

On August 1, 2015 the Anniston Runners Club presents...


Benefiting the East Central Alabama United Cerebral Palsy Center, Special Olympics & others!

up to **\$3,400**

**IN CASH PRIZES**  
Including Masters  
Winners!

ARCA SOUTHERN REGION CHAMPIONSHIP

# WOODSTOCK 5K



**35<sup>TH</sup> IN 2015**

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**\$750 Cash Prize**  
**Team with most Participants**



# Welcome from the Race Director

This bird is...**35 years old**...so come celebrate with us! The Anniston Runners Club (ARC) and our members, invite you to our premier annual event - **the 35th Annual Historic Woodstock 5K and Kidstock 1 Mile**. Woodstock is a fun, healthy, community event where 1300+ runners and walkers came last year to shake their tail feathers for others. This year we are proud to, yet again, host the **Road Runners Club of America's Southern Region 5K Championship!** You will find that Woodstock is a challenging 5K equipped with world class start/finish lines. You will experience our famous up the hill finish on Woodstock Avenue and then a great after-race celebration with food, music, fellowship and vendors. So, come on and get your run (or walk) on with us, because we promise that you will not leave Woodstock disappointed - our runners, our volunteers and our community guarantee it. Also, be sure to check out our ever so popular Team Challenge! You receive a discount and a chance to win a cash prize, so start recruiting members because the 'Team with the Most Participants' will win a **\$750 CASH PRIZE!** In 2014, the proceeds from the Woodstock 5K allowed the ARC to donate over \$10,000 to local programs, such as the East Central Alabama United Cerebral Palsy Center, Special Olympics and others! Our goal is to keep increasing that amount!

Mark your calendars now for **Saturday, August 1, 2015**, and help us celebrate our 35th Birthday/Anniversary – do it for charity, do it for fun, do it for your community, and do it for others, but most importantly **DO IT FOR YOU!**

See you on Race Day!

**Haley Gregg**  
**Woodstock Race Director**  
woodstock5k@annistonrunners.com



## Schedule of Events

### FRIDAY, JULY 31ST

**9:00a.m. – 3:00p.m.**

Shirt & Bib Pickup: Wigs Wheels, 1229 Noble Street, Anniston.

**5:00p.m. – 7:00p.m.**

Shirt & Bib Pickup & Pasta Pig-out (Food provided by Classic on Noble) at Anniston High School, 1301 Woodstock Ave, Anniston.

*This will be your **LAST** chance to register for the race! We highly recommend that you try to pick up your shirt & bib on this day – Race Day is a little hectic!*

### SATURDAY, AUGUST 1ST – RACE DAY!

**6:30a.m.** – Last chance to pick up shirts & bibs.  
NO RACE DAY REGISTRATION!

**7:15a.m.** – Call to the Start Line

**7:30a.m.** – Woodstock 5K Start!

**8:30a.m.** – Kidstock 1 Mile Run/Walk Start  
Post-Race Party and Expo inside/outside Anniston High School

**9:30a.m.** – Awards Ceremony

# All About Woodstock/Kidstock

## Woodstock Facebook Page

Be sure to go LIKE the official Woodstock 5k (Anniston, AL) Facebook page for race updates and information! This is a great way to communicate with our runners and fans, plus a fast way for you to ask us questions. Just type in "Woodstock 5K (Anniston, AL)" in your Facebook search bar and press the LIKE button! LIKE away!



## Virtual Race Bags

As a part of our ever-going green efforts, you will NOT find your typical race packets; instead we have Virtual Event Bags - The Ultimate Virtual Goody Bag Solution for Endurance Events! Each runner will receive an email a week before Woodstock and the day after with a link that will lead you to your very own Virtual Race Bag! The bag is full of local and national offerings – pick and choose which ones appeal to you and discard the others. This eliminates the unwanted waste (paper and plastic) of standard race packets that normally end up the trash. Participants will still need to come and pick up your race shirts and bibs (check the Schedule of Events).

*Virtual  
event bags*

## Woodstock Water Bottles

Continuing our "green" friendly race initiative, once you cross the Woodstock finish line you will be handed your very own Woodstock commemorative water bottle full of ice-cold water, sponsored by Wells Fargo Advisors. We will have water/Gatorade stations all around for you to refill and replenish the fluids you lost on our course.

