



You're invited to volunteer at our upcoming California Kids Triathlon, happening on Sunday, August 9th at Woodland High School.

Want a Free T-Shirt, Free Chipotle & The Opportunity to put Smiles on Hundreds of Kids' Faces?

Volunteers are needed for the 2009 California Kids Triathlon to assist with a variety of race day activities. These include: registration, pool area, transition area, bike/run course, refreshments, crafts, finish line timing and handing out water.

Volunteering is FUN - the smiles on the hundreds of kids' faces as you help them reach the finish line of the triathlon will keep you smiling for days.

Volunteering is REWARDING - we couldn't provide kids with these opportunities if it were not for the help of our volunteers. YOU make it happen.

Volunteering has PERKS - not only do you get a first-hand view of the action, but our volunteers are treated as VIPs from the moment you check in and get your free t-shirt and coffee, to the conclusion of the event when we have our post-race Volunteer Lunch courtesy of Chipotle.

Sign Me Up!

How do i sign up?

You can sign up either as an individual or as a group.

E-Mail Jeannine@changeofpace.com with your name and preferred area (if any) for volunteering on event day. You'll be contacted back with an assignment and additional information.



Volunteer Timeframes

Volunteers are needed for this event in the following areas. You can sign up either as an individual or as a group.

- **Transition Area/Body Marking (A):** Arrival Time: 6:00 am
- **Registration/Tshirts:** Arrival Time: 6:15 am
- **Transition Area (B):** Arrival Time: 6:45 am
- **Pool Area:** Arrival Time: 7:00 am
- **Bike / Run Course:** Arrival Time: 7:00 am
- **Refreshments and Crafts:** Arrival Time: 7:15 am
- **Finish Line Timing:** Arrival Time: 7:15 am



All positions conclude at approximately Noon with our Volunteer Lunch courtesy of **Chipotle**.

Volunteers under age 13 are welcome, but should be accompanied by an adult and will be assigned with an adult to an appropriate area.

Don't hesitate to contact us for more information at

Jeannine@changeofpace.com

Thank You In Advance!
Jeannine Henderson
A Change of Pace Foundation
www.changeofpace.com



2009 California Kids Tri
Woodland High School
Sunday, August 9, 2009



What is the California Kids Tri (CKT)?

~ Fitness oriented, fun & safe event for kids ages 4-17 years

~ One of the USA's largest Kids Triathlons, held in the traditional Swim-Bike-Run format

~ The CKT encourages completion over competition - every child receives a medal as they finish

~ For more info on the event [visit the event website](#).



Event Location

Place: Woodland High School
Address: 155 N. West St
Parking: Plenty of Parking @ the main parking lot off Beamer St.

Check In: The Volunteer Check in will be located near the pool/transition area.

Directions: From Davis, Take 113 North towards Woodland. Exit to I-5 North. Exit at East Street and turn left towards town. Turn right on Beamer Street. After you cross West Street, the school will be on your right. The parking lot will be on your right in 1/4 mile.

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