

# A Change Of Pace Foundation October 2009 Newsletter

## Davis Turkey Trot Registration

**We offer four ways to pre-register:**

- **Online.** The "convenience" fee is just 99 cents per entry making online registration more easy & affordable than ever. Both credit card and paypal accepted as payment. [Click to link.](#)
- **At Fleet Feet Davis.** Pay with check or cash; open 7 days a week in Downtown Davis.
- **At Sudwerk's Restaurant in Davis.** Located on 2nd Street in East Davis. Register at Sudwerk's by November 18th & receive a free appetizer.
- **Via US Mail.** Must be postmarked by Nov. 16.

**Entry Fees:**  
**5K/10K: From \$22 to \$31** (depending on age & shirt type)  
**Chipotle 3K Relay: \$12 to \$18** (depending on shirt choice)  
**1 Mile Fitness Walk: \$16-\$21** (depending on shirt choice)  
**Kids Fun Runs (ages 0-12):\$14**

**Shirt Upgrades:**  
 All entries include a short sleeve t-shirt. We offer an upgrade to either a cotton long sleeve, or a technical (moisture wicking) short sleeve, for just \$5.00. Available in Adult sizes S-XL; deadline is November 10.

**Website:** [http://changeofpace.com/davis\\_turkey\\_trot.html](http://changeofpace.com/davis_turkey_trot.html)

## Chipotle 3K Relay Challenge

**What:** A Relay event, with teams of 3.

**When:** 10:30 AM, Nov. 21st

**Distance:** 3K (1.8 miles). Each member completes two 1/2K portions of the course. (0.3 mi each).

**Perks:** Each entrant in this event will receive a complimentary burrito coupon for Chipotle when they pick up their packet.

**Can I participate?:** Anyone is welcome to participate! Held after the completion of the 10K, but before the kid's runs, one can do both the 3K and the 5K or 10K.

**Prizes & Divisions:** Three age divisions based on combined age in team and an open corporate division.

## Sudwerk "Beat the Brewer" 10K Challenge

We are excited to bring about local restaurant and brewery SUDWERK for the 2009 Davis Turkey Trot.



As a special perk this year, Sudwerk is hosting the "Beat the Brewer" 10K Challenge. Beat the Sudwerk employee running in the 10K, and you'll receive a coupon valid for a free appetizer and cold beverage of your choice.

Just how fast is the Brewer?  
 You'll see on race morning!

**Register** at Sudwerk's today and receive a complimentary appetizer!

## Active Kids are Healthy Kids

There's no time like now to encourage your kids to include exercise in their daily routine.

With over 1/3 of the nation's children considered obese, it is important for parents to both set a positive example and well as encourage a healthy lifestyle. The Davis Turkey Trot kid's fun runs provide a non-competitive, fun and safe environment for your child to discover that running is FUN. Parents and children alike may enjoy participating together in our 5K Run/Walk or our 1 Mile Fitness Walk.



At our Kids Runs, every finisher receives a ribbon. We offer four distances, from a 1 Mile Run to a 200 yard Toddler Trot - perfect for those ages 0-4.

We also host a free huge kids play & craft area on race morning. Your child will be entertained for hours!

**Entry Fee: \$14.00**  
 Includes a short sleeve t-shirt



**2009  
DAVIS TURKEY TROT**

### EVENTS & START TIMES

**Saturday, November 21:**

8:00am - 5K Baby Jogger  
 8:20 am - 5K Run/Walk  
 8:45 am - 1 Mi. Walk  
 9:00 am - 10K Run/Walk  
 10:30 am - Chipotle 3K Relay Challenge

11:15 am - Kids 1 Mile  
 11:25 am - Kids 1/2 Mile  
 11:35 am - Kids 1/4 Mile  
 11:45 am - Toddler Trot 200 yd dash (ages 0-4)

### LOCATION:

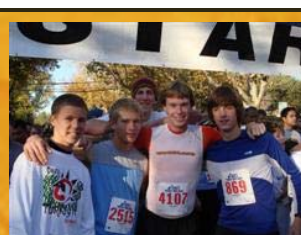
Civic Center Field,  
 Corner of 6th & B Streets  
 Davis, CA



**Calling 10K Runners:  
 You've been challenged  
 to Beat the Brewmaster!**



**Grab 2 buddies and get  
 ready for the Chipotle 3K  
 Relay Challenge!**



## 2009 Walnut Creek Turkey Trot

We are excited to be a part of the 2009 Walnut Creek Turkey Trot, taking place at Civic Park in Downtown Walnut Creek on Thanksgiving Morning, Thursday, November 26th. The event will include both 5K and 10K loop courses and two kids fun runs. We invite you to join us to kick-off your Thanksgiving feast with a run or

a walk in beautiful Walnut Creek.

Visit our website at: <http://changeofpace.com/wcct.html> for more information or to register. Early reg deadline is 10/31!!

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