

Main Identity

From: "A Change of Pace Foundation" <info@changeofpace.com>
To: <info@changeofpace.com>
Sent: Tuesday, May 19, 2009 9:35 AM
Subject: Thank You For Volunteering at the PEKT!



Dear Participant,

On behalf of all the athletes that participated in Sunday's Positive Energy Kids Triathlon, I would like to thank you for volunteering at this year's event.

This event was designed to promote fun and fitness to kids ages 15 and under. Based on the smiles we saw on Sunday, this was accomplished; and your assistance contributed to its success.

We hope you enjoyed participating in the triathlon and we look forward to including you in our future events.

Sincerely,
 Jeannine Henderson
 A Change of Pace Foundation



DYSL Gunners

Fantastic volunteers from a local boys soccer team



ALL of our volunteers went above and beyond the call-of-duty, and for that, we are very appreciative. We'd like, however, to give a special "shout-out" to the DYSL U-13 Gunners boy's competitive soccer team. They, along with many of the players' parents, helped in the food area and on the run course and had tons of enthusiasm the entire time.

Delta Epsilon Mu

Making the Finish Line that much more spectacular



The finish line timing, medals and water were handled courtesy of a fraternity called "Delta Epsilon Mu" from UC Davis. They are a professional health-interest fraternity that provides volunteer support at many A Change of Pace events throughout the year. They did an excellent job and we are very thankful for their commitment to making a difference in the community.

Our Next Event



Our next event is the [California Kids Triathlon](#), taking place on Sunday, August 9th at Woodland High School.

As one of the largest kids triathlons in the entire nation, we need lots of volunteer support.

Contact Jeannine via [E-mail](#) to sign up your group!

The Transition

Alpha Phi Omega

Always giving 110%

Whether it is one of our kid's triathlons or the annual Davis Turkey Trot, Alpha Phi Omega, the service fraternity at UC Davis, is always there to help support our events.

Two of the APO volunteers at Sunday's PEKT really went above and beyond the "call of duty." Not only were they the very last two volunteers at the event, they took all the recycling to a local recycling center and then donated the money to an area church. We also had some leftover bagels, and they took those to the church as well who in turn provides them to members of the community who need a meal.



We can't forget to mention...

...all of our other wonderful volunteers

We don't have space to mention everyone and every group, but we are grateful for each and every volunteer that was at the event Sunday. In addition to parents, our Foundation Board Members, friends and family, our other volunteer groups included:

- Delta Sigma Pi (UC Davis)
- Kappa Gamma Delta (UC Davis)
- UC Davis Pre-Pharmacy Club
- Davis Honors Challenge (UC Davis)
- Davis Cyclones (baseball team)
- UC Davis Pre-Dental Club
- Golden Valley Harriers (Davis' running club)
- Pre-Med AMSA (UC Davis)
- DYSL Gunners
- Alpha Phi Omega (UC Davis)
- Delta Epsilon Mu



A Change of Pace Foundation

Making a Difference In the Community

The A Change of Pace Foundation is a 501c3 non-profit organization whose mission is to "encourage, educate and motivate kids to inspire life-long habits towards a healthy lifestyle."

Proceeds from the PEKT help fund our After-School Exercise programs.

Read more about our Foundations endeavors at www.changeofpace.org.



Area....

UC Davis' Business fraternity, Delta Sigma Pi, brought 15 volunteers to this year's event and assisted in the transition area. Along with Kappa Gamma Delta and the Pre-Pharmacy Club, two other UCD groups that also regularly volunteer at our events, we had a team of about 30 stellar volunteers helping with the Transition Area. To hear after the event from our Transition Area coordinator that these volunteers were "awesome" was great. Thank you for all your help!

Special Thanks

Thank you to the Golden Valley Harriers for their help with fixing and adjusting kids' bikes on the course. The GVH volunteers helped improve the triathlon experience for many young athletes.



More Pictures?

We have more pictures from the event posted on our results page at www.changeofpace.com/

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