crocker Park, the event venue, on Saturday. Crocker Park is located in Downtown Sacramento near Capitol Mall and the Tower Bridge at 3rd and O Streets. Please note that there is metered parking adjacent to the park, and so come prepared with some quarters. (Parking is free on Sunday)

Important Times for Race Day

Sunday, April 17

6:45 AM - Late Registration and Bib Pick Up Opens
 8:00 AM - 5K and 10K Start
 9:30 AM - Girls on the Run 2 Mile Start
 10:00 AM - Kid's Runs Start (1 Mile, then 1/2 Mile, then 1/4 Mile)

When To Arrive/Parking

We suggest arriving 45 minutes to 1 hour prior to the start of the event. This will give you ample time to park, register/pick-up your packet (if you haven't done so already), warm-up and use the restrooms. Parking is available in the public lots surrounding the park, at the Downtown Plaza Mall or along the many side streets near Crocker Park. Out of courtesy for our friends at the Crocker Art Museum, we ask that all participants please avoid using the designated gallery parking spaces.

Results & Timing

Your race packet includes your bib number and t-shirt. Timing chips are adhered directly on to the back of your race bib. Please do not remove them. The chips are to remain on your bib and are disposable. There is nothing to put on your shoe and nothing to return when you finish. Race results will be posted on-site as well as at http://changeofpace.com/ccc_results.html after the event. Those winning an award in their age division may pick up prizes at the Volunteer Check In / Awards Pick Up booth.

Please be sure to wear your race bib on the front of your body. (Safety pins will be available at registration). This helps us identify you on the race course and ensure that you are being directed correctly. Different distances are issued different colored bibs. If you need to change race distances, please notify the registration staff and they will issue you a new bib number.

Course Maps

Course maps are posted on our website at: http://changeofpace.com/ccc_course.html. There will be one water station on the 2 Mile and 5K, and two on the 10K.

Official Photography

The staff from brightroom.com will be on-site to capture your image as you participate in the event. A few days after the race, you will be able to see thumbnails of your images here: <http://www2.brightroom.com/event.aspx?eid=79383&PWD=capitol%20city%20classic>.

Connect on Facebook

We have a Facebook page for both the A Change of Pace Foundation as well as specifically for this event. Stay in the loop on all our races by becoming a fan of our Foundation here: <http://facebook.com/changeofpacedavis>. Our page for the Capitol City Classic is here: <http://facebook.com/capitolcityclassic>. After the event, we welcome your pictures on our "wall" and hearing how the event went for you!

Youth Fitness Program

On race morning, you will see HUNDREDS of young athletes wearing baby blue shirts and running in the 5K. These are participants in the [Runnin' for Rhett](#) Youth Fitness Program. We are honored to have been a part of the program this year, assisting with curriculum, and to help make an impact in these students lives. Be sure to cheer them on as many of them are participating in their very first race!



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