

Before You Start Sipping Champagne... Commit to be Fit in 2012

Three Registration Deadlines are on 12/31

Upcoming Events

30th Annual Davis Stampede 5K/10K/Half Marathon & Kids Runs

The Lucky Run: 7K, 7 Mile and Lucky 13 Half Marathon

3 Half Marathons for \$110

Dear Lindsay,

Tomorrow is the BIG DAY! Before you head out to a New Year's Eve party (or call it a night at home with Father Time, aka. Dick Clark), be sure to submit your registration for the Davis Stampede and Lucky Run, if you haven't already. Entry fees increase after the ball drops at midnight tomorrow.

Both events are part of our FREE Tour de FIT Series, which is a great way to Commit to Stay FIT through the first six months of 2012, earn yourself a prize and enjoy some fantastic running/walking events. The Tour de FIT isn't based on speed; simply on finishing the event. If you haven't registered yet, sign up for the Tour de FIT here:

<http://tourdefit2012.eventbrite.com>.

30th Annual Davis Stampede 5K, 10K, Half Marathon & 3 Kids Fun Runs

We're celebrating our 30th Anniversary in style. Come join us!

Whether you make the Stampede your annual kick off to your running/walking season, or if you haven't been before, this is one year you don't want to miss. We have so much in store for you that we have to bullet point it below.



The Davis Stampede will include:

- **Finisher's Medal** - for all distances - distance specific
- **Post-Race Pancake Breakfast** - free for entrants
- **Free Post-Race Massage**
- **Age Group Awards FIVE deep** in divisions that start at 9 & Under and go up to 80+
- **Pace Groups for the Half Marathon**, from finish goal times of 1:30 up to 2:30, in five minute intervals, courtesy of the awesome runners of the Golden Valley Harriers
- **Technical Shirt option** with Men's & Womens' sizing - and a new vendor which has great shirts - the same shirts/vendor used by CIM. You will love them!
- **FREE Personalized Finisher's Certificates**. This is something you usually only see at those big half and full marathons with 10,000+ people ... well you can get one right here at the Davis Stampede. Available two weeks post-race, you can personalize it with your brightroom photo, and it will include your name, finish time, and stats. A true keepsake...free!
- **Three USATF Certified Routes**. Brand new Half route designed by a runner, for a runner. A new stretch by the wildhorse golf course and elimination of the former "re-merge" with 10K runners. Smooth, flat and scenic. New 5K course that runs through the infamous "Davis tunnel" under the train trestle in Downtown Davis.

Whether you are training for a Spring Marathon or Half Marathon, looking for something healthy and fun for your family, sticking to a fitness plan or just plain ol' love running, the Davis Stampede is a GREAT way to kick off your year.

Come see why the Stampede is considered by many to be the unofficial kick-off to the Northern California running/walking season.

Register before Auld Lang Syne begins at midnight tomorrow and save a few bucks. Entry fees increase on January 1.

Register at Fleet Feet Davis, postmark by tomorrow or sign up [online](http://changeofpace.com/ds_registration.html).
More Info Here: http://changeofpace.com/ds_registration.html

30th Anniversary Davis Stampede Event Features Include:

Large Multi-Color Finisher's Medals for All Distances

Half Marathon Pace Groups

Personalized Bib # Option

new 2-Day Packet Pick Up

USATF Certified Courses

Chip Timing

Post-Race Pancake Breakfast

Tech T-Shirts

Age Group Awards FIVE Deep

Kids Fun Runs & Crafts

Vendor Expo
New Courses for the 1/2 and 5K
Post-Race Massage
FREE Finisher's Certificates

Get Lucky on March 17 with No Strings Attached... Your only commitment is to cross the finish line

St. Patrick's Day is synonymous with celebration. The Lucky Run falls directly on the holiday in 2012, and one can call this the luck of the draw. Runners and walkers can definitely expect to see GREEN, run along the GREENbelts and even drink some (or lots) of GREEN beer.

In 2011, over 1,000 people flocked to the first annual event and enjoyed setting PR's in our unique course distances of 7K (*4.34 miles) and 7 Mile.

This year, we've added that other lucky number, 13, and will also host a Half Marathon. Since the event will actually be ON St. Patrick's Day, we're also teaming up with a local brewery for green beer.

If you're looking for a training group for the Lucky Run (any distance), we've teamed up with Runnin' for Rhett - they can help you tackle your first half marathon - or help you achieve a faster goal pace. Training is in Sacramento and with a great group of your soon-to-be friends. Read more [here](#) or [here](#).

In Davis, you can train for any of the distances with Fleet Feet - Davis. Read more [here](#).

Like the Stampede, the Lucky Run is part of the Tour de FIT, and finishing any distance (7K or longer) earns you one of three needed finishes in the Tour to earn your bling in July.

And, also like the Stampede, entry fees increase when your neighbors start shooting off fireworks and waking up the neighborhood dogs (and babies). Entry fees go up on Jan. 1.

Register today: http://changeofpace.com/luckyrun_registration.html

We'll see you in March!



3 Half Marathons for \$110 30 hours remain to cash in on this offer

Would you like to run the Davis Stampede Half Marathon, Lucky 13 Half Marathon and Davis Moo-nlight Half Marathon?

What about an out-of-this-world three-race price?

Yes? Then click on over to register for our "3 Half's for \$110" offer ... but do so before you enjoy that bubbly tomorrow. This special offer expired at midnight on New Year's Eve.

Register Here: <https://acop.webconnex.com/2012Half>

The A Change of Pace Foundation is a 501(c)3 non-profit organization that seeks to provide quality events for the community while at the same time funding and supporting free after-school fitness programs to children.

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