



Spring is finally here, and with it comes a flurry of upcoming running / walking events. In anticipation of the better weather ahead, there are a wide variety of races & causes to choose from. We invite you to participate in the following events:

FEATURED EVENT

Positive Energy Kids Triathlon

May 17

A non-competitive, confidence-building event designed for kids ages 4-15 years



The Positive Energy Kids Triathlon takes place at Arroyo Park in Davis, CA. The event is designed to be achievable for all kids, regardless of previous triathlon experience or athletic ability.

This year's event will take place on Sunday, May 17th. Registration is now available via mail as well as online. For more information on the event, including course maps, photos and age-division distances, [click here](#).

To help get kids fit for this year's PEKT, we have teamed up with Davis Athletic Club and their CrossFit Kids program to offer a special package for our young athletes and their parent. The package includes:

- A Positive Energy Kids Triathlon entry - \$35.00 (\$5.00 savings)
- A four week CrossFit Kids session - \$35.00 (\$5.00 savings)
- Powered By Chipotle Triathlon Training Shirt (\$10.00 value)
- Complimentary yogurt certificate from Yolo Berry (\$5.00 value)
- Complimentary pass to parents of the DAC CrossFit kids (\$75.00)

The total value of this package is \$170.00; your cost is \$70.00! Please remember this offer is limited to the first 40 kids to register at Davis Athletic Club.

Donner Lake Triathlons

July 19

Sprint and International Distance competitions



The annual Donner Lake Triathlons take place each year on the third weekend in July. This year's event (July 19) includes Sprint and International Distance competitions, with both individual and relay categories available. The Donner Lake Triathlon is one of the nations oldest triathlons, and also the most scenic, with clear, calm, clean lake waters and magnificent Sierra Nevada views from the bike and run courses.

For the 2009 event, we have teamed up with Tahoe-based 7th Wave Productions, an event management group that has brought quality events to the Tahoe area such as the Big Blue Adventure Series and the Xterra Off-Road Triathlons. We look forward to clear skies this year and hope you can join us. For more info or to register, [click here](#).

The early registration deadline is today, March 31, so be sure to get your entries postmarked & in the mail! (Or register online by midnight).

--> Already sent in your entry? A list of registered participants is available on our website at: http://changeofpace.com/dlt_participants.html.

Calendar of Events

For a complete listing of upcoming running, walking and triathlon events in the Northern California area, log on to the [event calendar section](#) of our website. Our calendars include a separate listing of upcoming kid's oriented events.

FEATURED UPCOMING EVENTS:

- [Loop the Lagoon](#) - May 2 - Vacaville
- [Marin Human Race](#) - May 9
- [Positive Energy Kids Tri](#) - May 17 - Davis
- [Sacramento Doggie Dash](#) - May 30
- [Silicon Valley Kids Tri](#) - May 31 (Sold Out)

About Us

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

Our goal is to tackle the rise in childhood obesity and Type II Diabetes head on with exercise-oriented programs and events that are both fun and safe. It is through these efforts that we hope to show children that exercise does not have to be a chore, but rather an important, necessary and enjoyable part of daily life.

We invite you to read more about our Foundation, it's mission, programs and events. Read more about our events, find upcoming events in your area on our comprehensive Northern California event calendars (broken down by running, triathlon and youth events), find a local training club, and read more about our services at www.changeofpace.com.

Information on our Foundations's mission and our youth-oriented programs can be found at www.changeofpace.org.

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