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A Change of Pace September Newsletter



If you're a runner, walker, or someone contemplating running their first 5K/10K this fall, there is absolutely no better place to start or continue your fall running season than in Northern California. In fact, our very own hometown of Davis, CA produces some great events, including the 21st annual Davis Turkey Trot, held on Saturday, November 22.

In the next two months many of you will be training for the Annual Davis Turkey Trot. As a tune-up, we invite you to join us for Run For Your Lives, a 5K/10K run/walk at UC Davis on October 12th.

Run for your Lives

Sunday,
Oct. 12

Run For Your Lives



UC Davis' newest event, Run For Your Lives 5K/10K Run/Walk and Kid's Fun Runs, will take place at Toomey Field (home of UC Davis Track & Field) on Sunday, October 12.

The event will be held in conjunction with the 100th Annual Celebration of UC Davis and promotes environmental awareness and sustainability. The philosophy behind the event is that the health of our environment is tied to a healthy lifestyle. A scenic course travels through the UC Davis campus including the Arboretum.

[Read more or register today!!](#)

Davis Turkey Trot

Saturday,
Nov. 22

21st Annual Davis Turkey Trot



The **Davis Turkey Trot** is an annual celebration attracting 5,000 runners & walkers to Davis.

Taking place the Saturday before Thanksgiving, the event offers an event distance for all ages and abilities. This year's events include a 5K Run/Walk, 5K Baby Jogger Run/Walk, 10K Run/Walk, 5K Team Competition, 1 Mile Fitness Walk, and four kids fun runs, including our newest distance, the Toddler Trot 200 yard dash.

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

Be sure to register now for the lowest entry fees! [\[Register Today\]](#)