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## A Change of Pace Foundation May Newsletter

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### Positive Energy Kids Triathlon - May 17



This Sunday marks the third annual Positive Energy Kids Triathlon.

**FUN, FUN, FUN.** This event features a positive, encouraging atmosphere in which your child will thrive. Kids ages 4-15 are invited to participate in the triathlon. Even if your child has never heard of a triathlon before, they can participate. The event combines three everyday sports - swimming, biking and running - into one super-fun event. The focus of the PEKT is on completion, not competition.

[\[Read More\]](#)

**Location.** The event takes place at Arroyo Park in West Davis.  
**Distances** are achievable for nearly all athletic abilities and are customized to each age division. [\[View distances\]](#)  
**Haven't registered yet?** You may still do so either online or in-person. Read more on our [event registration page](#).  
**Already Registered?** Those already registered may view a participant list and confirmation letter [here](#).

**Volunteers.** We are looking for volunteers to assist at this event, so if you would like to help 400 kids have a great time this coming Sunday, please consider volunteering. We offer a Volunteer T-shirt and a Chipotle lunch to all our volunteers! Contact [Jeannine](#) via e-mail for more info.

### Davis Youth Baseball Camp

Our annual Davis Youth Baseball Camp (DYBC) is just around the corner.

This popular, sell-out camp will take place on June 15-19 at the Davis Little League Complex. We offer four camps:

- Our FUNdamentals Camp (ages 5-12)
- Our Full - Day Splash Camp (ages 5-12)
- Pitching Camp (Ages 10-15)
- Extra Inning Sessions (Private Lessons; ages 5-12)



The '09 DYBC features the MVP Band and Program, an arm strengthening and preventative care program recently endorsed by Little League International.

[Register for DYBC today!](#)

### Donner Lake Triathlons - July 19

The annual Donner Lake Triathlons will take place this year in Truckee, CA on Sunday, July 19th. The event includes both Sprint and International Distance Triathlons.

The 2009 event will be enhanced by 7th Wave Events, a Tahoe-based event management firm with an abundance of experience in producing quality events in the Tahoe region.

[Read more about the event here.](#)

### California Kids Triathlon - Aug. 9



The much-anticipated California Kids Triathlon will take place this year on Sunday, August 9th.

We are excited for our second year at the Charles Brooks Community Swim Center in Woodland, CA. This new venue for the event proved to be fantastic on all levels - plenty of (free) parking, better spectator viewing of the course and tons of space for our post-race fun.

Registration is now open for this year's event. Be sure to reserve your child's spot today! This is one HOT summer event you don't want to miss (The event has a field limit of 1,000 and tends to sell out!).

[Read more or register today!](#)

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### Featured Event



POSITIVE ENERGY KIDS TRIATHLON

There is still space available in the upcoming Positive Energy Kids Triathlon.....

[Register Today!](#)

### Quick Links

- [Our Website](#)
- [About Our Foundation](#)
- [N. Calif. Running Calendar](#)
- [Recent News: Our Press Room](#)

[What Is the MVP Band?](#)



### Fitness Corner



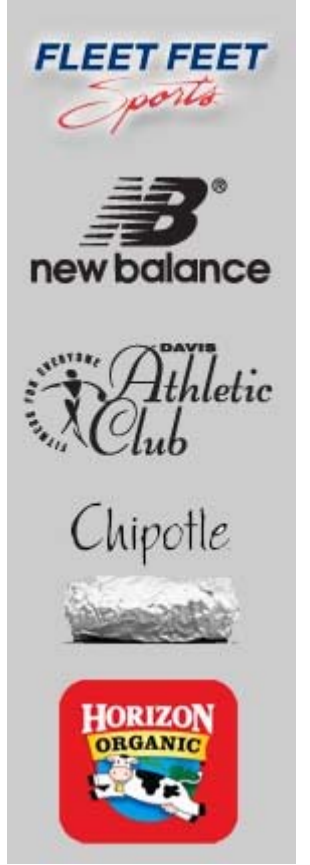
GET MOTIVATED THIS SPRING!

Too Busy? New Baby? Bored with the same old routine? Look no further. Every month we will provide you with new ways to stay fit and have fun doing it. No more excuses; we have all the answers.

There are so many valid reasons that fitness routines get derailed.

Stop, don't toss your sneakers for good, and read on for great suggestions on ways to get out of your fitness rut...[\[read more\]](#)

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