



## May 2011 News

from A Change of Pace Foundation

Dear Aidan,

Spring! We've seen warmer temps with some cooler days mixed in, but one thing is definite - summer is just around the corner. With events like the end of the school year, graduations and staycations approaching, it's a great time to plan out your summer event calendar. Below we have highlighted a few great events we are working on to make Summer 2011 one you'll be blogging / tweeting / texting / status-updating about for sure.



Start of the 2010 Moo-nlight Run 5K



**POSITIVE ENERGY  
KIDS TRI**

**AGES 4-15 YEARS  
MAY 22ND IN DAVIS**

Coming up this Sunday, our annual Positive Energy Kid's Triathlon is a



**DAVIS MOO-NLIGHT  
RACES**

popular spring kid's triathlon.

One of the most commented-on features of this event is the achievable distances for each age division. Most kids can take part without any specific training regimen - and embrace our philosophy of "participating to have fun."

We have some really **cool finisher's medals** this year, unlike any you've ever seen in the past. We know you will love them!

You can still register for either our Individual Divisions or our Parent/Child Divisions.

### HOW CAN I REGISTER?

- [Register Online](#) (by 5pm Fri 5/20)
- [Register by Mail](#) (by 5/17)
- [Register at Fleet Feet Davis](#) (by 5/18)
- [Register At Packet Pick Up](#) (5/21) or [Race Day](#) (5/22)

[READ MORE](#)

## SUMMERFEST 5K, 10K & KIDS 1 MILE

**JUNE 26TH - SACRAMENTO**

Stage 3 of our year-long Tour de FIT is the Summerfest 5K/10K taking place in Sacramento on Sunday, June 26th. Run around one of Natomas' lakes and enjoy scenic, flat courses.

**Event features include:** Chip timing, technical t-shirt option, cool age division awards and a post-race expo.

**As Stage 3 of the Tour de FIT**, male/female winners of the four categories (Juniors, Seniors, Masters & Open) win the coveted Yellow Jersey plus a free entry to the next stage - our Moo-night Run on 7/16. All Stage winners are invited to race (on us) at the Davis Turkey Trot and compete for the title of Tour Winner.

### HOW TO REGISTER:

- [Register Online](#)
- [Register By Mail](#) (download form here)

### ENTRY FEES THRU JULY 1

5K/10K: \$25.00  
5K/10K YOUTH: \$20.00  
KIDS RUN: \$10.00

TECH SHIRT UPGRADE: \$5.00 (optional)

[READ MORE](#)

## 5K, 10K & HALF MARATHON

### KIDS 1 MILE FUN RUN SATURDAY NIGHT, JULY 16

Are you ready to bust a moo-ve under the Full Moon on July 16th?

**Held in the evening** (7pm start) the Davis Moo-night Races provide a unique opportunity to complete a 5K, 10K or Half Marathon on a summer evening.

**We have Heavyweight Finisher's medals** for the Half Marathon (with a Glow In the Dark twist) that will surely be one of the coolest finisher's medals you've ever earned.

**After the races**, we'll have drinks, food and music.

Sound like fun? Register today. Next price increase is July 2.

### HOW TO REGISTER:

- [Register At Fleet Feet - Davis](#)
- [Register Online](#)
- [Register by Mail](#)

[READ MORE](#)

# Volunteer Opportunities

**Next Available Opportunity: Positive Energy Kids Tri (5/22)**

**FREE ENTRY CREDITS: 25 remain (sign up today)**

### DID YOU KNOW

that you can earn ENTRY CREDITS by volunteering at many of our events? That's right, you can volunteer at this race and race at the next one for **free**. Volunteers earn \$10 of racing credit for each hour put forth. Vouchers are given at the end of the shift on race day.

### Date & Time:

Sunday, May 22. Timeframe is 7:00 - 11:00 am.

### Location:

Arroyo Park, West Davis.

### What:

Assist by being a course or transition area monitor. Through volunteerism, you help our Foundation continue our mission of promoting healthy activities in the community, and you gain a great deal of satisfaction knowing that you helped keep the kids safe, ensuring they had a good time at the event. Aside from race credits, you will



receive a free t-shirt and the thanks of 500 young athletes.

Please join us - sign up today.

- [Sign up online to volunteer](#)
- or simply [E-Mail Us](#).

#### OUR COMPLETE SUMMER CALENDAR:

May 21.....	Rock N Run 5K - Sacramento .....	<a href="#">View Website</a>
May 22 .....	Positive Energy Kids Tri - Davis .....	<a href="#">View Website</a>
June 4 .....	SPCA Doggy Dash - Sacramento .....	<a href="#">View Website</a>
June 5 .....	Silicon Valley Kids Tri (Sold Out) - Cupertino .....	<a href="#">View Website</a>
June 26.....	Summerfest 5K/10K & Kid's 1 Mile - Sacramento.....	<a href="#">View Website</a>
July 4.....	Folsom Firecracker 5K/10K - Folsom .....	<a href="#">View Website</a>
July 16 .....	Davis Moo-nlight Half Marathon/10K/5K & Kids Run .....	<a href="#">View Website</a>
August 7 .....	California Kids Triathlon - Woodland .....	<a href="#">View Website</a>
Sept. 5 .....	Davis Labor Day 5K/10K & Kids 1K - Davis .....	<a href="#">View Website</a>

Our mission is to "encourage, educate and motivate kids to inspire life-long habits towards a healthy lifestyle."

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