## Team Challenge: (for Woodstock 5K Participants Only)

Calling all team captains! Teams **MUST REGISTER ONLINE** ([www.woodstock5k.com](http://www.woodstock5k.com)), the Team Captain must register first and designate a Team Name before the rest of the team can register. Team Categories are: Male, Female and Co-Ed. Name your team exactly—variations are not allowed. Largest group wins **\$750** for their charity/cause. There is a team award for most spirit, so be creative and show your Woodstock Spirit!

**Incomplete teams will not be eligible for awards.**

**Teams must register by July 26, 2015.**



Caption: Team Mayhem (inspired by the Allstate commercials) took home the coveted Most Spirit Award in 2014!

## Kidstock 1 Mile Run/Walk for Kids 14 & Under

The Kidstock 1 Mile Run/Walk will start at 8:30a.m. All participants will receive their finisher medals at the finish line. Parents are welcomed to run with their children. No Race Day Registration! Only 14-year olds and younger are eligible for Kidstock awards, we will be using DTag Timing. The following overall trophies will be awarded: 1st, 2nd, 3rd Place Overall Male/Female Kidstock trophies will be given to the top three finishers, male and female, in each age category: 5-under; 6-8; 9-11; 12-14.

### Kid's Corral: Registration required.

\$5.00 per child. Don't let your kids keep you from running the 5K! The Kid's Corral is available - sign in your child to our childcare volunteers before 7:15 a.m. and pick them up when you finish the 5K race! Then let them run the Kidstock 1 Mile Run/Walk! The Kid's Corral activities will be inside the high school gym. You must check the box on the entry form to let us know you need space. The number is limited to 40 kids.

### Woodstock Stays Green

Don't trash those cans or plastic! Woodstock is proud to show its green side by offering a recycling option for all recyclable waste at our event. Look for the Recycling Bins.

### Shirt & Bib Pickup & Pasta Pigout: Catered by Classic on Noble, Friday, July 31st at Anniston High School - 5:00 - 7:00 p.m.

**Shirt & Bib Pick up:** Come to Anniston High the night before the race to pick up your race shirt and bib (5k and 1 mile), and/or to register - this is your last chance!

**Pasta Pigout:** Limited number, so register early. Don't miss out on the best pre-race meal ever! This is the mother load of carbo loads! For \$5.00, each runner can reserve a great meal. But you must register on the entry form to ensure your dinner. (Non-runner can eat for \$7.00)

### Bib Numbers

You will receive a bib number with your Race Shirt. Make sure you wear the number you receive. Your number must be visible at all times during the event for safety reasons, and so the race announcer and race photographer can identify you. Please pin your Bib on the front of your shirt.

### Timing/Results: Woodstock 5K and Kidstock 1 Mile

We are committed to providing the highest level of professional timing in the quickest and most accurate manner by using DTag Timing. Best Times will be managing timing and results for both the Woodstock 5K and Kidstock 1 mile. YOU MUST WEAR your timing device and race number, and cross the timing mats to be scored! Please remove your tag once you finish the 5k.

### Race Shirts: Awesome, lightweight technical shirts! Unique Design!

Please plan to register early to ensure you receive a shirt. Participants waiting until after July 15th to register run the risk of not getting the desired shirt size, or maybe not getting a shirt at all as we are limiting our order to 1,400. We will do our best to accommodate all runners, but if we run out of shirts, we will not be reordering more, nor will we offer a discounted race entry fee since proceeds from our race go to charity. If you pre-register, and are unable to attend the event, please arrange for pickup as we will not be mailing shirts/race packets.

### Food, Door Prizes, and Post-Race Party!

Woodstock is known for a fantastic post-race party! Join us for great music and plenty of food to enjoy after the race. Also, there will be vendors and a Top Notch Events & Rentals Kid Zone, so be sure to stick around! There will be two aid stations on the course, and water and Gatorade at the start/finish and at the Post-Race Party. There will be more than \$3,000 in donated door prizes. Expect to win something!

