



2011 Davis Moonlight Races

5K • 10K • Half Marathon • Kid's 1 mile

EVENT NEWSLETTER

Dear Athlete,

Thank you for signing up for this year's Davis Moo-nlight Races. We are excited to produce this year's race and bring you a very unique event. Whether you have registered for the Half Marathon, 10K, 5K or Kid's Fun Run, we are working hard to make this a very moo-ving experience for you.

With just six weeks until the big day, those of you following a training plan are well underway in preparations for your race. As the weather changes and warms up (and we do think the rain will subside sometime soon!) your body will need to adjust to running in warmer temperatures. We have a few tips for training below, answers to frequently asked questions we've received via e-mail and facebook, and lastly a special offer just for our Moo-nlight entrants.



DAVIS
MOONLIGHT RUN
HALF MARATHON
5K & 10K

JULY 16

Official Training Event

As you prepare for the Moo-nlight Race, allow us to present a brand-new challenge.

While there are many local events to choose from, we know that it is always fun to try out a new things: experience a new course, travel to a new venue and sport a new logo. So when A Change of Pace looks to add another event, we have several goals in mind, therefore, our marketing team is very careful in their research, planning and marketing. Quite often these new routes become instant favorites and the message of living and maintaining a healthy and active lifestyle begins to spread among that the region.



On **Sunday, June 26**, we will be hosting our brand-new **Summerfest** event in the North Natomas area of Sacramento. We are offering both a 5K and 10K distance that will travel along some very cool paths and peaceful and tree-lined neighborhoods. The start/finish line will take place at Inderkum High School where parking is more than plentiful and the setting is relaxing. While signing up for a new event can be a viewed as a gamble, we can assure you that our A Change of Pace stamp will be clearly visible.

This event has the support of Fleet Feet - Sacramento, Mizuno, California Family Fitness in Natomas and the Institute of Restorative Health. We'll have a great post-event food spread, vendors and activities for kids.

Join us along with several groups including the **Runnin' for Rhett** team (one of our beneficiaries) as we help build Natomas into a thriving running market. And for those fitness buffs, be sure to register at the California Family Fitness-Natomas site for a Free 7 Day pass. This is one of their 'Super Clubs' with a variety of amenities including an indoor swimming pool, 2 outdoor pools, children's water park, rock climbing wall, racquetball, basketball, a huge children's activity center, 100's of group exercise classes, and so much more.

Best of all, as a Moo-nlight Run entrant, you can earn our Glow-In-The-Dark Technical Moo-nlight Run Training shirt (see below) simply for signing up.

Glow in the Dark "Moonlight Training" T-shirts

As an added perk and to encourage our Moo-nlighters to join us for Summerfest, we are offering a FREE 'Training for the Moo-nlight Race' technical t-shirt to any runner or walker who participates in Summerfest and is also registered for the Moo-nlight Race on or before 6/26. This one-of-a-kind shirt will be available in sizes Small-XXL and feature Glow In The Dark screenprinting.

At a \$15 value, we think this technical shirt offer will be very popular. After all, this will be the only way to get the coveted Glow in the Dark Training shirt. In order to plan accordingly, we are limiting this offer to the first 400 entrants to register for the Summerfest race and enter the code "Moonlight" in the coupon code box. The cut off is Friday, June 24th at 5:00 PM. If you're already registered for Summerfest - no worries, shoot us an email and we'll add you to the Training T-shirt list.

Training shirts will be distributed at the Summerfest event. To register today for Summerfest, [link here](#).

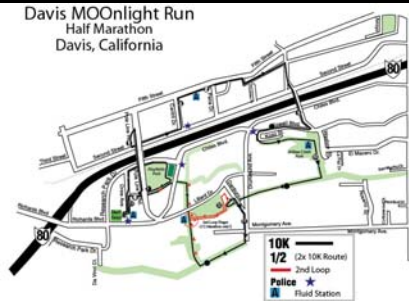


Frequently Asked Questions: Moo-nlight Race

We want you to have the very best experience possible come July 16th, and one way to ensure that is to ask us any questions that you may have about the event. Below we have outlined some of the most common questions we have received and their answers.

