

Jeannine Henderson

From: A Change of Pace [info@changeofpace.com]
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To: jeannine@changeofpace.com
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A Change of Pace September Newsletter

Gearing up for our 20th Anniversary

In This Issue

Sept/2007

[Davis Turkey Trot](#)

[Heartbeat Run](#)

Turkey Trot Links

[Register Now](#)

[Race Details](#)

[Course Maps](#)

[FAQ](#)

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Fall is quickly approaching and there seem to be more things changing these days than just the color of leaves. This time of season always seems to appear more complicated and busy than ever; schools are now back in session, parents are scrambling to keep up with all their kids' activities and the holidays are looming around the corner.

We have always said that having a change of pace in your life is a good thing. In fact, having that as our name continues to set us apart from most folks in the event management industry. As we reflect on the many events we have produced, it's hard to believe we are already celebrating our 20th year in business. Life has truly been good to us and producing healthy events throughout the Northern California Region has been an honor and a privilege. We are excited to celebrate the 20th anniversary of the Davis Turkey Trot on Saturday, November 17th, 2007.

CELEBRATING 20 GREAT YEARS

Davis Turkey Trot

As we celebrate our 20th Anniversary in 2007, we are excited to introduce several new enhancements to the Davis Turkey Trot. The event will take place on it's traditional weekend - the Saturday prior to Thanksgiving - November 17th. We are confident these changes will make an already great event even better. They include:



- Chip timing for the 5K/10K distances

- A pre-race Health and Fitness Fair (11/16)
- Entry fee discounts for youth entrants in the 5K/10K
- A 5K Team competition - featuring Pair, Student and Corporate divisions. Read more below...

DAVIS TURKEY TROT BASICS

All the essential information you need

The Davis Turkey Trot is an annual tradition that attracts 4,500 runners and walkers. Following is a brief breakdown of the activities:



Date: Saturday, November 17th, 2007

Where: Civic Center Field, Downtown Davis (6th and B St.)

Distances: 5K Run/Walk (3.1 miles), 10K Run/Walk (6.2 miles), and 1, 1/2 and 1/4 mile non-competitive kids fun runs for ages 1-12.

Start Times:

- 8:00 am - 5K Baby Jogger Run/walk (*the largest baby jogger/stroller specific event in the USA!)
- 8:20 am - 5K Run/Walk
- 9:00 am - 10K Run/Walk
- 10:30 am - First heat of the Kid's Fun Runs (multiple heats in each distance based on age)

Who Can Participate: Anyone! The event is a fun way to get some exercise. Our participants include competitive runners, casual joggers, walkers, kids, families, students....you name it!

How To Register: You can register online, via mail, or in person at Fleet Feet Sports in Davis. Entry fees vary based on event entered and date of registration. [Read more about registration....](#)

Beneficiaries: The Davis Turkey Trot is a community-based, family oriented event. Proceeds benefit the Davis Schools Foundation, UC Davis Athletics, and of course, the A Change of Pace Foundation. The ACOP Foundation is a 501c3 non-profit organization dedicated to promoting physical fitness and exercise through both existing events and newly created programs. These programs will provide opportunities to

educate kids about the current social and health issues at hand (i.e. obesity and type II diabetes) and encourage them to live a healthy lifestyle.

HEALTH & FITNESS FAIR

Friday, November 16th 11am-5pm



A Change of Pace, Fleet Feet Sports-Davis, and the City of Davis have joined together to bring you a Health and Fitness Fair. Taking place during our Packet Pick Up on Friday, November 16th, the Health and Fitness Fair will feature health-oriented vendors and race sponsors, as well as a sampling of the variety of businesses in Davis.

The Health & Fitness Fair will take place on 2nd Street, in front of Fleet Feet Sports in Downtown Davis. 2nd Street will be closed to vehicular traffic from 11am - 5pm during the fair.

5K TEAM COMPETITION

New for 2007!

Running/walking may be an individual sport, but we want to make it as team-oriented and as fun as possible.



We are introducing a 5K Team Competition as part of our 20th Annual festivities. There is no additional fee to enter as a 5K team, and all entrants on teams remain eligible to win individual age group awards in the 5K. 5K Team entrants start with the 5K Run/Walk at 8:20am and teammates do not have to start or finish together. Divisions in the team competition are as follows:

TEAMS OF TWO:

- Pair (Two Men, Two Women, Mixed Sex)
- Student (Elementary, Jr High (7-8), High School (9-12) and College)

TEAMS OF THREE or more:

- Corporate

The team competition is a great way for you and a friend, family member, roommate, running buddy or coworker to participate in the Turkey Trot together. Teams will be scored based on a combined time (best three times will score for

corporate teams with >3 entrants). Best of all, the top three teams in each category will be awarded some great prizes.

How To Enter:

1. Grab a buddy (or two) and form a team. Pick your appropriate division and a team name.
2. Complete the entry form (one form per teammate) and submit.
3. Join us on Nov. 17th!

OFFICIAL PRE-RACE WARM UP



17th Annual Heartbeat Run

As you prepare to run or walk in the Davis Turkey Trot, you may be looking for another local event to provide you with a warm up to the 'big day'. Consider the Heartbeat Run 5K/10K on October 14th.

This event offers runners and walkers the chance to run or walk through the beautiful residential streets surrounding the UC Davis Medical Center in Sacramento. More importantly, however, the event raises funds for seven free health care clinics in the greater Sacramento area. These clinics are 100% student run and rely on funding from events such as the Heartbeat Run to keep their doors open. Providing medical care to the underserved populations in our community is an important cause, and so we hope you will join us for the Heartbeat Run on Sunday, October 14th.

[Read more or register for the Heartbeat Run today!!](#)

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