



Dear Alfred,

We hope your New Year is off to a great start! As you begin to make plans for the year, we hope you will consider our events. We have several new events on our calendar, many new features and exciting changes such as Tech T's and Disposable Chip Timing....Please Read on:

Davis Stampede

The unofficial kick-off to the running & walking season is the Davis Stampede Half Marathon, 10K and 5K (plus kid's runs).

Our flyer suggests that this is **Nacho Day** to sleep in. By getting one's morning off to a great healthy start, the afternoon can be left for a bit of indulgence, good food, good friends and hopefully, a competitive football match-up.



Held on Superbowl Sunday, February 6th, the Davis Stampede is a great venue to start your 2011 running/walking season. Remember, if you want to upgrade to a technical t-shirt, be sure to enter by January 26th. (that's next Wednesday).

[Read More](#)
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The Lucky Run

Saturday, March 5

March plays host to both the Official Start of Spring as well as the celebration of St. Patrick's Day. So come on out to the Lucky Run and **LEAP INTO SPRING!**



This new event calls for a change of pace with some unique features and distances. The Lucky Run will include 7 mile and 7K (4.34 mile) courses, plus a 2K (1.25 mile) untimed run/walk and kid's fun runs.

And as the name "LUCKY" states, every entrant in the 7 Mile and 7K will receive a **GREEN TECHNICAL T-SHIRT**, available in sizes Youth Medium up through Adult 2XL.

[Read More or Register Today!](#)
"Early" entry available through Feb. 6

Capitol City Classic

Sunday, April 17

There are a lot of fantastic events in Sacramento County, but there are very few that are in Downtown Sacramento. As we contemplated this, the Capitol City Classic evolved - a 5K and 10K event that highlights all the wonderful aspects of Downtown Sacramento. The 10K at this event will be particularly scenic and include views of the State Capitol Building, running on the trail on both the East and West side of the Sacramento River, a stretch through Old Sacramento, crossing the I Street Bridge and the Tower Bridge.



And as with our Lucky 7 Run, every entrant in the 5K and 10K will receive a technical t-shirt - at no extra charge.

The Capitol City Classic will also play host to hundreds of elementary school kids who will be participating in the event as a culmination of their after-school running program. Through partnerships with the Runnin' for Rhett Foundation, Girls on the Run - Sacramento and the Carmichael Running Club, our co-sponsorship of the fitness programs will encourage more kids to exercise and lead a healthy lifestyle.

As a non-profit organization, we are honored to have the opportunity to make a true impact in these kid's lives.

[Read More or Register Today!](#)
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Spring After-School Fitness Programs: Now Accepting Applications

A Change of Pace Foundation is honored to have partnered with the Runnin' for Rhett Foundation to provide **FREE after-school running programs to kids in Sacramento County.**



Runnin' for Rhett is a non-profit organization that is trying to get children off the couch and **moving into life.**

Applications from schools in Sacramento County are currently being accepted. If your child attends school and you would like to see a program there, or if you are a teacher and would like a program at your school, apply today!

The program works to get kids exercising, using Rhett's memory as an incentive, in a fun way. Click [here](#) to learn specifically how the program works and submit an application for your school. You **DO NOT** have to be a teacher to apply for your child's school.

The programs will be four weeks and culminate with participation in the Capitol City Classic on April 17.

[Read More or Apply Here](#)

And that's only through April. . .

MAY: Our renown [Positive Energy Kids Triathlon](#) returns to Arroyo Park in Davis. Ages 4-15 years and a Parent/Child Division, too! Sunday, May 22nd.

JUNE: We'll announce more officially soon, but we are planning an event worthy of pen on your calendar. We're not releasing the specific details of [Summerfest](#) just yet, other than the date of Saturday night, June 25th. . .

JULY: The [Davis Moo-nlight Races](#) will take place on July 16th and include Half Marathon, 10K and 5K distances. The event is run in the evening under the full moon. The event will see a new venue and new courses this year...stay tuned.

