



A Change of Pace October Newsletter

2010

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Sponsors

Please support our 2010 Davis Turkey Trot Sponsors:

October has been an active month for our foundation. After co-hosting the Sudwerk Beer Garden at the Urban Cow 1/2 Marathon/5K, our inaugural Oktobrewfest 5K in Davis was an overwhelming success. So successful in fact that will be expanding this theme to a summer party in the Sacramento area. Meanwhile, we're in the home stretch of preparations for the Nov. 20th Davis Turkey Trot, as well as the Thanksgiving morning run in Walnut Creek. And looking ahead, we have been working on some new events that we will add to our 2011 calendar. This, of course, includes everyone's favorite event to kick-off their new years fitness resolution, the Davis Stampede.



Davis Turkey Trot

Taking place on Saturday, November 20th, this Pre-Thanksgiving tradition has been a regional favorite for 23 years. Our goal this year is to reach 5,000 participants and continue to push our mission to increase fitness awareness and the promotion of a healthy lifestyle to more families in and around the region.

Davis TURKEY TROT
 SATURDAY • NOVEMBER 20, 2010

Featured events include our 5K and 10K Run/Walks, a 5K Baby Jogger Run/Walk, 1 Mile Fitness Walk, 3K Relay event and our classic Kid's Fun Runs with distances of a 200 yard dash, 1/4, 1/2 and 1 mile..

Date, Time & Distances

DATE: Saturday, November 20, 2010

WHERE: Civic Center Park, 6th & B Streets, Downtown Davis

TIME: 8:00 am - Baby Jogger 5K Start
 8:20 am - 5K Run/Walk Start
 8:45 am - 1 Mile Walk Start
 9:00 am - 10K Run/Walk Start
 10:30 am - 3K Relay Start
 11:15-Noon - Kid's Fun Runs

DISTANCES: 5K (3.1 Miles), 10K (6.2 miles), 1 Mile Walk, 3K Relay (1.86 miles), Kid's Fun Runs with 200' yard dash, 1/4 mile, 1/2 mile, 1 mile

FLEET FEET
Sports
Davis



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How To Register

Pre-Registration:

- Online by 9am on Thu. 11/18. Link: <http://turkeytrot2010.eventbrite.com/>
- In-Person At Fleet Feet - Davis (by 7pm on Wed., 11/17)
- By Mail (Postmark entries by 11/15). Download Form [Here](#).

Late Registration:

- Friday, November 19th at Packet Pick Up. Held in the Senior Center Parking Lot on 7th Street, adjacent to Civic Center Field. Times: 11:00 am to 5:00 pm.
- Saturday, November 20th (Race Day). Registration is on B Street at 6th St., adjacent to Civic Center Field. Registration opens at 6:30 am.
- Please note that t-shirts are available on a first-come, first-serve basis (while supplies last).

Please Pre-Register. It guarantees you a t-shirt and our very best attempt to hold your size.

Long Sleeve T-shirts & Technical T-shirts: The deadline to register for an "upgraded" t-shirt is November 9th. Cost is \$5.00.

For More Information

Detailed info is available at http://www.changeofpace.com/davis_turkey_trot.html



Walnut Creek Turkey Trot

The Walnut Creek Sports & Fitness Club is gearing up for it's 18th Annual Turkey Trot, scheduled for Thursday, November 25th. Hosted at Downtown Walnut Creek's Civic Park, the 2010 event will feature a brand-new course to accommodate the giant rise in participation this event saw last year.



The event offers a chance to run or walk a 5K or 10K course before the Thanksgiving Day feast begins. For young kids, there is also a 100 yard dash and a 1/4 mile fun run. Proceeds from the event benefit the Walnut Creek public schools through two non-profits: the Walnut Creek Education Foundation and P.E.A.K.

Date, Time & Distances

DATE: Thursday, November 25, 2010

WHERE: Civic Park, Downtown Walnut Creek

TIME: 8:00 am - 5K Run/Walk Start
8:00 am - 10K Run/Walk Start
10:00 am - Kid's Fun Runs Start

DISTANCES: 5K (3.1 Miles), 10K (6.2 miles), Kid's Fun Runs with 100' yard dash, 1/4 mile. Kid's races will be broken down into heats by age.

How To Register

Pre-Registration:

- Online by Midnight on Sun., 11/21: http://www.active.com/event_detail.cfm?event_id=1873756
- In-Person At Walnut Creek Sports & Fitness (by 11/21)
- In-Person At Sports Basement in Walnut Creek (by 7pm on Sun., 11/21)
- By Mail (Postmark entries by 11/17). Download Form [Here](#).

Late Registration:

- In-Person at Walnut Creek Sports and Fitness on Tuesday 11/23 or Wednesday 11/24, from 9am to 7pm during Packet Pick Up
- Race Morning, Thurs., 11/25 at Civic Park from 6:30 am - 8am

For More Information

Detailed info is available at <http://changeofpace.com/wctt.html>



Davis Stampede

The 29th Annual Davis Stampede 5K/10K and Half Marathon will take place on Sunday, February 6, 2011. It's the kick-off to the 2011 NorCal Half Marathon Series.

Early Pre-Registration is now open...register now when the fees are the lowest. Entries are accepted online, In-person at Fleet Feet-Davis, and via US Mail.

- [Link to Online Registration](#)
- [Download Printable Form](#)



About Us

The A Change of Pace Foundation is based in Davis, CA.

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.

We also find it important to encourage adults to stay healthy by exercising...particularly for parents, so they may lead by example.

Read more at <http://www.changeofpace.com>.



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