

Jeannine Henderson

From: A Change of Pace [info@changeofpace.com]
Sent: Friday, September 28, 2007 11:01 AM
To: jeannine@changeofpace.com
Subject: [SPAM] Heartbeat Run 5K/10K & Kid's Run

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17th Annual Heartbeat Run

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Sun., Oct. 14, 2007

You have probably just received your copy of the 17th Annual Heartbeat Run entry form. This email is a courtesy reminder to get your application in soon (early entry fee cutoff is Saturday, 9/29). The event is quickly approaching and will take place on Sunday, October 14th. The run and staging area will take place next to the UC Davis Medical Center in the heart of Sacramento County.

A Unique Cause

Free Health Care Clinics

Every running/walking event has a beneficiary or cause that is important to the race organizers. However, none may be so crucial as the reason behind the AMSA Heartbeat Run: raising funds to keep the doors of seven Sacramento-Area free health clinics open.



We all know health care is one of today's biggest issues. Due to the high costs, it is simply unattainable for every person in the community to have. The students at UC Davis' School of Medicine collaborate every year on the Heartbeat Run/Walk, a 5K/10K Run/Walk to raise necessary funds for seven student-run health care clinics in the greater Sacramento County. These students and clinics make important health care services available for the underserved members of our community. In order to spread the word and enable the doors to remain open, it is events such as the ASMA Heartbeat Run that make a difference.

What Can You Do?

Run or Walk for the Cause

The Heartbeat Run/Walk is a 17 year tradition we'd like to see stay strong and healthy. This year marks the first year this event will take place in the Sacramento area. We are excited about the new venue and the course (see website).

The event includes 5K (3.1 miles) and 10K (6.2 mile) courses that travel through the residential neighborhoods adjacent to the UC Davis Medical Center in Sacramento. There's also fun runs for the kids.

All entries include a race t-shirt and post-race refreshments. You can still register! Click here for more information. [Click here for more information.](#)

PS. Unlike many area events, we we are extremely pleased to announce there will be an abundance of parking adjacent to the start/finish area for this event. Save your energy for the event, rather than getting to the event.

New for 2007

5K Team Challenge

Aside from the venue change, the 2007 Heartbeat Run features an all new Team Challenge in the 5K distance. This category allows you and two of your coworkers, friends or family to form a team and enjoy the event together. And best of all - there's no additional cost to form or join a team. What a great way to get your friends and family out for some group exercise!

Teams can be composed of three or more members. The top three fastest times posted by your team will be combined to form your team time. Awards will be presented to the top teams in the following divisions:

- Corporate
- Health Professionals
- Family & Friends
- Student (with subcategories of Elementary, High School & College)

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