

From: A Change of Pace [info@changeofpace.com]
Sent: Friday, February 22, 2008 10:46 AM
To: jeannine@changeofpace.com
Subject: A Change of Pace February Newsletter



Spring is Definitely in the Air!

After experiencing a taste of multiple sunny days, we see hints spring just beyond the horizon. This season, A Change of Pace has a diversified calendar of events in the works. Our foundation is also quite busy in working toward a multiple city tour promoting the Positive Energy Kids Campaign. Last year, this particular campaign featured the Positive Energy Kids Triathlon (PEKT) that proved to be a successful event that leads up to the California Kids Triathlon. This year's PEKT-Davis will take place on May 18 at Arroyo Pool/Park.

For those pondering their next event, we hope you will join us at the 2nd Annual Natomas Founders Day Run(s) happening on Sunday, March 2nd at 9:00 am. This early season surprise may in fact be the most centralized run in the valley. The event has relocated their staging area a few miles down the road and will now take place at the Village within the Natomas Promenade Shopping Center. The 5K/10K event will offer runners and walkers a quick, flat, and accurately measured route with a plentiful array of refreshments at the finish line. And kids, grab your shorts and lace up those shoes! The Natomas Community Foundation is providing a FREE kids run that includes an official T-shirt and pretty cool finisher's ribbon. The kids' runs (ages 10 & Under) will take place at 10:30 am.



Upcoming A Change of Pace Events:



Natomas Founder's Day Run

Sunday, March 2, 2008

Distances: 5K, 10K & Kid's 1/4 and 1/2 Mile Fun Runs

Start Time: 5K/10K - 9:00 am; Kid's Runs - 10:30 am

Location: Natomas - just off Truxel Road at the Village at the Natomas Promenade Shopping Center

5K/10K Entry Fees: \$25.00 through Feb. 25th; \$30.00 thereafter. Those under 18 years old may deduct \$5.00.

Kid's Run Entry Fees: FREE

How to Register: US Mail, Online or Race Day. [Read more...](#)

Positive Energy Kid's Triathlon

Sunday, May 18, 2008

Distances: Vary by Age; Available to Ages 4-15

Start Time: First wave at 8:00 a.m. Oldest age groups start first. [Click here](#) for distances and age divisions.

Location: Arroyo Pool, West Davis

Field Limit: 500 kids

Entry Fees: \$40.00/one child, through April 30th. \$10 discount for each add'l sibling.

Entry Includes: Participant T-shirt and custom finisher's medal

How to Register: US Mail, Online, at Fleet Feet-Davis, or Race Day (if space avail.). [Read More about registration...](#)



27th Annual Donner Lake Triathlon

Sunday, July 13, 2008

Distances: Sprint & International Distances

Sprint Distance: 1/4 Mile Swim, 6 Mile Bike, 2 Mile Run

International Distance: 1.5K Swim, 40K Bike, 10.5K Run

Start Time: First Sprint Wave at 7:00 a.m.; First Int'l Wave at 7:30 a.m.

Location: West End Beach of Donner Lake, Truckee, CA

Field Limit: Sprint - 500; Int'l - 800

Entry Fees: Indiv.: \$55-\$90, depending on distance; Relay: \$95-\$125. Early entry fees are available through March 31st.

Entry Includes: Participant T-shirt (technical t-shirts for all 2008 entrants!), race bag, post-race lunch, eligibility for awards

How to Register: US Mail, Online, or Race Day (if space avail.) [Read More...](#)



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