

**From:** A Change of Pace Foundation [jeannine@changeofpace.ccsend.com] on behalf of A Change of Pace Foundation [info@changeofpace.com]  
**Sent:** Sunday, January 09, 2011 7:05 PM  
**To:** jeannine@changeofpace.com  
**Subject:** Volunteers Needed for the Davis Stampede

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You're receiving this email because you were kind enough to volunteer at either our Turkey Trot or Davis Stampede, and we're hoping that you and/or your group will join us again this year.

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# 2011 Davis Stampede

Coming to Central Park on Sunday, February 6th

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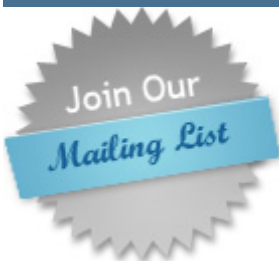
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Thank you for Your Support

## Dear Jeannine,

First and foremost, Happy New Year!

The holidays are past and a new year is in full swing. We hope yours is off to a great start.

In just one month on **Sunday, February 6th**, we'll be hosting the 29th Annual Davis Stampede. This event starts and finishes at Central Park and has about 3,000 runners and walkers participate in the 5K, 10K and Half Marathon distances.

You were kind enough to volunteer at last year's Davis Stampede and/or Davis Turkey Trot, and we hope that you will consider joining us again this year. There are a variety of volunteer positions available as outlined below. You can sign up, either as an individual or a group, by e-mailing me at [jeannine@changeofpace.com](mailto:jeannine@changeofpace.com).

As always, **all volunteers will receive a FREE t-shirt** at the volunteer check in booth on race morning.

I hope to see you there on February 6th!

All the best,

Jeannine Henderson  
A Change of Pace Foundation



Volunteers make our events possible! It is a great way to "give back" to your community. Students looking to earn community service hours for school are always welcome to join us.

### Event Beneficiary

The Davis Stampede is produced by the A Change of Pace Foundation. Our mission is to "encourage, educate and motivate kids to inspire life-long habits towards a healthy lifestyle." Funds raised via our events help fund after-school fitness programs, working to keep kids fit and healthy. With so much attention on the rising rates of childhood obesity and Type II Diabetes, it is wonderful to be able to make a difference in our community.

## Course Water Stations

One of the most popular volunteer options is to hand out water and Gatorade at one of the six water stations we have on the course. This is a particularly great option for small to medium sized groups. Depending on the location, each station needs anywhere from 10 to 20 volunteers. The timeframes depend on location, and range from as early as 7:30 am (arrival). Most stations are complete within two hours.



## Registration & T-shirts

As athletes arrive in the morning, their first destination is to head over to registration. Here, they can check in (if pre-registered) or sign up. T-shirts and bibs are distributed here. Timeframe: 6:00 - 8:30 a.m. Total needed: 35.



## Refreshments & Expo

The post-race area is a popular choice, since friends can work in groups preparing fruit and bagels for the athletes, selling vintage t-shirts, helping with kid's crafts, organizing the Gear/Sweat Check, or distributing promotional products. Timeframe: 7:00 am - Noon. Total Needed: 25



## Course Monitors

Course monitors are placed along the course to ensure the athletes go the right way. It places you right in the heart of the action and it's a great opportunity to cheer on the athletes. Timeframe: 7:15 am - Noon, although most are complete by 10am or 11am. Total Needed: 50

## Finish Line

Volunteers at the finish line assist by handing out water, finisher's medals to those in the Half Marathon, and with finish line timing. Timeframe: 7:15 am -



Noon. Total Needed: 18

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