



August 3, 2011

Dear Sample,

This one is short and to the point. We've listed five updates below pertaining to how to run our races for free, our kids tri, upcoming races and social media information.

So please Take Five to read below and then resume your regularly scheduled programming.

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### (1) California Kids Tri

**Sunday, August 7 | Arroyo Pool/Park, Davis CA**

Ten years and six thousand kids.

The Tenth Annual California Kids Triathlon will take place this Sunday in the town it "grew up" in - Davis. Come see why this event won the Governor's Spotlight Award for Best Event & Gold Medal in 2009.

And for those of you wondering....YES. You can still register! Click the link below. The day will provide your child with an amazing confidence-building experience that they will be talking about for years.

[Read more...](#)

### (3) Twitter

A lot of our "Fans" already connect with us on Facebook... and Facebook is great. However we had some requests to join Twitter and provide 140-character updates about what we're doing... so we listened and then joined. And now we're tweeting, too. Well, Follow us at <http://twitter.com/acofoundation>.



### (4) An Inside Look

**The ACOF Foundation Blog**

Our Tweets are 140 characters...our Facebook updates a max of 420. Our e-mails give you an overview of the latest news. But did you know we also have a blog? It's your behind the scenes look at what we're planning and working on, 12 months of the year. You can subscribe via RSS feed if you like (That cool image to the right is the official "RSS" logo). RSS = Really simple syndication. You can receive an email each time there is a new post.



Alternatively, just stop by and check us out at <http://acofoundation.wordpress.com/>.

### (2) Run Oktobrewfest for FREE

**Forget Groupon, now this is a deal!**

[Oktobrewfest](#) registration went live on Monday, and we've already had an amazing response to this October 8th evening race.

The event offers a 6PM 5K run, followed by the Post Race Party of the Year. After you cross the finish line and get your bottle-opener Finisher's Medal (they are pretty unique!), you'll receive a souvenir cup and a free cold beverage (your choice) courtesy of Sudwerk. There will be appetizer samples, live music, games and contests like bratwurst eating and yodeling, vendor booths and even a costume contest. The 5K Field Limit for 2012 is 1,400- last year's race was a sell-out.

And you can participate for FREE. *This is a \$35.00 value!*

**So HOW, you Ask?** All you have to do is volunteer for a few hours at our California Kids Triathlon this Sunday, and we'll get you signed up on-the-spot and ready for October. Volunteers are the key players in the success of our events and having those familiar to the sport tend to make our events better. It not only gives you a different perspective to the event, but a greater appreciation to what our volunteers are up against when the gun goes off. Plus, you get a CKT race t-shirt and the opportunity to help put smiles on the faces of 500+ young athletes.

Interested? Only a dozen or so spaces remain in our Race for Free program. Sign up to volunteer [HERE](#) today.



**Oktobrewfest**

## Quick Links

[Registration for California Kids Tri](#)

[Registration for Oktobrewfest](#)

[Northern California Race Calendar](#)

[Newsletter Archive](#)

[Facebook page](#)

[Twitter](#)

[YouTube](#)

[Our Blog](#)

[Website](#)

## (5)About Us | After School Youth Fitness Programs

A Change of Pace Foundation is a 501(c)3 non-profit organization based in Davis, CA. We strive to produce unique events for the community which raise funds for the after-school fitness programs we provide to elementary schools at no cost.

Our mission is to "encourage, educate and motivate kids to inspire life-long habits towards a healthy lifestyle."

Are you a teacher or parent of a child at an elementary school in Davis, West Sac, Winters, Woodland or Dixon? If you'd like to nominate your child's school to be considered for a grant and participation in our Fall After-School Youth Fitness Program, please click here: <https://acop.webconnex.com/YFP2011> and fill out the form.



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