



Welcome Spring!

As Spring is officially here, it's perhaps one of the best times of the year to hit the streets and enjoy some of the finest events our region has to offer.

Just around the corner, we are thrilled to host the **Capitol City Classic** on April 17 and simultaneously launch the 2011 **TOUR de FIT**.

All modesty aside, the 10K at the Capitol City Classic is AWESOME. Even we've outdone ourselves this time. [Check out the course map here.](#)

Capitol City Classic

Technical t-shirts, disposable chip timing, running through Old Sac, Downtown Sac, West Sac *and* across the Sacramento River twice...all in one event.

Introducing the Inaugural [Capitol City Classic](#). Featuring brand-new, never-run 5K and 10K courses, a 2 Mile Fitness Run/Walk and four Kid's Fun Runs.



Held on Sunday, April 17th at Crocker Park in Downtown Sacramento, this new event is already attracting a lot of attention.



It's also playing host to Stage 1 of the 2011 **Tour de FIT** - a year long lineup of running and fitness events in Northern California. Winners receive the coveted yellow jersey and free entry to the next race in the tour.

Don't be left sitting on the couch.

Register for the Capitol City Classic today:

- [Link to Online Registration](#)
- [Download Entry Form](#)

Paper registration forms accepted via US Mail, at the Running Zone in Elk Grove and at Fleet Feet -Davis.

See for yourself why this course is easily Sacramento's most scenic route.

Bridging the Gap

The Capitol City Classic doesn't just run across two of Sacramento's iconic bridges - it is also helping to bridge the gap between Childhood Obesity and Exercise.

Through a partnership with Sacramento non-profit [Runnin' for Rhett](#), together we are teaching 750 kids that exercising is not only good for you, but it's FUN! After completing a no-cost 4 week fitness program, they will be competing in the Capitol City Classic 5K using [Rhett's story](#) as an inspiration.



Positive Energy Kids Triathlon

The Positive Energy Kids Triathlon is a confidence-building, exercise-promoting, fun-filled event that kids will walk away from going "when's the next one?"

Designed for kids of any athletic ability, the triathlon is held in a swim-bike-run format, with distances catered to the various age divisions.

Any child, ages 4-15 years, is encourage to "give it a tri" - and should know that no previous triathlon experience is necessary!



We also offer a unique twist on what is traditionally an individual feat: our Parent/Child Division. Available for ages 4-10 years, this option allows a parent to participate alongside their child in the race. This fosters a sense of comfort, especially for our youngest

athletes. It also promotes a healthy, fun parent-child bonding experience.

The Positive Energy Kids Triathlon will be held on Sunday, May 22 at Arroyo Park in Davis.

Registration is now open:

- [Link to Online Registration](#) | [Download Entry Form](#)

All entries received by APRIL 1st (TODAY) are only \$25.00 per person!

This includes a t-shirt and new this year, a custom finisher's dog tag necklace.

Staying FIT this Spring

Our staff will be assisting with the following events this Spring. We encourage you to check them out:

Sun., April 17: [Capitol City Classic](#) 5K/10K, 2 Mile and Kid's Runs - Sacramento
 Thu., April 28: [Sac State 5K](#) - Sacramento
 Sat., April 30: [Loop the Lagoon](#) 5K/10K, Tower Challenge & Kid's Runs - Vacaville
 Sun., May 1: [Mission City](#) 5K/10K - Santa Clara*
 Sat., May 7: [Marin Human Race](#) 5K - San Rafael
 Sun., May 8: [Beat Sarcoma](#) 5K/10K - San Francisco
 Sat., May 21: [Rock 'n Run](#) 5K/3K - Sacramento
 Sun., May 22: [Positive Energy Kids Triathlon](#) - Davis
 Sat., June 4: [Doggie Dash 5K](#) - Sacramento
 Sun., June 5: [Silicon Valley Kids Triathlon](#) - Cupertino

*Race entry to the Mission City 5K/10K includes a race through the Great America Theme Park and entry to the park for the day.

In This Issue

Capitol City Classic
 Positive Energy Kids Tri
 Stay FIT this Spring

Quick Links

[Capitol City Classic](#)
[Positive Energy Kids Tri](#)
[Tour de FIT](#)
[Running/Walking Calendar](#)

NorCal TOUR de FIT



Introducing the 2011 NorCal TOUR de FIT

WHAT: An 8-Stage Tour of Fitness Events in Northern CA

WHY:

- To Promote Fitness
- Encourage Participation
- Recognize Top Athletes

HOW:

Winners at each stage receive the coveted **Yellow Jersey** and free entry to the next event on the Tour.

All Yellow Jersey Winners are invited to win the Champion's Jersey and Trophy at the Davis Turkey Trot on Nov. 19th.

Those who don't win a stage are still eligible to win the Champion's Jersey if they have accrued 30 points prior to Turkey Trot. ([See website for details](#)).

VERY EASY:

No special registration is required for each Stage. Simply register for the race!

MORE INFO:

[View Tour Schedule](#) or [read more](#)

Mission City 5K/10K



Run through the Great America Theme Park at the **2011 Mission City 5K/10K**

On May 1, join us for the Mission City 5K/10K at Santa Clara's Great America. Courses will take you through the theme park and along adjacent bike trails. All finishers will receive disposable chip timing, a race t-shirt and finisher's medal.

Best of all, your entry includes free admission to the park following the event.

More info/To Register:

<http://changeofpace.com/missioncity.html>

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