



Perfect Weather, Perfect Event

The weather is perfect - not too hot, not too cold. Finally, January is over and summer is here. Whether you're getting ready for swimsuit season, training for an upcoming race or looking for a little "me" time during a staycation, we have some great events coming up in the next eight weeks.

Whatever your reason, we hope you'll join us at our newest event, Summerfest, held in the Natomas region. Just minutes from both I-5 and I-80, and close to outlying communities like Woodland and Davis, Summerfest will feature brand-new 5K and 10K courses never seen at a race before. Let's come together and help build a race in the Natomas community. Join us, Fleet Feet - Sacramento, California Family Fitness and Runnin' for Rhett as we kick summer off right. Proceeds are used jointly by ACOP and Runnin' for Rhett to fund free after-school fitness programs this fall for kids. See you on June 26th!



[Register Online](#) | [Registration Info & Paper Form](#) | [Website](#) | [Course Maps](#)

2011 Tour de FIT



The Tour de FIT is approaching stages 3 and 4 and gaining a lot of momentum as we reach the halfway point in the year. Remaining stages are:

- Stage 3 - Summerfest - June 26
- Stage 4 - Moo-nlight Run - July 16
- Stage 5 - Davis Labor Day Race - September 5th
- Stage 6 - Oktobrewfest - October 8
- Stage 7 - Runnin' for Rhett Race - October 23
- Stage 8 and Finale - Davis Turkey Trot - November 19

The fastest male and female in both the 5K and 10K in each of the four categories - Open, Juniors (19 & U), Masters (40-59) and Seniors (60+) win the coveted Yellow Jersey and free entry to the next race in the Tour to defend their title. All Yellow Jersey winners - plus those who have accumulated points - can compete (for free) at the Final Event (Davis Turkey Trot) for the Champion's Jersey and free entry to the 2012 Tour.

FREE Glow in the Dark technical training t-shirt offer:

How do I get it?

It's simple. The shirt (pictured to right, available in Youth Large to Adult XXL) can be yours if you follow the below simple steps:

- (a) Register for the [Davis Moo-nlight Race](#) (any distance)
- (b) Register for the [Summerfest](#) race and enter code "Moonlight" in the coupon code box (or write it on the form if you register by mail or in person at California Family Fitness-Natomas)
- (c) Do it soon! Limited to the first 400. Deadline 6/25.
- (d) Pick up your cool training shirt at the Summerfest race on Sun., June 26

If you are already registered for both and didn't enter the code, send us an e-mail at info@changeofpace.com and we'll be happy to add your name.

Davis Moo-nlight Races Training Shirt:



Upcoming Events

SUMMERFEST 5K/10K & Kid's Runs



Sacramento - Sunday, June 26
<http://www.changeofpace.com/summerfest.html>

DAVIS MOO-NLIGHT RACE Half Marathon/10K/5K & Kid's 1 Mile



Davis - Saturday night, July 16
<http://www.changeofpace.com/summerfest.html>

CALIFORNIA KIDS TRIATHLON Returning to Davis for the 10th Anniversary on August 7th



Davis - Ages 4-17 Years
Sunday, August 7
http://changeofpace.com/california_kids_triathlon.html

TOUR DE FIT Guess who just joined! The Davis Labor Day Race



GVH Labor Day Race
Stage 5 of the 2011 Tour de FIT
Monday, September 5
[Race Website](#) | [Tour Website](#)

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