Q: COURSE MAP? When can we see it ?

A: This is, of course, the most burning question. We usually like to wait to post the final course map (when it is a new course) after the City approves it. In the case of this event, they will be reviewing it the final time on June 9th. In the meantime, however, we are pleased to provide you with this sneak peek of the 10K and Half Routes (click image to right or [HERE](#).)



Q: How many fluid stations will there be on the course?

A: There will be water and Gatorade as follows:
5K: Mile 1.5
10K: Miles 2, 3.5 and 5.25
Half: Miles 2, 3.5, 5.25, 6.2, 8.25, 10, 12

Q: Since some Half Marathoners will be running at night, is the course well lit?

A: Most of the course is on city bike paths, which are very well lit. We have carefully selected this route with considerations to existing lighting. Also, it is supposed to be a full moon on July 16th!

Q: Are headlamps or flashlights recommended?

A: The race start is 7pm. The sunset in mid-July, according to historical data, is 8:30 PM with dusk being complete by 8:50 PM. With that in mind, we are recommending that Half Marathoners who anticipate finishing 1:30 or 1:50 and later, take precautions for running/walking in the dark. These may include runners' headlamps, hand-held flashlights, blinkers attached to clothing and reflective clothing. You can find a great selection at your local Fleet Feet.

Q: I read that there will be Glow In The Dark Medals for the Half Marathon. It sounds cool, but i was wondering if these are still metal medals? Or is some sort of cheap plastic thing?

A: The medals are going to be really cool, and yes, they will be metal. The glowing part will be the moon and the remainder of the logo will be color enamel. There's a picture posted on our facebook page as well as on the Race Info page of our website.

Tips for Summer Running

Many of you have asked for some tips to prepare for running in the summer heat. While we can't predict if July 16th will be in the 80s, 90s or 100s come 7pm when the race starts, it will be prudent for you to prepare your body so that ultimately you are ready to run or walk in any temperature.

ADJUSTING TO THE HEAT

Your body needs about two weeks to adjust to exercising in warmer temperatures. Therefore, you should try to acclimate yourself to exercising in comparable weather by July 1st. Start slow the first few workouts and let your body adjust.

WORK WITH THE HEAT

Run by your effort level rather than your typical pace until you acclimate. If you are running, add power walk breaks every 4 to 8 minutes to cool yourself during your runs. It is all about managing your body core temperature and not allowing it to rise too much, risking overheating and really slowing down. Like a car, if the temperature rises too high you will overheat.

HYDRATE, HYDRATE, HYDRATE

Workouts that are about 45 minutes or less can be hydrated with simply water. If you run/walk for periods that are longer, your body needs electrolyte replacement every 15-20 minutes to fuel your muscles and aid in maintaining electrolyte levels.

HATS

Some may advocate wearing a hat for protection of your face and head from the sun. Others contend that wearing a hat is ill-advised because you lose most of your body heat through the top of your head. Covering the head will cause a quicker internal buildup of heat. Our advice: don't wait until race night to find out what works for you. Try both and see how you feel. Ultra light runner's hats can be purchased at Fleet Feet.

MOISTURE WICKING CLOTHING

Most runners and walkers will agree that wearing moisture-wicking clothing will allow your body to perspire and stay cool best. Moisture wicking clothing tends to be comprised of 50 to 100% polyester fibers that allow the fabric to "breathe." This is important for not just your shirt and shorts, but your socks as well.

FOUR TIPS FOR RUNNING / WALKING AT NIGHT

- 1) Be visible. There are a wide variety of reflective vests, hats, headlamps and blinkies you can use.
- 2) Wear light colors. White, yellow and orange are great choices for your shirt/singlet.
- 3) Ditch your music. When one of your senses is lowered (sight) your body compromises by heightening your others. Your ears take center stage for keeping you safe and listening for traffic, passing cyclists and runners, walkers, volunteers, etc. If you're not used to exercising without your ipod, practice before the big day.
- 4) Run with a buddy and carry a cell phone. As you train for the Moo-nlight race, and you exercise at night, take a friend with you and carry a cell phone.

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