

Jeannine Henderson

From: A Change of Pace [info@changeofpace.com]
Sent: Thursday, November 15, 2007 7:08 AM
To: jeannine@changeofpace.com
Subject: Davis Turkey Trot Participant Confirmation



November 15, 2007

Message

Event Sponsors



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2007 Davis Turkey Trot Participant Confirmation

Thank you for pre-registering for the 20th Annual Davis Turkey Trot Run/Walk.

This email contains important information regarding Packet Pick Up, 5K/10K Timing Chip Pick Up, and general rules.

Packet Pick Up

All participants will need to pick up their official Race Packet in order to compete. This is especially important for 5K/10K participants.

There are two opportunities to do so:

1.) On Friday, November 16th, from 11am-5pm (During our Downtown Health and Fitness Fair) in front of Fleet Feet Sports at 615 Second Street. If possible, we highly encourage you to pick up your packet on Friday. This will eliminate the possibility of extra stress and possible delays on race morning.

2.) On Event Morning, (11/17), at Civic Center Field. Registration opens at 6:30 a.m. and will be located on B Street between 5th and 6th Streets. Please arrive one (1) hour prior to your race start to allow sufficient time to pick up your packet, find parking, warm up, etc.

On event day, Kid's Fun Run entrants' packets & late registration will be available inside the Kid's Area, on the west side of Civic Center Field. Kid's Fun Run registration opens at 7:30 a.m. on race morning.

Attn: 5K/10K Participants: Be sure to read the section below regarding Timing Chip / Bib # Pick Up.

Important Race Times

Friday, November 16th:

11:00 a.m. - 5:00 p.m. - Race Packet Pick Up / Downtown Health & Fitness Fair

**Packet Pick Up will close promptly at 5:00 pm due to our street closure permit.

5:00 -8:30 p.m. - Pre-Race Turkey Trot Dinner at Bistro 33, 3rd and F Streets.

Saturday, November 17th:

RACE DAY! Civic Center Field, 6th & B Streets

6:30 a.m. - 5K, 10K and 1 Mile Late Registration / Packet Pick Up opens. (*B & 6th St*)

7:30 a.m. - Kid's Fun Run Late Registration / Packet Pick Up opens (*Kid's Area, Civic Ctr. Field*)

8:00 a.m. - 5K Baby Jogger/Stroller Run/Walk Starts (*6th & C Streets*)

8:20 a.m. - 5K Run/Walk Starts (*6th & C Streets*)

9:00 a.m. - 1 Mile Fitness Walk Starts (*B Street in front of Civic Center Pool*)

9:05 a.m. - 10K Run/Walk Starts (*6th & C Streets*)

10:30 a.m. - Kid's Fun Runs Start (1 Mi. then 1/2 Mi., then 1/4 mi.) (*On B St. near 6th St.*)

11:15 a.m. - 5K/10K Awards Ceremony (*Main Stage*)

11:40 a.m. - Adult & Kid's Raffle (*Main Stage*)

Chip Timing for 5K & 10K

How to pick up your timing chip & bib number

We are excited to include chip timing for the 20th Annual Davis Turkey Trot 5K/10K.

Bibs and timing chips will be distributed at both Packet Pick Up and Race Day *by bib number*, rather than alphabetically. To find out your assigned bib number, please view the 5K/10K participant list on our website at: http://changeofpace.com/2007_tt_participants.html. This list contains all pre-registered 5K/10K participants and their pre-assigned bib number. Note your bib number, and when picking up your packet, simply proceed to the correct numerical line (e.g, bibs #701-900). Alphabetical lists with bib numbers will be available for your review at registration should you need to reference them.

Timing Chip Basics

Chip timing uses a small, lightweight transponder chip attached to your shoe to record the time you cross the start line, and again the finish line, to determine your net time for the race. Therefore, it is critical that you wear your chip on your shoe. At registration, you will be provided with a small zip-tie to securely attach the chip to your shoe. The timing chip will be removed from your shoe by volunteers after you finish the race.

Common Chip Questions:

Q: What happens if I forget to wear the chip?

A: No chip = No time. Don't forget to wear the chip, or you will not receive a time.

Q: What if I lose my chip?

A: Don't lose your chip. We will have to charge you a \$15.00 replacement fee.

Q: What if I leave my chip at home?

A: Head to the Solutions table at registration on race day to be assigned a new chip. You will be responsible for mailing the other chip back after the race.

Q: I am registered for the 10K and would like to switch to the 5K. What do I need to do?

A: You do not need to do anything. Proceed with the chip & bib you were assigned. The timing chips and bib numbers will work for either the 5K Baby Jogger, 5K Run/Walk or 10K. Simply start at the correct time. Your chip will be read when you cross the starting line. See above for start times.

Q: Where do I wear the bib number?

A: Bib numbers should be worn on the front of your body for quick athlete identification on the course by course officials and photographers.

The 1 Mile Fitness Walk and the Kid's Fun Runs are not timed; therefore participants do not need a

timing chip. All Kid's Fun Run finishers will receive a ribbon at the Kid's Run Finish Line (located on the grass inside the kid's area).

Focus on Health

Both our Friday Health & Fitness Fair, as well as our Post-Race Expo on race day, focus on health and fitness. Free screenings, samples, and information will be available at our vendor booths.

Race Day we will feature live music from Music Matt, courtesy of Bistro 33.

Bistro 33 Pre-Race Dinner

Davis' top restaurant, Bistro 33 of Davis, will be hosting a Pre-Race Davis Turkey Trot dinner, beginning after the Health & Fitness Fair at 5:00 pm on Friday. Bistro 33 is located in Downtown Davis at 226 F Street, on the corner of F and 3rd Streets (just a half block from the Health Fair).

Additional Race Information

Race Results: Race results will be posted on-site as available for the 5K and 10K. Awards will be available for pick up at our awards tent, adjacent to the main stage. Unclaimed awards will not be mailed, but will be available for pick up at Fleet Feet Sports - Davis starting Sunday, November 18th. Results will be posted online at www.changeofpace.com on race day.

Fluid Stations: There will be one fluid station on the 5K (mile 1.5) and three on the 10K (miles 2, 4 and 5.5). Along with water, Cytomax will be available at all fluid stations. It is the Official Fluid Replacement of the Davis Turkey Trot.

Pets: Please do not bring dogs or other pets with you to the race. Dogs are not permitted on the course as a matter of safety for you and the other athletes.

Accommodations: If you are traveling from out-of-town, we encourage you to stay at our Official Accommodations Sponsor, the Hallmark Inn. Conveniently located one block from the Health & Fitness Fair, the Hallmark Inn is offering all Turkey Trot participants a discount. Visit www.hallmarkinn.com for more info.

Sweat Check: For your convenience, we have just added a sweat check booth along the First Base line of the baseball field adjacent to both registration and all start lines. We ask that you use this area rather than placing your apparel on the nearby neighbors' lawns.

Course Maps: Course Maps, Parking & Directions, Health Fair Information, Kid's Area overview, etc. can all be found on our website, www.changeofpace.com.

More Information

For more information, please feel free to call our office at (530) 757-2012 ext. 0 (through Thursday, 5pm) or e-mail us at info@changeofpace.com.

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