

## Jeannine Henderson

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**From:** A Change of Pace [info@changeofpace.com]  
**Sent:** Thursday, April 10, 2008 3:11 PM  
**To:** jeannine@changeofpace.com  
**Subject:** April Newsletter from A Change of Pace



### Upcoming Events

Positive Energy Kids Triathlon

Donner Lake Triathlons

California Kids Triathlon

Spring is in full swing and summer is just around the corner. Planning your upcoming kids activities can be quite simple when you mention two of the most popular kids events in Northern California, the Positive Energy Kids Triathlon and the California Kids Triathlon (largest kids triathlon in the country). Please note: both these events sell out each year.

On June 16-20, be sure to keep your kid in the line-up as we bring you our 7th Annual Davis Youth Baseball Camp. Choose between a week of 1/2 or full day fun. This camp provides great "FUN"damentals for all baseball fanatics 5-12 years of age.

And while your scheduling fun for everyone else, why not give yourself (and entire family) a treat by heading up to the beautiful Sierra for the 27th Annual Donner Lake Triathlon. Run around or alongside Donner Lake (depending on the distance) for an truly breathtaking experience. The Donner Lake Triathlon is a destination event with activities made available for the entire family. Truckee may be known for being the coolest place come winter, quickly converts into a hotbed for outdoor summer activities. Hiking, biking, climbing, running, swimming, fishing, horseback riding, tennis, golf, kayaking, jet-skiing, sailing, roller skating, shopping and even rock-skiing. And all this before lunch.

### Positive Energy Kids Triathlon

Davis' #1 activity for kids ages 4-15 years

The Positive Energy Kids Triathlon is an adrenaline pumping experience for both kids and parents.

The event, held in the traditional swim-bike-run format, offers kids the chance to participate in a fun event while learning the benefits of regular exercise. The philosophy of the event is completion, rather than competition, and every child receives a custom medal upon crossing the finish line.

Distances are specific to each age group so that it is achievable for all athletic abilities. For more information please [visit our website](#).



The field limit for this event is 500 athletes; be sure to register early to guarantee your child a spot.

### Where & When

Arroyo Pool / Park  
2000 Shasta Drive  
Davis, California 95616  
May 18, 2008  
8:00am - Noon

## Donner Lake Triathlons Northern California's oldest triathlon

Challenge yourself this summer by completing the 2008 Donner Lake Triathlon in Truckee. This event, offering both sprint and international distances, takes place at Donner Lake on Sunday, July 13th. Imagine a swim in a crystal clear lake; a bike ride that travels to Donner Summit; and a run that offers views of the lake, surrounding peaks and lush green trees.



With both sprint and international distances, even novice triathletes can participate in the event. All athletes receive a technical t-shirt (new for '08!) and a post-race lunch. [Read more..](#)

### Where & When

West End Beach of Donner Lake  
Truckee, California 96161  
Sunday, July 13, 2008  
Sprint Race: 7:00 am  
Int'l Race: 7:30 am

## California Kids Triathlon The largest kids triathlon in the United States

The 2008 California Kids Triathlon, the largest kids triathlon in the United States since 2005, will take place on Sunday, August 10, 2008, in Woodland, CA. We invite your child to be part of this phenomenal event that hosts 1,000 kids annually and promotes exercise in a fun and positive atmosphere.



The '08 event has relocated 10 minutes north of its past home at UC Davis. By relocating to Woodland High School, which offers a 50m pool, we will be able to construct more straightforward courses and offer a wider variety of post-race food & vendors, as we will not be bound by the constraints of holding the event on a university campus. Woodland High School offers abundant nearby parking making it easier for parents.

The California Kids Triathlon is open to any child, regardless of athletic ability or previous triathlon experience, between the ages of 4 and 17. For further information, [visit the CKT pages on our website](#). Be sure to register early as this event has sold out since 2005.

### Where & When

Charles Brooks Community Swim Center  
155 N. West Street  
Woodland, California 95695  
Sunday, August 10, 2008  
8:00am - Noon

## More Great Events

Other upcoming events in the region include:

April 19 - Earth Day 5K/10K Run/Walk & Kid's Runs - Discovery Park, Sacramento, CA

May 3 - Loop the Lagoon 5K/10K Run/Walk & Kid's Runs - Vacaville, CA

May 10 - City of Gold Triathlon (Sprint) - Oroville, CA

Visit the events calendars on our website for a complete listing of [running/walking](#) and [triathlon](#) events.

*Did you know?*

We have an entire calendar section devoted to kid's running & triathlon events. [Link..](#)

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