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Sent: Friday, August 29, 2008 4:40 PM
To: jeannine@changeofpace.com
Subject: A Change of Pace August Newsletter

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A Change of Pace

August 2008 Newsletter

As we approach summer's bittersweet end, there's no better time to resume your exercise routine (or embark on a new one). Northern California's busiest running/walking season is just around the corner.

There are several great upcoming events for area athletes to choose from; we have highlighted a few below.

Upcoming Events

GVH Labor Day Races
Davis Turkey Trot
Run For Your Lives
Davis Stampede

Labor Day Races

Monday, Sept. 1st

With temperatures predicted to drop 20 degrees by Monday (expected high of 85*), it will be absolutely perfect running/walking weather on Labor Day.



The GVH Labor Day Races include 5K and 10K courses as well as a Kid's 1K. The events start/finish at Davis Commons in Downtown Davis. The 5K/10K start at 8am and the Kid's 1K is at 9:30am.

You can still register for this event, either at Packet Pick up at Fleet Feet-Davis this weekend, or on race day starting at 6:30 am. The entry fee (5K/10K) is \$23 through Sunday, and \$25 on race day.

Visit www.goldenvalleyharriers.org for more info.

Davis Turkey Trot

UC Davis' "Run For Your Lives"

Sunday, Oct. 12th

UC Davis presents the inaugural Run for Your Lives, a 5K and 10K run/walk benefiting UC Davis Health System, Train to End Stroke, and the UCD 100 Year Tree Plan. As zero-waste event, features include reusable race bags.



Register in-person for this event at Fleet Feet-Davis! Registration will be accepted there through October 9th. You may also register online, via mail or on race day.

Discounts are available for children and students ages 12-17 and 11 & Under. The event will also include two kid's fun runs, with 1/4 and 1/2 mile distances.

[Read more about this event..](#)

Davis Stampede

Sunday, February 1st

The date is set: the 28th Annual Davis Stampede 5K/10K/Half Marathon and Kid's Runs will take place on Sunday, February 1, 2009.

The Davis Stampede is the annual unofficial

Saturday, Nov. 22nd

The 21st Annual Davis Turkey Trot is scheduled for Saturday, November 22nd (the Saturday prior to Thanksgiving).

Pre-Registration is now available for this event. Early entry fees extend through October 13th, so be sure to register now for the best prices.



kick-off to the Northern California running and walking season. The event takes place at Davis' Central Park.

Registration will open in November 2008.

More information coming soon!

New this year:

- Optional T-shirt Upgrades to either a Technical Short Sleeve shirt or a Cotton Long Sleeve shirt - Just \$5
- Toddler Trot 200 yd dash (Ages 0-4)
- Expanded Pre-Race Health & Fitness Fair at Davis' E Street Plaza with 50+ booth (Fri., Nov. 21)

[Read More or Register on our website today!](#)

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