



A Change of Pace Foundation SEPTEMBER NEWSLETTER



In this Issue . . .

- Oktobrewfest (Register by Sept. 30th for lowest price)
- Just FIT Bootcamp (Starts Week of October 11th)
- Davis Turkey Trot (Registration Now Open)
- Follow us on Facebook (Discounts! Tips! Games! News! Fun!)
- Other upcoming area events

Oktobrewfest 5K - where you can literally taste the finish line

Entry Fees Increase on Oct. 1st
REGISTER TODAY
oktobrewfest.eventbrite.com

Taking place on Saturday night, October 16th with a 5:30 PM start time, there's no early morning excuses here. Instead, we'll host a post-race party in the theme of Oktoberfest, including Sudwerk Beer (recently awarded Best in Show 2010 at the California State Fair) and games.

5K entry includes a custom glass filled with the post-race cold beverage of your choice, race t-shirt and post-race games. Awards will be presented in five year age groups.

Register Early. The event has a field limit of 1,200 and is filling up fast.

Early Registration. Register by September 30th for the lowest entry fees.

How To Register: Online, by Mail, or At Fleet Feet - Davis

Date: Saturday, October 16

Where: Sudwerk Brewery/Restaurant, Davis

Start Time: 5:30 PM for 5K

Kids Runs: 5:00 PM; 1/2 and 1/4 mile

Website: <http://changeofpace.com/oktobrewfest.html>



JUST FIT Bootcamp: Earn Your Shower!

Are you looking to mix up your workout routine? Or simply an early-morning workout group? Consider Just FIT Bootcamp in Davis. You won't be disappointed!

FALL SPECIAL: Register by Sept. 30th with code "FallFIT" and save 5%!

Date: Six Week Fall Session starts week of Oct. 11th

3 options:

- - Tuesdays at 6:15 - 7:15 AM
- - Thursdays at 6:15 - 7:15 AM
- - Thursdays at 8:45 - 9:45 AM *women only*

Where: Meet in parking lot of Arroyo Park, West Davis

Fee: \$120.00 per session (2+ days/week saves 50%)

Website: www.justfitdavis.com



Follow Just FIT Bootcamp on Facebook for Fitness Tips, Upcoming Sessions & More!

[Find us on Facebook](#)

Just FIT Personal Training

Are you looking for one-on-one training that's more personalized to your goals? Jennifer Miramontes, IDEA and ACE-certified, offers Personal Training in Davis. Her clientele range from high school and collegiate athletes to adults from a variety of training backgrounds. For more information, contact her at jennifer.miramontes@comcast.net or (530) 219-8459.

Davis Turkey Trot - a family tradition for 23 years

Set your sights on Saturday, November 20th.

Registration is now open!

Early registration is thru Oct. 16th.

Date: Saturday, November 20

Where: Civic Center Field, 6th & B Street, Davis

Start Time: 8:00 - 11:30 AM

Kids Runs: 11:15 AM; 1 mi., 1/2 mi., 1/4 mi., 200 yard dash

Website: http://changeofpace.com/davis_turkey_trot.html

Facebook page: www.facebook.com/davisturkeytrot



Connect on Facebook

A "Friend" With Cool Benefits:

- o Discount codes for races
- o Exercise tips
- o The Latest News
- o Tips from other area athletes

[Find us on Facebook](#)

<http://www.facebook.com/pages/Davis-CA/A-Change-of-Pace-Foundation/270724237041?ref=mf>

Upcoming Area Events

Sunday, October 2 - Harvest Fair 5K/10K - Santa Rosa - <http://scfymca.org/newsevents.php>

Saturday, October 16 - Oktobrewfest 5K & Kid's Runs - Davis - <http://www.changeofpace.com>

Saturday, November 20 - Davis Turkey Trot - <http://www.changeofpace.com>

Thursday, November 25 - Walnut Creek Sports & Fitness Turkey Trot - <http://changeofpace.com/wctt.html>

[Forward email](#)

✉ [SafeUnsubscribe®](#)

This email was sent to jeannine@changeofpace.com by info@changeofpace.com.
[Update Profile/Email Address](#) | Instant removal with [SafeUnsubscribe™](#) | [Privacy Policy](#).

Email Marketing by



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