



LUCKY 7 RUN-WALK

LEAP INTO SPRING!

7 mile
7 km
2 km
kids runs
march 5, 2011



The rain dance worked....

On Monday, our staff gathered on the grass outside our office and did our traditional "no-rain dance" ... and it looks like our requests to Mother Nature were heard. The forecast for Saturday looks **perfect** for our LUCKY run - precipitation won't hit the valley until Saturday night or Sunday. PHEW!

So, for all those who were watching the weather before registering, your next question is..... **Can I still Pre-Register?**

Yes! You can [register online](#) today (Friday) through 7pm, or through 7pm at Fleet Feet - Davis.

We'll also have Late Registration available on Friday during Packet Pick Up (Noon-5pm) or on Race Day (Saturday, 6:45-8:00 am) at Davis High School.

FIVE TIPS FOR A GREAT RUN / WALK THIS WEEKEND:

1. Pre-Register for the Lucky 7 Run.

- [Online registration](#) goes through 7pm today (or register at Fleet Feet - Davis by 7pm).
- Pre-registration is just \$31 and guarantees you a t-shirt. TECHNICAL tshirts for 7K and 7 Mile; forest green cotton shirts for 2K & Kid's runs.
- Entries accepted @ Packet Pick up and race day, but shirts/sizes are while supplies last.

2. Talk a Friend into Running the Race with You.

Chances are that neither of you have run either a 7K or 7 Mile race before. When you set your PR in this distance, you'll want a buddy there to share in your excitement!

3. Don't dress for rain...

. . . . yet another reason why this is called the LUCKY RUN.

4. Arrive at Davis High School around 7am on Saturday.

Need to pick up your awesome forest green technical t-shirt on race day? Just look for the leprechauns (ok, costumed volunteers) at registration and they'd be happy to help you.

5. Start the 7K / 7Mile at 8:07 AM - and Have Fun!

Three water stations will be on the 7 Mile, and two on the 7K (4.34 miles).

What Do Your Races Benefit?

A Change of Pace Foundation is a 501c3 non-profit organization. We are often asked "So, where do the proceeds from your races go?"

Our proceeds are used two ways. The main focus is funding our after-school exercise programs. Whether we are assisting an existing program by keeping kids excited and motivated to exercise, or implementing a new program at a school, funds are used to directly benefit kids in Yolo and Sacramento counties. This spring we are thrilled to be working with approximately 750 students as they participate in our program and complete their first 5K at our Capitol City Classic on April 17. All of this is provided to the schools free of charge.

Why is this important? After-school fitness programs are vital to our children's health. Many classrooms today do not have regular physical education programs, whether due to budget cuts or time allotted to meeting state requirements for english, math and science. Exercise not only leads to healthy bodies, but is important for healthy minds, too.

Proceeds are also used to fund scholarships for youth to our events. We recognize that financially disadvantaged families may not be able to afford entry fees and we want to ensure that all interested children are able to reap the benefits of participating in fun, health-oriented events like ours.

Does your child's school not place enough emphasis on physical fitness? Does your school currently have an after school running or fitness program? If not, we may be able to help. Our free programs are designed to encourage, motivate and educate kids on the importance of fitness. While providing a fun, simple and unique way to exercise, the curriculum can be used by itself or incorporated into an existing program.

Let us know by emailing us at davem@changeofpace.com.

Important Race Times

Friday, March 4

12:00 Noon - 5:00 PM

Race Packet Pick Up & Late Registration

Held at Fleet Feet - Davis

615 Second Street

Saturday, March 5

6:45 AM - Race Registration / Bib # Pick Up Opens

8:00 AM - 2K Start

8:07 AM - 7K & 7M Start

10:00 AM - Kid's Runs Start



Useful Links:

- [Lucky Run Pages on our website](#)
- [Course Maps](#) (including printable version)
- [Registered Participant List](#)
- [Online Registration Link](#)
- [Download Paper Entry Form](#)

Unable to run or walk in the event but want to be involved? Volunteer! Volunteers are needed from 7:00 am to 10:30 am. (Some positions end earlier). Contact Kathy at katbunfill@gmail.com to sign up or for more info.

[Forward email](#)



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