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A Change Of Pace Foundation **DECEMBER NEWSLETTER**

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Thanks to all the athletes who joined us for our Holiday Training Run on December 4th. We were pleased to see many new faces (and lots of familiar ones) come out and enjoy two beautiful North Davis courses.

As we have finished up our season, we're already up to our elbows with planning for 2011. There's just a teaser below, but look for more information in our future newsletters.

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Featured Sponsor:



FIT House is a full-service fitness studio specializing in individual, small group and athletic team training.

Classes include:

- **Quick FIT**, a circuit-style workout that combines strength training, cardio and abs in an intense 30-minute workout.

-for women, consider the **MissFIT Bootcamp**. Thursdays at Arroyo Park from 8:45-9:45 am.

<http://fithousedavis.com>

FIT House proudly uses the MVP Band.

29th Annual Davis Stampede

Considered by many the kick-off to the New Year, the 29th Annual Davis Stampede will take place on Sunday, February 6th.

And for those of you left scratching your head trying to think of the perfect gift for someone who "doesn't want more stuff," "has everything" or is simply hard to shop for . . . why not give them a unique gift such as an entry to the Davis Stampede.

Our early entry fees are extend through December 31st. That includes a race t-shirt, chip timing and a finisher's medal for those in the Half Marathon. Our kid's runs finishers receive a t-shirt and finisher's ribbon.

Register today:

http://changeofpace.com/Davis_stampede.html



Connect on Facebook with the Davis Stampede [here](#).



Capitol City Classic

Coming to Downtown Sacramento on Sunday, April 3rd, we're excited to announce our new event. It will include 5K and 10K courses that showcase the state's Capitol, the Tower and I Street bridges and Old Sacramento. Of course, we'll also have kid's runs. You won't want to miss it!

Stay tuned for more information, unveiling of our course and registration opening on January 15th.

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