

Jeannine Henderson

From: A Change of Pace Foundation [jeannine@changeofpace.ccsend.com] on behalf of A Change of Pace Foundation [info@changeofpace.com]
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A Change of Pace

January 2009 Newsletter

**Celebrating 27
years of the Davis
Stampede**

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January 2009 Newsletter

Jan 12 2009

First of all, we would like to wish all of you a very Happy New Year! 2009 seems to be off to a great start and despite the cooler weather, we see many local runners utilizing the dry conditions by getting outdoors.

Starting the year off with an exercise goal/program can be a great motivational tool to either get your year started or simply get you back on track and ready for the upcoming Davis Stampede. Running with a friend or a group (such as a local running club) seems to make exercise a bit more social and fun. Be sure to stop by Fleet Feet-Davis for a few suggestions.



**27th DAVIS '09
STAMPEDE**
5K • 10K • 1/2 Marathon • Kids Race

Davis Stampede 27th Annual

The annual kick-off to the running/walking season is just around the corner!

The Davis Stampede will take place on Sunday, February 8th. The event includes a 5K, 10K and Half Marathon, as well as three kid's fun runs (1/4, 1/2 & 1 mile).

For those of you training for a spring Half Marathon, the Davis Stampede provides an excellent warm up event, with both 10K and Half Marathon distances to choose from. And, with a few changes to some upcoming area events, the Davis Stampede 5K appears to be the only 5K taking place in the region for the next 12 weeks.

Our Sponsors



Davis Stampede

Sunday, Feb. 8, 2009
Central Park
3rd & B Streets
Davis, CA

8:00AM- 5K Start
8:10AM- 10K/Half Start
11:00AM - Kids Runs Start

Event Features

- 5K/10K/Half Marathon courses are accurately measured, flat loop courses; 10K & Half are USATF certified.
- ChampionChip timing courtesy of Capital Road Race Management.
- Seven well-stocked aid stations on the Half Marathon.
- Finisher's Medals in the Half Marathon.
- Three non-competitive kid's fun runs, with ribbons for all finisher's.
- Kid's play area on event day (Weather-permitting)
- Post-race expo & refreshments
- Technical t-shirt registration option
- Awards three deep, from 12 & Under up to 80+; includes Fleet Feet/New Balance prizes



Be sure to stop by the **CHIPOTLE** booth in our post-race expo for freshly made chips and guacamole....and see why their guacamole has been called "The Best Guacamole Known to Man." Chipotle's booth will also have a game-show style contest with prizes throughout the morning.

How To Register

Six ways to submit your registration

- Online ([click to link](#))
- Via Mail ([download entry form](#))
- In-Person at [Fleet Feet Davis](#) (615 2nd Street, Davis) (thru 2/7)
- In-Person at [Davis Athletic Club](#) (1809 Picasso Ave, Davis) (thru 2/5)
- At Packet Pick Up on Feb. 7 (12-4 at Fleet Feet Davis)
- On Race Day at Central Park (Feb. 8, starting at 7am)



Technical Shirt Upgrade

Standard entry into the Davis Stampede includes a short sleeve, 6.1 oz 100% cotton t-shirt. You may upgrade your entry to a technical shirt (short sleeve) for \$7. Upgrades are available through February 1st and are available in sizes Adult Small - Adult XL.

About Us

The A Change of Pace Foundation produces the Davis Stampede event. We are a 501(c)3 non-profit organization. Our mission is to encourage, educate and motivate kids to inspire life-long habits towards a healthy lifestyle. Proceeds from the event help fund exercise programs for at-risk elementary-age children.

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A Change of Pace Foundation | PO Box 1408 | Davis | CA | 95617