



Finish your summer with a bang!

ACOP JULY NEWSLETTER|
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August is creeping up on us...and for most kids..that means Back To School. Before the big day back, why not conclude your summer with the Superbowl of Kids Triathlons: The California Kids Triathlon.

California Kids Triathlon

The California Kids Triathlon features three adrenaline-pumping activities for kids ages 4-17. The event is all about FUN, Exercise and most importantly completion. Times are kept, but they are not the focus of this event.

You could describe the CKT as one gigantic kids party with a lot of fun exercise thrown in. Every kid walks away with a finisher's medal, a gigantic smile, a different perspective of swimming, cycling and running and the cool label of being called a Triathlete.

The 2009 California Kids Triathlon will take place on Sunday, August 9th at the Charles Brooks Community Swim Center (Woodland High School) at 155 North West Street in Woodland, CA. Both start times and distances are based on each child's age. All distances provide a challenge, yet are very achievable for all ages and abilities.



Where & When

155 North West Street
 Woodland, California 95695
 Sunday, August 9
 8:00AM

2009 Davis Turkey Trot

Save The Date

2009 will mark the 22nd Annual Davis Turkey Trot. With 4,500 registrants last year, the event is one of the most popular in the region. The Davis Turkey Trot takes place each year on the Saturday prior to Thanksgiving. This year's event will be on Saturday, November 21st.

Registration Launched!

We've launched our 2009 Davis Turkey Trot [registration](#) and given our Davis Turkey Trot pages on our website a facelift. [Check them out.](#)



Lower Fees for Online Registration

We're quite pleased to announce that we've been able to secure much lower "convenience" fees for online registration. Most online event registration sites charge between \$2-\$4 per entry. We're happy to let you know that through EventBrite, our 2009 online registration carrier, the convenience fee is **just 99 cents per entry**, and we're passing that savings on to you. Online registration has always been convenient, but the new format and lower cost make it better than ever. As an added perk, there are no ads or auto-subscribed e-newsletters. [Have a look for yourself..](#)



New Feature

We've got something else new in the works for 2009, but it's a surprise. We don't want to spoil it, but we do know that it'll be a huge hit. Stay tuned as we might give out some hints in our fall monthly newsletters.



Where & When

Civic Center Field
 B Street at 6th Street in Davis
 Saturday, November 21, 2009
 Baby Jogger/Stroller 5K - 8:00 am
 5K Run/Walk - 8:20 am
 1 Mile Fitness Walk - 9:00 am
 10K Run/Walk - 9:10 am
 Kids Fun Runs - 11:00-Noon



Mr & MissFIT Bootcamp
Taking your fitness to a new level

A Change of Pace Inc is proud to introduce our Mr & MissFIT Bootcamps. These once-a-week hour-long sessions provide a circuit-style class alternating cardio conditioning with strength training exercises.

Session 3 starts the Week of August 3. We're offering four bootcamps, with all-women, co-ed and introductory options. We're pleased to introduce our first South Davis session on Wednesdays! For more information (dates, times, etc) visit our [Mr & MissFIT website.](#)

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