



Course Preview for the Capitol City Classic

Dear Jeannine,

We quite excited to unveil the courses at the Capitol City Classic 5K/10K, taking place in one week on Sunday, April 17th in Downtown Sacramento.

A recent survey of our [Facebook](#) fans revealed that a scenic course is the most important aspect to nearly all those polled. With that in mind, we think you'll agree that the courses at this event will leave you saying, "I'll be back next year!"



Whether you are training for a May Half-Marathon and need a 10K as a warm up, are a casual runner or walker and ready to try out a new course, or any reason in between, we hope you will join us!



MILE ONE

You will enjoy running along Capitol Mall and other Downtown Sacramento streets during Mile One.



MILE TWO

Whether you are in the 5K or 10K, you will run along the Sacramento River with views of the Tower Bridge.



MILE THREE

As the 5K Runners finish, 10K runners will continue on and cross the iconic Tower Bridge.



MILE FOUR

After passing by the old "Money Store," you will travel along the Sacramento River thru the River Walk and Old Sac Historic State Park.



MILE FIVE

You will cross back into Sacramento County by crossing the Sacramento River via the historic I Street Bridge.



MILE SIX

The final mile of the course takes you along the Sacramento River on a paved bike path, and then through Old Sacramento.

How Can I Still Register?

- Online through 9:00 AM on Friday, April 15. [Link Here.](#)
- Via Mail if postmarked by Monday. [Download a form here.](#)
- In-Person at The Running Zone through 7pm on Fri., April 15
- In-Person at Fleet Feet Davis through 7pm on Wed., April 13
- At Packet Pick Up
 - Friday, April 15: 4-7 PM at the Running Zone
 - Saturday, April 16: Noon - 5pm at Crocker Park
- Race Morning
 - Sunday, April 17: 6:45 AM onwards at Crocker Park

Race Distances and Start Times

- 8:00 AM: Start of 5K and 10K
- 9:30 AM: Start of 2 Mile Run/Walk
- 10:00 AM: Start of Kid's Fun Runs (Ages 12 & Under; four distances)

We hope to see you there! For more info, please visit our website, <http://www.changeofpace.com>.

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