

## This Monday: Davis Labor Day Race

1 message

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### Davis Labor Day Race 2022 Event Info

#### Hello and welcome to Labor Day Weekend 2022!

We're including you on this email communication because you are either registered for this year's Davis Labor Day Race, or, you were registered in a past year and we hope you will consider joining us again. Race day is Monday, September 5, 2022.

Weather: Yup, it's going to be hot, but the good news is that you'll get your run or walk in way before it hits the triple digits. The 5K and 10K races will be starting together at 8:00 am *sharp*, and the Kid's Half Mile will be at 9:30 am.

- ✓ If you are registered for the 10K, and would like to change to the 5K, please email us by Friday to request the change. You can also make the change within your runsignup account.
- ✓ You may want to consider carrying water or electrolyte replacement with you on your run/walk due to the warmer air temperatures, especially if you're participating in the 10K. There will be one water stop on the 5K and two on the 10K.

#### Below are other race details:

- ✓ **Still Need to Register?** Entries are accepted all the way through race morning. We suggest that you register by midnight Friday, 9/1 - prices increase for the weekend.
- ✓ **To Register Online:** go to this link
- ✓ **Bib & T-shirt Pick Up:** Race bibs and t-shirts may be picked up at Central Park, the start/finish area, on race morning (Monday, 9/5) only, starting at 6:30 a.m. and continuing through your race start. We suggest arriving at 7-7:15 am.
- ✓ **Distances and Start Times:** Start times are as follows: 8:00 a.m. - 10K and 5K; 9:30 a.m. - Kids Half Mile Fun Run
- ✓ **Location:** All events start and finish at Downtown Davis' Central Park, located at 3rd and C Streets.
- ✓ **Parking:** Parking is available on surrounding downtown side streets and in lots. Parking enforcement (e.g. 2 hour) is not in place in most locations due to the holiday.

✓ **When to Arrive:** We suggest arriving one hour prior to the start of your race to allow sufficient time to pick up your bib/register, use restrooms, warm up, etc.

✓ **Course Maps:** Both routes take place primarily in South Davis. A map can be viewed here: <http://changeofpace.com/event/davis-labor-day-run/#course-map-ldr>

✓ **Medals:** Finisher medals will be distributed to all 5K and 10K finishers at the finish line. Overall, plus age group award winner medals will be awarded to the top three male, female, and nonbinary finishers. They can be picked up at the volunteer check in / award pick up tent.

✓ **Tour de FIT:** Those who signed up to participate in our Summer Challenge can pick up their Summer Challenge medal at the entrance to the Tour de FIT VIP booth.

✓ **Race Results:** Results will be available during the event online. Visit <https://results.changeofpace.com> or click here.

✓ **Dogs and Strollers:** Both are permitted in the 5K/10K, however, all must start at the back of the pack and stay to the right during the event when on bike paths so that participants behind you are able to pass. Of course, pups must be well behaved, on non-retractable leashes and leave no surprises for others along the route or at the start/finish.

✓ **Post-Race On-Site Vendors:** After you finish your race, we will have pancakes (free) and fruit available for all finishers. Be sure to stop by our vendor booths, including Fleet Feet Davis, Milestones Movement, June Care (who will have goodies for kids!), and Kona Ice, who will be offering their giant snowcones.

✓ **Social Media:** Follow us on social media for event photos and video at: Instagram / Facebook / Twitter. Find other participant pictures using #davislabordayrace on Instagram.

We hope you have a great time on Monday and look forward to seeing you soon!

A Change of Pace Foundation  
<http://www.changeofpace.com>



Milestones Movement at the Lucky Run in March

## Davis Labor Day Run

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