



**2012 Preview:** Davis Stampede 30th Anniversary, The Lucky Run gets Luckier and Introducing the ACOP 2012 Tour de FIT Series

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December 2011

Dear Lindsay,

2011 has been one busy yet fantastic year for events! We would like to personally thank you for participating in one or several A Change of Pace events. Your support continues to allow our Foundation's to add fun new events, expand our youth fitness program and to continue to keep our event prices at an affordable level, with the athlete in mind.

This year our Foundation (a 501(c)3 non-profit organization) had the honor of supporting 26 schools throughout Sacramento, Yolo and Solano counties. Children at these schools participated in a youth fitness/running program connected with an event that we produced. All net proceeds from our events benefit the community in one of four ways: youth fitness program funding, youth fitness program equipment, scholarships/grants for race entries for those facing financial difficulty, and non-profit sports teams, clubs and service groups in the community.

While our 2011 season has come to a close, we are already working hard to make 2012 an even better year. We are looking forward to celebrating both the 30th anniversary of the Davis Stampede AND The 25th anniversary of the Davis Turkey Trot. We have so many great things planned and I've outlined a few of them in this email below. Please read on for detailed information.

Best wishes to your family for a happy, healthy and safe holidays.

Dave Miramontes  
Jeannine Henderson  
& The rest of the A Change of Pace Foundation Crew

**TOUR DE FIT SERIES**

**Stay fit, have fun and earn some bling.**

As the New Year approaches, many of us will make New Year's resolutions. These might be to get (more) fit, set a new PR or tackle a new race distance. We'd like to help you achieve those goals. Our 2012 Tour de FIT focuses on staying active; and rewards you for it.



**How can I participate?**

Participating in the 2012 Tour de FIT is super simple!

**(1) Sign Up Here**  
(FREE) to Participate:  
<http://tourdefit2012.eventbrite.com>  
by May 1.

**(2) Register for and participate in 3 of the 4 events**  
in Part One of the 2012 Tour - any distance 5K or longer. Events are:

- Davis Stampede (Feb. 5)
- Lucky Run (Mar. 17)
- Capital City Classic (April 22)
- Davis Moo-night Race (July 14)

**(3) When you sign up, pick your prize:**  
Would you like to receive the cool, glow in the dark Tour de FIT medal? Or maybe, you'd rather receive a Tour pint glass filled with Sudwerk's finest brew (21+, of course). Your pick.

**(4) Pick Up your prize after you finish the Davis Moo-night Race.**  
All prizes are distributed at the end of the first half of the tour - at the Moo-night Run on July 14.

**(4) What's that? You would like BOTH PRIZES? No problem!**  
Participate in all four events and you've earned both the medal and the pint glass.



**Commit to be FIT in 2012!**

**Half Marathon 3-Event Discount**

**3 Half Marathons for \$110 - Yes, we are crazy**

Yes, and for those who love this distance you may have to take a double take, rub your eyes a few times and pinch yourself. YES, WE DID SAY 3 for \$110. Now how many other directors do you know that would be willing to do this for the sake of getting more people off the couch?



As this may be the most generous offer yet, we do so at a time when 1/2 marathons have were the most popular distance of 2011. But as they say, deals like this are rare and last for a short timeframe. This offer is only available through 12/31/11, so in a odd and peculiar way, we want you to tell all of your friends, but our accountant may very well want you to keep this to yourself (at least until 12/31 that is). And with any special, there are provisions. (tech upgrades extra and this offer is not available with other coupons).

Already signed up for the Stampede Half? No worries. We have already thought of that contingency and are offering the opportunity to tack on the other two for \$65.

Sign Up Today at:  
<https://acop.webconnex.com/2012Half>

**30th Anniversary Davis Stampede Sunday, Feb. 5, 2012**

**We Are Turning Thirty and You're All Invited to our Party!**  
The Davis Stampede is a great way to kick off your season as well as burn a few calories before the Superbowl Party later that day. This year, we're giving you a little extra incentive to join us by offering all these COOL FEATURES all the while keeping the entry fee at or below other races - keeping it affordable for you and your family.

**2012 Stampede Features:**

**30th Anniversary Davis Stampede** **Event Features Include:**

- Large Multi-Color Finisher's Medals for All Distances
- Chip Timing
- Half Marathon Pace Groups
- Post-Race Pancake Breakfast
- Vendor Expo
- Personalized Bib # Option
- Tech T-Shirts
- New Courses for the 1/2 and 5K
- new 2-Day Packet Pick Up
- Age Group Awards FIVE Deep
- Post-Race Massage
- USATF Certified Courses
- Kids Fun Runs & Crafts
- FREE Finisher's Certificates

**Important Deadlines, Reminders and Notes:**

- Enter by December 24, 2011 for the Personalized Bib # Option.
- Registration is accepted [Online](#), By Mail or at Fleet Feet - Davis. [Link Here for Details](#).
- The next entry fee cut-off is December 31, 2011.
- Choose from 5K, 10K or Half Marathon - plus three kids fun runs
- Age Group Awards are Five Deep (this year only). For once, 4th or 5th earns a medal!
- Free Finisher's Certificates will be provided two weeks after the event and will be viewable and available for shipping via brightroom.com. Be sure to smile for their photographers - they will be personalized with your race photo. (also, wear your bib on the front of your body)
- The post-race breakfast will be free for athletes with a bib number and available for a small fee for spectators.
- We have expanded packet pick up to two days and more than doubled the hours to make your pick up experience seamless.
- Many have asked about the Finisher's Medals. YES, the medals are specific to the distance you run/walk.
- You asked, we listened. We've designed a new 5K course and also a brand-new half marathon course - no more re-merge with the 10K athletes.
- You asked, we listened #2: Tech shirts are available in both a men's and a women's cut.

**MORE INFO:** [http://changeofpace.com/davis\\_stampede.html](http://changeofpace.com/davis_stampede.html)

**COMING ST. PATRICK'S DAY SATURDAY, MARCH 17, 2012**

**The Lucky Run just got a little bit luckier.....**

In 2011, many of you enjoyed our Lucky 7 Run and ran/walked a 7K or 7 Mile distance.

This year, we're excited to add Lucky Number 13 to the event by including a Half Marathon. Glittery - and definitely lucky - four-leaf clover shaped finisher's medals await all half-marathoners who complete this event. We're excited to be teamed up with the Runnin' for Rhett Foundation, who will be hosting the [Official Half Marathon Training program](#) for the race in Sacramento and plans to bring several hundred runners and walkers to the race.

This year's Lucky Run will be taking place on St. Patrick's Day, Saturday, March 17th. Registration is open - register by December 31, 2011 for best pricing. More info [here](#).



**Celebrating that we are all lucky to be running.**

[Forward email](#)



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