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## Dear Jeannine,

As Summer comes to a close, there are a bunch of fantastic events coming up in Northern California, each with it's own unique cause and niche. We hope this eblast finds you well and wish you the best as you continue on your own fitness journey.

## See what's brewing for Oktobrewfest

Ten Reasons to Run Oktobrewfest:

1. Pilsner. Marzen. Lager. Hefeweizen.
2. Souvenir Cup - first fill on us
3. New Certified 5K Route
4. Bottle-Opener Finisher's Medal
5. Dinner & Appetizer Specials. Mmmm.
6. Live Music
7. Tech shirt option - with both Men's and Women's Cut.
8. ACOP Chip Timing
9. Kids Root Beer Runs include a Root Beer Float
10. Costume Contest, Yodeling, Bratwurst Eating & Fun Games



Sat., Oct. 8th

[Read More about Oktobrewfest](#) | [Register Online](#)

## Register Today.

**Field Limit 1,400.** Early entry available thru Sept. 10th.

## TOUR de FIT - Stage 5

Stage 5 is this coming Labor Day - Monday, September 5th - at the **Davis Labor Day Races**. Hosted by the Golden Valley Harriers running club, the event is a fun way to start off the holiday and what some consider to be the "end of summer and start of Fall."



So as you contemplate your Labor Day plans, consider adding this fun race into your lineup. All proceeds are donated to local High School cross country teams.

[Read More about the Davis Labor Day Races](#)

## Davis Turkey Trot

The 24th Annual Davis Turkey Trot is just around the corner. After 12 years of our current race courses, and in anticipation of our big silver anniversary (25th) in 2012, we're switching up the 5K and 10K this year to allow for a faster route and wider course. Come check out our new courses as the countdown to Silver has officially begun! We've also modified our t-shirt options and are excited to offer both short and long sleeve technical shirt options this year.

Registration is now open - early entry fees are available through October 15 and are just \$25.00.

[Read More about the Davis Turkey Trot](#)



## Nominations now being accepted for the 2011 ACOP Fall Youth Fitness Program

A Change of Pace Foundation is a 501(c)3 non-profit organization based in Davis, CA. We strive to produce unique events for the community which raise funds for the after-school fitness programs we provide to elementary schools at no cost.

Our mission is to "encourage, educate and motivate kids to inspire life-long habits towards a healthy lifestyle." Are you a teacher or parent of a child at an elementary school in Davis, West Sac, Winters, Woodland or Dixon? If you'd like to nominate your child's school to be considered for a grant and participation in our Fall After-School Youth Fitness Program, please click here: <https://acop.webconnex.com/YFP2011> and fill out the form.

## ACOP Upcoming Event Calendar

Sept. 5 - Davis Labor Day Race  
 Sept. 9 - Palo Alto Weekly Moonlight Run  
 Sept. 18 - Celebration of Life Women's Triathlon  
 Sept. 24 - Trix Run  
 Oct. 1 - Pacific Tigers XC Invite  
 Oct. 2 - Harvest Fair Run  
 Oct. 8 - Oktobrewfest  
 Oct. 23 - Runnin' for Rhett Race  
 Nov. 13 - Clarksburg Country Run  
 Nov. 19 - Davis Turkey Trot  
 Nov. 24 - Walnut Creek Sports & Fitness Turkey Trot

## Stay Connected



Or, read our [website](#)

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## Save the Date

The 30th Annual Davis Stampede Half Marathon, 10K and 5K will take place on Sunday, February 5, 2012.

Registration opens Sept. 15th.



## Why Run?

*There are many reasons, but at the very least, do so for the simple fact that you are fortunate enough that you can!*

There once was a young boy named Rhett with severe Cerebral Palsy who couldn't run, nor walk.. His simple wish was to have the ability to run or walk, but he was unable. At age seven, Rhett unexpectedly passed away. His parents, of course, were devastated. As his mom grieved, a friend suggested she give her mind a rest and train for a Half Marathon. While she didn't consider herself a runner, she trained for the event in memory of her sons' desire to get out and move. Her dedication enabled her to complete a half marathon. and the following year inspired thirty friends to join her... Four years later, and five hundred members strong, the **Runnin' for Rhett Foundation** is definitely on the move. Their organization encourages people to embrace their motto and "Move Into Life."

A Change of Pace Foundation was so touched by their story and mission, that a partnership was formed at the conclusion of 2010. Together, both we both provide support for several after-school programs that encourage running and general fitness.

In addition to their Youth Fitness Program, they're organizing a running/walking event this fall, on October 23rd. The race will raise funds so that more kids can participate in their programs in 2012.

Join us for this amazing cause as we all celebrate our ability to get out there and run or walk....and Move Into Life.

- [Runnin' for Rhett Race Website](#)
- [Race Registration](#)

## 45th Annual Paul Reese Memorial Clarksburg Country Run

Like fine wine, this event seems to get better in time. Traditionally the Clarksburg Run was known to most of the regional runners as the last tune-up before the California International Marathon (CIM), but over time, it has evolved into much more. Selected as the site for the USATF Half Marathon Championship, it also features 4 additional events for all ages and abilities. Paul Reese, race founder and local running legend started this event back in 1966. His honor, his legacy and dedication still lives on.

Registration is now open; see website below for details.

- [Clarksburg Country Run Website](#)
- [Race Registration](#)



Sunday, November 13, 2011



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