



# A Change Of Pace Foundation Event Registration Updates Sept. 2011

## Oktoberfest 5K *Saturday night, October 8*

Put a new twist on your Saturday night with this unique and fun event. Let us quench your thirst with great beer provided by Sudwerk Brewery. Surround yourself with friends, live music, entertainment, food and a great evening run.

Held in the evening (6pm race start) the event starts with the exercise and ends with the party. Food and drink will be plentiful and you may even find yourself participating in our yodeling contest.



NOTE: By making some great changes to the event (new course) in order to increase the field limit from 1200 to 1400, we are now at 75% capacity. We encourage you to reserve your spot sooner than later. Submit

your entry soon ([Link Here](#)) and we will see you at the starting line on October 8th.

NEXT REGISTRATION DEADLINE: Oct. 6 (race may sell out beforehand)



### OKTOBREFEST SAT. NIGHT, OCT 8 EVENT FEATURES:

- 5K @ 6PM
- Kids Root Beer Runs @ 5:15 PM
- Finisher's Medals
- Souvenir cup with the first fill on us
- Tech shirt option (men's & women's cuts)
- Post Race Food and Brew, Live Music, Age Group Medals, Contests, Games, Booths, and FUN.

## Runnin' for Rhett 5K/10K & Kids Runs *Sun., October 23*

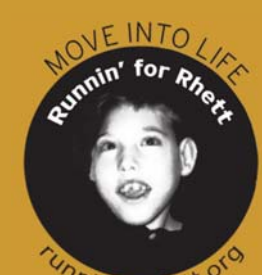
Embrace their motto "Move Into Life" and come run or walk one of [Downtown Sacramento's most scenic 5K or 10K courses](#). As you travel up and down Capitol Mall, through Old Sacramento and along the Sacramento River, every step will be that of pure enjoyment.

The Runnin' for Rhett Foundation encourages others to focus on appreciation of ones ability to run or walk, and pass that inspiration on to others to get out and move. Founded in Rhett Seevers' honor, the Foundation will use all proceeds to fund their after school fitness programs. FREE to the kids participating, they are sponsoring grants to allow 1,100 students to take part in the program this fall.



Great cause, beautiful story. Come enjoy the courses, live music and camaraderie. [Read more here.](#)

NEXT REGISTRATION DEADLINE: Sept. 30 ([register today](#) & save a few \$)



### EVENT FEATURES:

- 5K & 10K Run/Walk
- Kids Fun Runs
- Downtown Sac courses along Capitol Mall, Old Sac & along Sacramento River
- Tech shirt option
- Post Race Food, Live Music with "Road 88", Age Group Medals, Pumpkin Patch, Fire Truck & Police Cars for kids, Obstacle Course, Jump Houses & Booths.

## Clarksburg Country Runs *Sun., November 13*

There are so many great reasons to run Clarksburg.

Maybe you're training for CIM. This is the unofficial warm up event! Choose either the 20 mile or the Half Marathon.



Maybe you need a change of scenery. Clarksburg is a small country town with vineyards and fields aplenty. It's amazing that this town is nestled along the Sacramento River just 12 minutes from Sacramento.

With 5K, 10K, Half Marathon, Half Marathon Relay and a 20 Mile to choose from (plus a Kids 1 Mile), there's definitely a distance waiting for you at the 2011 Clarksburg Country Run.

Visit their [website](#) for more info or register today.

NEXT REGISTRATION DEADLINE: October 28



### EVENT FEATURES:

- PAUSATF Half Marathon Championship Race
- 5K, 10K, 20 Mile
- Half Marathon Relay
- Finisher's Medals for Half Mar. & 20 Mile
- Post-Race Hot Lunch
- Long Sleeve Shirts

## Davis Turkey Trot *Sat., November 19*

The Davis Turkey Trot is a pre-Thanksgiving tradition. Taking place the Saturday before Thanksgiving, the Turkey Trot offers 5K and 10K routes plus the regions only 5K Baby Jogger Race. For kids, we host four kids fun runs, from our Toddler Trot up to a One Mile.

Our 25th Anniversary is next year, so in preparation, we've redesigned the 5K and 10K routes. While we loved the old courses, and we know many of you did, too ... growth of the event sparked us to search for wider routes that allowed for less crowded running.

You'll love the new courses as you travel right down Russell Blvd, Oak Ave and Covell Blvd. We can't wait to see if they are "faster" and if the course records are broken.

We're also introducing a technical long sleeve t-shirt option.

Register today! Prices increase after October 15th.



### DAVIS TURKEY TROT:

- The USAs largest 5K Baby Jogger Race
- 5K and 10K courses (USATF certified)
- Short or Long Sleeve T-shirts
- A Davis Tradition
- Athletic Shoe Drive (bring unwanted athletic shoes to be recycled)
- New 2-Day Packet Pick Up

## Walnut Creek Turkey Trot *Thurs., November 24*

Thanksgiving is a great day to eat, and it's also a fantastic day to move your feet!

In the East Bay Area, the Walnut Creek Turkey Trot has grown to be one of the regions largest events, with 4,000 participants expected this year. Routes start on Broadway and travel through Downtown Walnut Creek and the Iron Horse Trail, before returning to the start/finish at Civic Park.



Join the Walnut Creek Sports & Fitness Club in helping raise funds for Walnut Creek schools. Last year's event raised \$25,000 - much needed help when education budgets are continuing to be cut.

Read more or register [here](#). Next Registration deadline: Oct. 31.



### EVENT FEATURES:

- Walnut Creek's Largest Race
- 5K and 10K courses
- New Tech Shirt option
- Thanksgiving Day
- Food Drive for the Contra Costa Solano Food Bank
- New, Chip Timing



## 30th Annual Davis Stampede *Sun., February 5, 2012*

Birthdays are so exciting, especially the big THREE-O!

As we plan our Thirtieth Anniversary of the Davis Stampede, we have decided to make this party the biggest and best Stampede yet, including:

- Finisher's medals for all distances
- Post-race breakfast
- Personalized race bibs
- Finisher's Certificates
- Awards FIVE deep in all age divisions.
- Pacers for the Half Marathon

Early pre-registration is open, and as usual, the earlier you register, the lower the fee. Early Pre-Reg is through November 30th.

Read more or register [here](#).

Next Registration Deadline: November 30.



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