

→ Preparing for the Davis Stampede (Participant Newsletter #1)

1 message

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Participant Newsletter (#1)

Preparing for Race Weekend

Greetings, Stampede'rs! We're thrilled you have chosen to participate in this year's Davis Stampede and look forward to hosting you on event day. This newsletter is designed to help you be best prepared for a smooth and fun race experience.

In This Newsletter:

- Packet pick up times/days
- Virtual participant info
- Need to modify your entry?
- Tips for a smooth race day
- FAQ
- Earning bonus medals
- Our social media has a race medal preview
- Earn free race entries by volunteering

All Things Registration

Packet Pick Up

Participants have two options for picking up their race bib and t-shirt:

- **Pre-Race Packet Pick Up:** Saturday, February 24, 2:00-4:30 pm
- **Race Morning Pick Up:** Sunday, February 25, 6:30 am until 15 minutes before race start
- **Location:** Both held by the start/finish line at [Playfields Park, 2500 Research Park Dr, Davis, CA 95618](#)
- ID is not required for packet pick up and you may pick up for friends.
- Due to volunteer scheduling, we are not able to accommodate pick-ups outside the above timeframe.
- If picking up race day, plan to arrive at registration at least one hour before your race start.

- **Virtual participants:** Virtual participants are welcome to pick up on Saturday, but it is not required. Proceed directly to the "Problems & Solutions" line (not Participant Check-In) to obtain your shirt, bib, and medal. Virtual participants who do not pick up on Saturday will be mailed their packet and medal the following week.
 - Virtual results: you may begin uploading your results to the results server [here](#) as early as February 24 and up until March 22. (Optional, not required).

Changes to Your Entry

- **Division Changes:**
 - You may not participate in a division (distance) other than which you are registered. Bib numbers are color-coded so that you can be properly directed on the course and timed. If your training has not gone as well as planned and you would like to request a division change, or switch to the virtual division, you make take care of this one of two ways:
 - (1) Modify your entry distance within your runsignup account no later than Feb. 22
 - (2) [Email us](#) by Feb. 22 to request the change
 - Please complete all division changes in advance of race weekend if at all possible. Last minute changes due to unforeseen circumstances can be handled at Problems & Solutions when picking up packet.
- **Transfers to Other Participants:**
 - If you have become sick, have to work on race day, etc. and would like to gift your entry to a family member or friend, you may handle this one of two ways:
 - (1) Initiate the gift within your runsignup account "participant transfer" no later than 11:59 pm on Feb. 22. You will need the first and last name, plus email, of the recipient. The new participant will receive an email with next steps. They must accept your gift AND complete their registration by 11:59 pm on Feb. 23 (Friday).
 - (2) You may [email us](#) to request the transfer. Request must be made by Feb. 22. Please send us the new participant's first/last name and email when doing so.
- **T-shirt Size/Type Changes**
 - You may modify your shirt ("giveaway") selection within your runsignup account by Thursday, February 22.
 - If we have the ability to change sizes due to current inventory, we will do our best to accommodate changes at Packet Pick Up.
 - We do not offer any shirt changes on race morning before the event. We will do our best to accommodate any requests for a different size or shirt type at the registration area after 9:00 am.

Preparing for Race Day

Below are some tips for helping make your race as smooth as possible.

Race Start Times

Knowing what time your division (distance) starts is important on race day to avoid any last minute confusion. The start times are:

- 8:00 am - Half Marathon and 10K
- 8:10 am - 5K
- 9:00 am - 2K

The Half Marathon, 10K, and 5K will start at the finish line facing northwest (towards I-80). The 2K will start on the northwest side of the parking lot about 40 yards past the end of the finish line and head towards Research Park Drive. All races finish in the same place.

Don't Try Anything New

Experimenting is great for practice but not for game day. Try to be mindful of what you have trained for and how, and what you know works for you. This includes:

- **Clothing:** Choose race day attire that you have run/walked in before and you know works for you in the anticipated weather conditions. Don't wear brand new shoes.
- **Breakfast:** Eat a breakfast that you have eaten before prior to exercising.
- **Hydration:** Follow your typical hydration practices both prior to the race and during it. If during your training you are used to carrying water with you and having a sip every five minutes, stick to it. Same for any nutrition, salt, etc.
- **Pace:** It's easy to get caught up in the excitement of the starting line and start out a little too fast. Have fun, but try to start your race at the pace/speed you have trained at.
- **Do A Trial Run:** If possible, try to plan a test run or walk this coming weekend. Mimic the time of day and weather if possible to work out any attire or hydration/fueling issues.

