



2012

LUCKY RUN TRAINING PROGRAMS

Dear Lindsay,

Having just celebrated Hannukah, Christmas and New Year's, the last thing most people have on their mind is St. Patrick's Day. Believe it or not, in our world, we have since dusted off the pine needles, taken off our Santa Cap and have replaced it with a magical green hat with green band and a buckle. In fact, some of our friendly Leprechaun buddies are already dumping the green food coloring in the Sudwerk keg. All this in preparation for this year's much anticipated **LUCKY RUN**. Last year, the inaugural LUCKY 7 RUNS featured two unique distances of a 7K and 7 Mile that attracted over 1,000 participants. This year, our LUCKY RUN coincidentally, conveniently and by the luck of the draw, falls directly on **March 17th-St. Patrick's Day**. What are the odds of that?

We feel we've hit the lottery with this date, but there's more...We have added that "other" lucky number, **13** to the mix. This new Half Marathon route, which includes some city, some country and maybe even a little rock and roll, will serve as our second stage event of the Tour de Fit series. For those runners that like smaller 'boutique' events, need a little elbow room and seek affordable entry fees, we have heard your requests and have delivered. Low field limits of 2,000 for the Lucky 13 and 2,000 for the Lucky 7 have been established to keep these goals in check. And while it won't come into play until the morning of the event, this venue has plenty of Free on-site parking.

We realize that many of you may be currently in a running or training group, and do hope (if you haven't already) that you will sign up to give the Lucky Run some consideration. We are thrilled to have partnered with two of our favorite organizations - Fleet Feet Sports - Davis and the Runnin' for Rhett Foundation - to provide Lucky Run training programs in both the Davis and Sacramento regions. Members of the training groups are guaranteed a space in the event (by March 10) even if our field limits are reached.

Mix things up in 2012

If you have ever contemplated joining a running/training group such as these, keep in mind the many advantages and benefits they provide. Along with a great deal of motivation and friendships, training groups are a great way to prepare for an event. They are welcoming, non-judgemental and provide a great introduction and training plan to ensure you stay healthy and increase your mileage in the appropriate manner. For more experienced runners, training programs can help you achieve a longer distance than you are used to, or, can help you with speed and running at a faster pace. Either way, training groups provide a fun and supportive environment. For more information on a group in the Davis or Sacramento area, contact katy@fleetfeetdavis.com or randyseEVERS@runninforrhett.com.

Sacramento Area: Runnin' for Rhett Training Program

Runnin' for Rhett offers a group training setting with two or three coached workouts per week. Runnin' for Rhett is a running club, a training partner and a group of your soon-to-be friends. After workouts members bring out for coffee; there is a carb up dinner before the event and opportunities to continue with the group. Hundreds have participated in Runnin' for Rhett and loved it. In fact, you can read some testimonials from their members given on a past facebook post on our wall [here](#).



[Read More](#) or [Register](#)

Davis Area: Fleet Feet Sports - Davis Training Program

Fleet Feet Sports in Davis offers **FLEET FEET Sports** training programs year-round for runners of all abilities. Fleet Feet offers a group training setting with two coached workouts per week for all three Lucky Run distances. Training program participants also enjoy store and event discounts, running apparel advice from the experts, and a personalized training plan. Fleet Feet Sports - Davis trains hundreds of runners for events throughout the year.

[Read More](#) or [Register](#)

Why Should I Join a Training Program? Common FAQ and Answers

- Q:** How much is the training and what does the registration fee cover?
A: The training fee covers the cost of your coached workouts as well as your t-shirt (varies by the program). Both training programs that we are working with include a written training program for the distance you choose.
- Q:** I've run a half marathon before...so... why would a half marathon training program benefit me?
A: While some trainees are first-time half marathon participants, many others use the half marathon training programs to achieve a faster goal finish time. For example, one may want to run fifteen minutes faster than your previous half marathon finish. The coaches can help you with speed workouts and maintaining your new goal pace as you train for the half marathon. On another note, training groups don't just include the actual training - they are a fun, social way to train with other people who share your interests.
- Q:** Does the training program include entry into the event?
A: No, the entry fee is separate. We suggest registering early to assure the lowest entry fee.
- Q:** What if I can't make all the scheduled workouts?
A: That's okay; you can make up the training on your own.
- Q:** Do you offer training programs for those of us planning on doing a combo of running and walking for the half marathon?
A: Yes; your coaches will customize the training to your goals. Runnin' for Rhett Training has established various pace groups to help with training.
- Q:** What about the 7K (4.34 miles) or 7 Mile distances? Are there training programs for that?
A: Yes. Both Fleet Feet Davis and Runnin' for Rhett offer training for the 7K and 7 Mile. If you are looking to move up from the 5K distance, either of these would be a great next step.
- Q:** Where can I get more information?
A: For Fleet Feet Davis, e-mail Training Coordinator Katy Loge, at katy@fleetfeetdavis.com
- For Runnin' for Rhett, e-mail Randy SeEVERS, Executive Director, at randy@runninforrhett.org or visit the website links listed to the right.

I hope you have found this information helpful. The Lucky Run is in just ten weeks. I am so excited for the glittery green four-leaf clover half marathon medals, the green beer in our Sudwerk beer garden, and seeing all the Irish themed costumes. It'll be a fun St. Patrick's Day morning and I hope you can join us.

Sincerely,

Jeannine Henderson
 A Change of Pace Foundation



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A Change of Pace Foundation | 1260 Lake Blvd., #245 | Davis | CA | 95616

Lucky Run Race Information

Event Date: Sat. Mar. 17 (St. Patrick's Day)

Start Time: 8:07 AM

Venue: Community Park / Davis High School
 Event Address: 315 W. 14th Street, Davis, CA 95616

Event Website: [Link](#)

Event Distances:
 - 7K (4.34 Mi.) & 7 Mile
 - Lucky 13 Half Marathon
 - Kids Fun Runs

Registration: [Link](#)

Stage 2 in the Tour de FIT Series

At A Glance: Davis & Yolo County Fleet Feet - Davis Training for the Lucky Run

- No Obligation Info Night: Jan. 11th, 7pm at Fleet Feet Davis

- 10 Week Training

- Program Starts Jan. 14

- Workouts Held: In Davis, Saturday mornings and Wednesday nights at Fleet Feet Sports - Davis

- Website: [Link Here](#)

- Sign Up: [Link Here](#) or sign up at Fleet Feet - Davis

At A Glance: Sacramento Area Runnin' for Rhett Training for the Lucky Run

- No Obligation Info Night: Jan. 11th, 7pm at the SMUD Auditorium, 6201 S St., Sacramento, CA, 95817

- 10 Week Training

- Program Starts Jan. 14

- Workouts Held: In Sacramento, Saturday mornings at the Northrup Avenue American River Parkway bike trail, Tuesday nights, 6pm at McKinley Park, and Thursday nights 6pm at Consumnes Oaks HS Track in Elk Grove.

- Website: [Link Here](#)

- Sign Up: [Link Here](#)



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