### Want to be a Vendor?

We would love to have you as vendor at our event! Go to the website, [www.woodstock5k.com](http://www.woodstock5k.com), fill out the 2015 Woodstock Vendor Form, and mail it in! Hosting a booth for non-sponsors is \$25. We do require you to register before the event. Woodstock is good for vendors, and the vendors are great for Woodstock!

### How to Volunteer?

Simply email the Woodstock Volunteer Coordinator, Neeli Faulker, at [neelilauren@outlook.com](mailto:neelilauren@outlook.com). Let her know you want to help with the event! We need all the help we can get!

# Woodstock 5K Awards

*Results/Awards are based on Chip Time (not Gun Time). Overall winners will not be eligible for Age-Group Awards. Team participant will still be eligible for Overall, Age-Group, and/or Clydesdale/Athena Awards. If you sign up for the Clydesdale or Athena Division, you will be eligible for Overall Awards, but not eligible for Age-Group Awards.*

Cash Prizes and trophies will be awarded to the following:

<b>1st Place Overall M/F</b> .....	<b>\$500/each</b>
<b>2nd Place Overall M/F</b> .....	<b>\$300/each</b>
<b>3rd Place Overall M/F</b> .....	<b>\$200/each</b>
<b>1st Place Masters M/F (40 and older)</b> .....	<b>\$50/each</b>
<b>1st Place Grandmasters M/F (50 and older)</b> .....	<b>\$50/each</b>
<b>1st Place Great Grandmasters M/F (60 and older)</b> .....	<b>\$50/each</b>
<b>1st Place Great-Great Grandmasters M/F (70+)</b> .....	<b>\$50/each</b>

### Bonus Bucks are back!

Set a new course record and win an additional \$500!

Current course records are: Male 14:13 / Female 16:06

Woodstock trophies will be given to the top three finishers, male and female, in each age category:

<b>10-under</b>	<b>30-34</b>	<b>60-64</b>
<b>11-13</b>	<b>35-39</b>	<b>65-69</b>
<b>14-16</b>	<b>40-44</b>	<b>70-74</b>
<b>17-19</b>	<b>45-49</b>	<b>75 +</b>
<b>20-24</b>	<b>50-54</b>	
<b>25-29</b>	<b>55-59</b>	

Recipients must be present or arrange for someone to pick up their trophy at the Awards Ceremony. Trophies will NOT be mailed, but may be picked up at Animal Medical Center in Anniston.

### Clydesdale/Athena Divisions

Medals will be given to the top three finishers in these divisions, but runners must check the appropriate box on the entry form to be entered in these divisions. Weigh in may be required at finish of the race at the discretion of the Race Director.

If you check the box to be entered in the Clydesdale or Athena Division, you will be eligible for Overall and/or Team Awards, but you will not be eligible for Age-Group Awards.

### Clydesdale Division (Male – 225+ pounds)

### Athena Division (Female – 160+ pounds)

### Team Awards

- Team with most participants
- Most Team Spirited
- Fastest Male, Female and Co-Ed Teams

## Anniston Runners Club Info



Do you live in the Calhoun County area and need a great group of running buddies? Why not join Anniston Runners Club? We have host five yearly race events, oversee a Grand Prix Race Series, and hold quarterly member meetings and educational workshops. Plus, we have four weekly training run options. To meet expanding member interests, we have specialty divisions for Triathlon, Ultra-Race,

Youth Running, and Women. For a membership form to join, go to: [www.annistonrunners.com](http://www.annistonrunners.com) to join today!

## 2015 Anniston Runners Club Grand Prix Schedule

Members accumulate points throughout the season to win Grand Prix prizes. For details go to: [www.annistonrunners.com](http://www.annistonrunners.com)

**6/20/15 ..... Haley's Team Twilight 5k**  
**8/01/15 ..... Woodstock 5k**  
**8/08/15 ..... Historic Lincoln 5k**  
**9/12/15 ..... Superman 5k**  
**10/24/15 ..... Gamecock Gallop 5k**  
**11/26/15 ..... Plucked Turkey 10k**  
**12/05/15 ..... Chief Ladiga Half Marathon**  
**12/12/15 ..... Dashing Through the Springs 5k**



## Woodstock 5K Training Runs Schedule

Come Train with Us! The Anniston Runners Club and the Rocky Hollow Neighborhood Association (RHNA) invite you to come run/walk with us and train for the big day! They are free, we provide water at the end and the RHNA have rest stops throughout the course.

