



LUCKY 7 RUN-WALK

LEAP INTO SPRING!

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



We're Going Green!

While the phrase, "Going Green" can be interpreted in so many ways; we at A Change of Pace are making an attempt to go green for our Lucky 7 Run in all the right areas.

7 ways we are turning green are as follows:

1. By providing ALL ATHLETES with cool looking green shirts (technical shirts for those running the 7 mile and 7K)
2. Designing a route that will remain primarily on Davis' beautiful greenbelts
3. Providing biodegradable cups at the finish
4. Mixing a special blend of green fluid replacement at our aid stations
5. Offering green colored refreshments at the end of the run
6. Dressing our volunteers in green leprechaun suits (Just Kidding)
7. Most importantly, OUR STAFF HAS BEEN COMPLETELY **GREEN** WITH ENVY due to the fact we will be working the event rather than running it with all of you.

So, if you are ready to register for a unique event and distance, we will still have several options available- flyers, [downloadable entry forms](#), [online registration](#), in-store registration (at [Fleet Feet-Davis](#)) and on race morning.

Register today. Pre-registration is available through 5:00 PM Thursday either [ONLINE](#) or at [FLEET FEET DAVIS](#).

Race Day is Saturday, March 5th.

For more info, visit our website <http://changeofpace.com/luckyrun.html>.

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