



Gearing up for a Summer of Exercise

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School's out and it's SUMMER! This summer, we are excited to host the superbowl of kids triathlons: The California Kids Triathlon.

California Kids Triathlon

The California Kids Triathlon is a golden as its name. The event features three adrenaline-pumping activities designed especially 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. Despite the event having held the title of the largest kids triathlon in the country, the event is not daunting nor intimidating. It is 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 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.

Entry fees increase after July 1, so be sure to submit your entry soon. As a subscriber to our monthly e-newsletter, we are offering you a 10% off coupon on your CKT entry. This coupon expires on July 1st. Simply enter the code JUNENEWSLETTER on your online entry, or deduct 10% from your mailed/in-person entry and staple the below coupon to your entry.

Where & When

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

**Save
10%**

CALIFORNIA KIDS TRIATHLON SPECIAL OFFER:

As a recipient of the A Change of Pace June Newsletter, you are eligible to **save 10%** on your child's California Kids Triathlon entry. Valid through July 1. Use code **JUNENEWSLETTER** on your online entry or attach this coupon to the entry form and submit via US Mail or register in-person at Fleet Feet Sports- Davis. Offer is not transferable nor valid on previously submitted entries.

Offer Expires: July 1, 2009

Donner Lake Triathlon

About the Tri

In it's 28th year, the Donner Lake Triathlon is a top notch triathlon held in the vacation destination of Truckee, CA. Nestled in the Sierra Nevada Mountains just north of Lake Tahoe, Truckee is a outdoor sports mecca and provides a fabulous venue for the event.



The Donner Lake Triathlon offers two distances to choose from; a Sprint and International Distance Triathlon. Both events take place on Sunday, July 19th and provide all ages, abilities a challenge that will literally take your breath away.

Registration

Registration is still available for both events. Entry fees increase on July 1st, so be sure to postmark your entry by June 30th (or register online by midnight on the 30th).

Relay Teams Welcome!

Still hesitant in performing 1 or 2 of the sports? No worries, just grab a buddy or two and enter as a relay team. A relay category is offered for both the sprint and international distances and enables an athlete to get a taste and feel for the sport. And for local businesses looking for an opportunity to motivate employees, why not use the triathlon as a team-building event.

Under New Management

After 20 years of producing the Donner Lake Triathlon, A Change of Pace needed just that: "a change of pace." The A Change of Pace Foundation is excited about our new direction, focusing our efforts on events and programs that deal with children's health and fitness. We realize that the DLT is a very popular event, so in order to keep the Donner Lake Triathlon tradition alive and well, the event will now be produced by a local organization with valuable ties to the Tahoe community. This year, the triathlon will be produced by [7th Wave Productions](#), a Kings Beach-based event production company specializing in multi-sport events. Our hope is that their experience and roots in the greater Tahoe area will serve to enhance the Donner Lake Triathlon as well as bring out more locals; perhaps you are already familiar with their highly successful XTERRA events. They are committed to continuing the Donner Lake Triathlon legacy. Read more about the DLT at www.donnerlaketriathlon.com or visit bigblueadventure.com.

Where & When

West End Beach of Donner Lake
Sunday, July 19th
Sprint Race - 7:00 am
Int'l Race - 7:30 am



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 2 has started, but drop-ins are available for \$25.00 per session. For more information (dates, times, etc) visit our [Mr & MissFIT website](#).

Where & When

Arroyo Park
2000 Shasta Drive
Davis, California 95616
Tuesdays & Thursdays
6:30 & 7:45 am

A Change of Pace Foundation
1260 Lake Blvd. #245
Davis, California 95616

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