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August 2009 Newsletter

Upcoming Events & Activities

Davis Turkey Trot

The 22nd Annual Davis Turkey Trot will take place on Saturday, November 19, 2009.

A pre-holiday gathering celebrating family, friends, fitness & fun!

3 convenient ways to register:

- Online. Save time, save gas, save money
 - *The transaction fee is just 99 cents!*
 - http://changeofpace.com/davis_turkey_trot_online_registration.html.
- At Fleet Feet - Davis (615 2nd Street)
 - Open 7 days a week.
- Via US Mail.
 - [Visit this page](#), download the printable form, and mail it in.



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Favorite Memory

Do you have a favorite memory, tradition or story pertaining to the Davis Turkey Trot that you'd like to share with us? Whether 2009 will mark your first Davis Turkey Trot or your 22nd, we'd love to hear your testimonial. [E-mail us](#) your story ... we'll even publish our favorites on our website.

Personal Training

Looking to improve your fitness level on a one-on-one or small group setting? Want to enhance or compliment your current training regime?

- Get faster, stronger or simply more agile
- Improve your cardio, build a base
- Improve your Mechanics
- Gain a competitive edge in your sport

Whatever your reason, we have the experience and area contacts (if needed) that will assist you to get to your next level of fitness & conditioning. Many youth and HS sport sign-ups are either here or around the corner. Enter this years season ahead of the other players and stop accepting mediocrity and a standard!

Specializing in Baseball (emphasis on pitching), track, football, tennis & volleyball

[Contact Us for more info](#)

Fleet Feet - Davis offers Turkey Trot training program

Run with friends or simply make new ones. Taking part in an organized group-training program offers a great incentive to get out and run. Fleet Feet of Davis will host both a 5K & 10K Training program to get you in running or walking shape for the big day.

When/Where: Tues. nights 6:00 pm (10K) and Wed. nights at 6:00pm (5K) at Fleet Feet; Saturday mornings, 8:00 a.m. at Fleet Feet Davis, 615 Second Street.

Who can participate?

All ages, all abilities, ALL WELCOME. We especially welcome beginning runners or participants who have never run before but are interested in starting a running program.

For more detailed info visit:

Visit <http://www.fleetfeetdavis.com/turkey-trot-training>



Functional Fitness Bootcamp

Don't worry; there are no drill sergeants, no yelling or no intimidation tactics. Our MissFIT and MrFIT Bootcamps provide a fun, group-oriented atmosphere to get stronger. The Fall sessions start the week of September 14th. We offer three women's boot camps (one of which is an introductory level) and one co-ed bootcamp. Both South Davis and West Davis locations are available. In the meantime, Drop-In Sessions are available for the current summer session for just \$25/session. A great early morning workout will keep you energized for the entire day. View www.missfitbootcamp.com for more info.



Labor Day Races

The Golden Valley Harriers of Davis' annual 5K/10K & Kid's 1K event is coming up on Labor Day, Monday, September 7th, in Davis.

The event is hosted at Davis Commons (Borders shopping center) in Downtown Davis and is an excellent warm-up for the Davis Turkey Trot. [Read more on their website...](#)



About Us

The A Change of Pace Foundation is a 501(c)3 non-profit organization devoted to encourage, educate and motivate kids to inspire life-long habits towards a healthy lifestyle.

A Change of Pace Foundation

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