### Schedule:

Every Thursday until race day at **5:30pm** beginning **June 4th** unless canceled due to weather, updates will be provided on the Woodstock 5K (Anniston, AL) Facebook page.

### Saturday Schedule:

**June 13th .....7:30am**  
**June 27th .....7:30am**  
**July 18th .....7:30am**  
**July 25th (Remembrance Run) .....7:30am**



**Like us on Facebook for updates on the Training Runs!**



## Remember at the Remembrance Run

In 2012, Anniston Runners Club decided to hold a Remembrance Run as a poignant way to remember special people. Two of our members had passed away, and as a tribute to their memory, we turned our largest Woodstock training run into an event by inviting runners to participate in honor of or in memory of someone who had touched their lives in a meaningful way.

Moore Printing graciously donated "memory bibs" where participants could write in the names of their loved ones. Anniston Runners

Club created this event as a give-back to our members, no fee for running the course.

The run has grown in popularity each year. Members have found the race to be a memorable way to pay homage to those whom they have lost, or to those whom they want to honor.

On Saturday, July 25, Anniston Runners Club will hold the 4th annual Remembrance Run at 7:30 a.m. on the Woodstock 5K course. Walkers, runners, club members and non-members are invited to attend.

For more information, contact Brooke Nelson, [brookenelson@amcvets.com](mailto:brookenelson@amcvets.com)



# HISTORY OF THE WOODSTOCK 5K

If you are a long time resident of Anniston, you may remember piling into a non air-conditioned auditorium at Anniston High School during the summer months of the late 1970's to see a string of classical plays during the Alabama Shakespeare Festival. This festival was also held in conjunction with one of the largest foot races in the southeast, the Midsummer Morn 5K, which was sponsored by The Anniston Star, but promoted and supported by the Anniston Runners Club, which was established in 1980.

In 1986, the Alabama Shakespeare Festival was relocated to Montgomery, AL., but The Anniston Star and Anniston Runners Club continued to support the Midsummer Morn 5K. The club opted to change the race's name to fit the course on Woodstock Avenue and the Peanuts character "Woodstock" was inevitably chosen as the mascot. It was then the Woodstock 5K was born.

Patrick Wiggly, owner of Wig's Wheels in Anniston, first participated in the race, in 1992, as a soldier at Fort McClellan. During this time, soldiers were required to run the race. Wiggly says, "I was on the Post running team at the time but didn't post any kind of result. I did, however, get to witness the coolness of the troops running in formation and singing cadence behind the racers."

Steven Folks, PARD Director for the City of Anniston, also participated in

the race during its early days. Mr. Folks arrived at Fort McClellan as a drill sergeant in 1988. Mr. Folks's account of the race is very similar to Patrick Wiggly's- with soldiers running in formation and singing cadences to keep in step- but Mr. Folks expands a bit and adds, "There was competition within the companies to see who could sing the loudest and impress the crowds. It was the army's way of sharing their lifestyle with the civilians."

When Fort McClellan closed in 1997, participation in the race fell significantly. However, due to the dedication of a few members of the Anniston Runners Club, its sponsors, and Anniston High School participation continues to grow again each year. The Anniston Runners Club has seen a huge resurgence to their membership in recent years, growing from 49 members in January of 2006 to more than 300 to date. The Woodstock 5K has paralleled the same growth spurt. Only 79 runners toed the starting line in August of 2005, but almost 1,500 participated in 2014!

Brooke Nelson, the former director of Woodstock, believes the race has survived for many reasons. She says, "Having the Rocky Hollow Neighborhood Association embrace us like they have has been huge! They make it so fun to run the training runs. Their energy is infectious. We are good for their neighborhood and they are GREAT for us!" Training runs are usually offered beginning the first week in June.

Some training runs may have up to 200 runners, making Woodstock a true community happening.

