

Jeannine Henderson

From: A Change of Pace [info@changeofpace.com]
Sent: Wednesday, January 23, 2008 12:03 PM
To: jeannine@changeofpace.com
Subject: Davis Stampede - coming up on February 3rd!

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Your answer to... "What's for dinner?"

Davis Food CO-OP

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YOUR HOMETOWN STATIONS!

HORIZON ORGANIC

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Dole

WOODSTOCK PIZZA

Massage Envy

The kick-off to the 2008 running season is just three weeks away! The Davis Stampede is coming up on February 3rd and includes six great events: a 5K, 10K, Half Marathon, and Kid's 1 Mile, 1/2 Mile, and 1/4 Mile.

EVENT FEATURES

What to Expect at the '08 Stampede

The Davis Stampede includes the following:

- **Flat, fast loop courses** through Davis' residential neighborhoods, along greenbelts and in Downtown Davis.
- **Chip timing** for the 5K/10K/Half Marathon.
- **Fully stocked aid stations** on the courses: one on the 5K, three on the 10K and six on the Half Marathon. Each aid station will include water and Cytomax, our Official Drink Sponsor.
- **Post-race expo** with more vendors than before. Including complimentary massages from Massage Envy, and food samples from Super Suppers, Woodstock's Pizza, Soyjoy, Horizon Organic, Dole, and Cytomax.
- Overall awards courtesy of **Fleet Feet Sports** and **New Balance**.
- [Click here for more information on the Davis Stampede.](#)



TECHNICAL T-SHIRTS

This year, Davis Stampede entrants have the option to "upgrade" their entry from a regular cotton t-shirt to a technical t-shirt. Technical shirts are short-sleeve, moisture wicking shirts and are available in Adult sizes Small through X-Large.



The technical t-shirt upgrade is an additional \$7.00 and is available through **today**, January 23rd. If you'd like a technical shirt, please be sure to postmark your entry by today (or register online).

KIDS FUN RUNS: AGES 12 & UNDER

1 Mile, 1/2 Mile and 1/4 Mile

We encourage all kids ages 12 and under to participate in one of our non-competitive kids fun runs. With Childhood Obesity and Type II Diabetes on the rise, it is more important than ever for kids to incorporate exercise into their daily lifestyle. Our kid's runs are fun and safe. Before and afterwards, kids can enjoy inflatable jumps and arts and crafts at the event site.



EAT HEALTHY, RUN FOR LESS

Super Suppers - Davis *Special Offer*

[Super Suppers of Davis](#) offers a unique concept that enables you to either prepare your own gourmet meal in our kitchen or simply allow our staff to do the work for you. Either way, Super Suppers truly eliminates the age old question, "What's for Dinner?"



Super Suppers is the only option in the industry that is part of an established culinary school. In fact, all of their mouth-watering recipes are tested at the school and change each month. And to set themselves above the rest, the owners of the Davis location prepare all of their meals with organic vegetables and natural, hormone free meats.

Here at Super Suppers, our goal is to save you time and money but also provide you with a quality meal. Producing a healthy and quality product is very important to us. That is why we support such events such as the Turkey Trot and the upcoming Davis Stampede. As an advocate of exercise and a sponsor of

the Stampede, we would not only like to save you time by preparing your next few meals, but would like to encourage you to spend that time to prepare for the event. So from now through January 31, purchase 1, 3 or 6 dinner entrees and we will provide you with a discount on your Davis Stampede entry fee.

# of Dinner Entrees Purchased	Davis Stampede Entry discount
1	\$4
3	\$10
6	\$20

*Note: The promotion is only valid at the Super Suppers-Davis Location. All entry vouchers must be used prior to event day (2/3/08). Entries by mail must be postmarked and mailed by January 28 or can be turned in at Supper Supers-Davis location by Thursday, January 31. All vouchers are not transferable, are only valid for the Davis Stampede and have no cash value.

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