Familiarize Yourself with The Course

Review the course prior to race day, and note where there are hills (overcrossings), key turns, etc. While we will make every effort to have volunteers, cones, chalk arrows, and signs along the route so that you do not go off course, it is also helpful for you to have a sense of what awaits you. This also includes locations of aid stations and bathrooms. Aid stations will offer water and Gatorade. [View or print course maps here.](#)

Frequently Asked Questions

- **Gear Check:** Will there be a sweat/gear check on race day? Yes.
- **Where do I park?** Parking for race day is available in the large business park off Research Park Drive and Drew Ave. [View a map on our site.](#)
- **Race Bibs?** Can I wear my bib on my thigh? Yes. Bibs must be worn on the front of your body, but you may wear them either on your abdomen or the front of one of your thighs. They should be worn on your outermost layer of clothing, so they are visible to course monitors, photographers, timers, and to ensure the timing mats 'see' them.
- **Photography.** Will there be a race photographer and how do we get pictures? Yes. Facchino Photography will be on the course and at the start/finish to capture your image as you participate. Photos will be online about four days after the event, and you will receive an email with your proofs. You can visit the Stampede page on their site [here.](#)
- **Weather.** What happens if it rains? The race will happen rain or shine!
- **Awards.** Who receives awards? How do we pick them up?
 - Awards are distributed on race morning in the post-race area. Be sure to check your results before you leave even if you don't think you're likely to win - awards are not mailed. Your bib number will have a QR code on the front to scan and view results or you can see them [here.](#)
 - **Overall Awards:** The top three men, women, and nonbinary finishers in each of the four races will receive an award, based on gun time. Overall winners also receive an age group prize.
 - **Age Group Awards:** The top three men, women, and nonbinary finishers in each of the age groups for all four distances will receive an award. Age group ranking is based on net time. Age groups are outlined on our [website.](#)
 - **Special Division Awards:** The top three finishers in each special division, broken down by gender and ranked by net time, will receive an award. Special divisions are: adaptive athlete, cancer survivor, dog division, stroller division, UC Davis students, UC Davis alumni, and UC Davis faculty/staff.

Side Notes

Bonus Medals

If you are planning on earning the "Winter/Spring Challenge" bonus medal for completing both the **Davis Stampede** and the **Lucky Run** (Sat. 3/23), be sure to SIGN UP for the challenge. The extra bonus medal and the challenge is 100% free, but you must sign up for and complete both races (any division, including virtual, "counts" for the challenge, except for the Kids Runs at the Lucky Run).

- [Sign up for the Winter/Spring Challenge](#) (Deadline to sign up is 3/5)
- [More Information on the Lucky Run](#)

Follow Us on Social Media

Be sure to follow us on social media for behind-the-scenes videos, Q&A's, medal previews, and other running or race-related information for this and our other events.

- [A Change of Pace Facebook](#)
- [Instagram](#)
- [Davis Stampede Facebook](#)
- [Twitter](#)
- View a Behind-The-Scenes video of how the Davis Stampede race medals were made: [Instagram](#) | [Facebook](#)

Share your training and race day videos with us on Instagram by tagging our account or using #DavisStampede. We love to see videos and pictures from your perspective and often share them (if your account is public) to our Stories! (Could this lead to you becoming "Instagram Famous"? Time will tell ...

Earn a Free Race Entry

We are still looking for a few more people to help with either Packet Pick Up or Race Morning Registration. All volunteers for either of these positions will be provided with a race voucher, which can be used for the Stampede or, any of the following upcoming A Change of Pace events: Lucky Run, Folsom Firecracker, Davis Moonlight Race, Davis Labor Day Race, Davis Turkey Trot. More info is located on our website [here](#). You can [sign up to volunteer here](#).

We hope this email has been helpful as you prepare for the big day. We will send another email to you next week in advance of the event with this and other key reminders. In the meantime, if you are interested in checking out other information, such as parking maps, award divisions, etc. [please see our website](#).

As always, if you have any questions, [please send us an email](#).



Davis Stampede

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