AUGUST: The [California Kids Triathlon](#) takes place each summer on August 7th. It has been recognized as a Gold Medal Winner by the Governor's Council on Education and

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New Events

We are excited to announce a couple of new ACOP events to our calendar this year:

Lucky Run

(March 5)
* 7M & 7K
* Tech T's included

Capitol City Classic (Apr 17)

* Downtown Sac
* 5K & 10K
* Tech T's
* Brand New Courses

Summerfest (June 25)

* Evening 5K Race

Moo-nlight Races (July 16)**

**Run under the Full Moon
**Half, 10K, 5K

**previously managed by Fleet Feet-Davis.

ACOP Chip Timing

We've made a few changes to our timing department. Not only have we upgraded to a disposable RFID chip timing system, we are using the most powerful UHF chips on the market.

We'd be happy to explain all the techo-muble-jumble to you if you are interested, but the long and short of it is that your timing chip is affixed directly to your race bib. Nothing to put on the shoe and nothing to return when you finish.

Easy and accurate, we are excited to bring the latest RFID technology to Northern California.

Technical T's

What is a technical t-shirt?

We're so glad you asked. A technical t-shirt is made from a polyester fabric. It wicks water and other moisture away so that your skin stays drier and your shirt doesn't get weighted down.

Technical T-shirts will be included in the entry fee for:

- Lucky Run (7K/7M)
- Capitol City Classic (5K/10K)

2011 Calendar

Feb. 6 - [Davis Stampede](#)
(Half, 10K, 5K, Kid's Runs)

March 5 - [Lucky 7 Run](#)
(7 Mile, 7K, 2K, Kid's Runs)

April 17 - [Capitol City Classic](#)
(5K, 10K, 3K, Kid's Runs)

April 30 - [Loop the Lagoon](#)

May 1 - [Great America Run for Fun](#) (Santa Clara)

May 14 - [City of Gold Triathlon](#)

May 22 - [Positive Energy Kids Triathlon](#)
(Indiv. & Parent/Child Div.)

June 4 - [SPCA Doggie Dash](#)

June 5 - [Silicon Valley Kid's Tri](#)

June 25 - [Summerfest](#)
(5K & Kid's Runs)

July 4 - [Folsom Firecracker](#)

July 16 - [Moo-nlight Races](#)
(Half, 10K, 5K, Kid's Runs)

Aug. 7 - [California Kids Tri](#)
(Indiv. & Parent/Child Div.)

Sept. 6 - [Davis Labor Day Races](#)

Sept. 9 - [Palo Alto Weekly Moonlight Run](#)

Sept. 18 - [BSM Celebration of Life Women's Triathlon](#)

Oct. 8 - [Oktobrewfest](#)
(5K & Kid's Runs)

Nov. 19 - [Davis Turkey Trot](#)
(10K, 5K, 1 Mi., Kid's Runs)

Nov. 24 - [Walnut Creek Turkey Trot](#)

Stay Connected with Facebook

Our Facebook pages keep you in the loop with our events, registration, results, photos, videos, and more.

Physical Fitness.

OCTOBER: [Oktobrewfest](#) returns, Saturday night, October 8th. Also known as the "brew run", all entrants receive a Sudwerk pint glass filled with the beverage of their choice when they finish. And given it's popularity, we're expanding the beer garden this year, too.

NOVEMBER: It seems like we just finished up the 2010 [Davis Turkey Trot](#), but it'll be here again in the blink of an eye. Our '11 Davis Turkey Trot is scheduled for Sat., Nov. 19th.

[Visit our website for more information](#)

Our goal is simple: to provide the community with a positive and professionally produced event that encourages and promotes fitness. We hope to see you out at the starting line.

Sincerely,

The Staff at the
A Change of Pace Foundation

"Like" our pages to stay in the loop - it's easy and it's free.

[-A Change of Pace Foundation](#)
[-Davis Stampede](#)
[-Capitol City Classic](#)
[-Davis Turkey Trot](#)

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