Woodstock has also continued to grow as a result of the reinstatement of the Grand Prix- a series of local road races throughout northeast Alabama designed to increase participation in area races and increase membership in the Anniston Runners Club. On a national level, Woodstock is listed as a RRCA Southern Region Championship by the Road Runners Club of America (RRCA), and has hosted the National 5K Championship title three times. The RRCA is a national organization dedicated to promoting the development and growth of running clubs and events, much like the Grand Prix. This event not only lures in local runners, but professional runners from all over the country, as well.

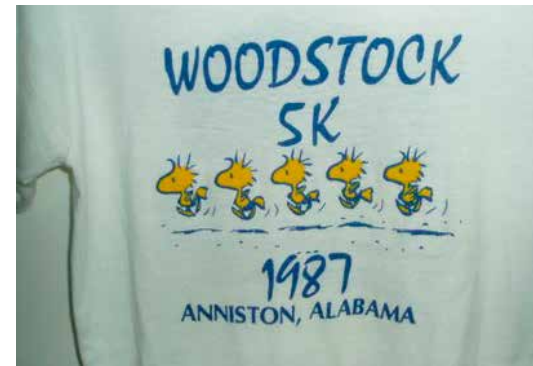
On February 26, 2013, the Anniston City Council designated the Woodstock 5K as a historic course and erected historic signs at the Start and Finish Lines.

August 1, 2015, will mark the 35th Anniversary of this beloved race. A race that has meant so much to many – whether it be their first 5K or the race they set their personal record on – it's Woodstock, and you are bound to have a great time!

by Neeli Faulkner  
Woodstock 5K Co-Director



Woodstock 5K 1989 race.



Woodstock 5K 1987 race shirt.



Woodstock 5K 2003 race shirt.



Woodstock 5K participants celebrating their finish at the 2014 race.



Woodstock 5K 1986 race shirt.

# How to Register

1 Register Online at [www.woodstock5k.com](http://www.woodstock5k.com) or [runsignup.com](http://runsignup.com).  
Online registration is strongly encouraged.

2 Fill out the entry form below and mail it in.  
All mail-ins must be received no later than July 28th – NO EXCEPTIONS!  
Except TEAM CHALLENGE participants MUST Register ONLINE!

**WOODSTOCK/KIDSTOCK INDIVIDUAL ENTRY FORM** Each runner must submit an individual form. Don't forget to mark your shirt size.

Name \_\_\_\_\_  
Date of Birth \_\_\_\_\_ Age (on 8/1/15) \_\_\_\_\_ [ ] Male [ ] Female  
Address \_\_\_\_\_  
City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_  
Cell# \_\_\_\_\_ Home# \_\_\_\_\_ Emergency Contact/Phone \_\_\_\_\_  
Email (Please print.) \_\_\_\_\_

**RACE SHIRTS:** Woodstock race shirts are light, dry-wicking, technical shirts emblazoned with our unique design. We are ordering a limited number of shirts, so be sure and register early to increase your chance of getting your desired size.

**MARK SHIRT SIZE:** Please check the desired size. Please Note: the small youth sizes might not be made of the same material as the larger options due to availability

Kidstock Sizes                      Shirt Sizes  
YS  YM  YL  YXL                       XS  S  M  LG  XL  2XL  3XL

**WOODSTOCK 5K:** Please mark only one division. Register Early. Race Limit is: 1,500

- Open/Individual Division: This means you will be eligible for Overall, Age-Group, and Team Challenge Awards.  
 ATHENA Division (160+ pounds): This means you will compete against other women over 160+ pounds and will be eligible for Athena Awards. You will still be eligible for Overall Awards and Team Challenge Awards, but not Age-Group Awards.  
 CLYDESDALE Division (225+ pounds): This means you will compete against other men over 225+ pounds and will be eligible for Clydesdale Awards. You will still be eligible for Overall Awards and Team Challenge, but not Age-Group Awards.

**Entry fee is \$23 for Anniston Runners Club and/or Gadsden Runners Club members, but both club members are STRONGLY encouraged to register online, we will be checking for your membership before registering you for the race. No Refunds will be given. Entry fee will increase to \$30 for ALL entrants after July 12th. We will not submit your registration if we receive the discounted price after the deadline. No Refunds, we will attempt to contact you for the remainder of your registration fee.**

**TEAM CHALLENGE:** GROUPS MUST REGISTER ONLINE BY WEDNESDAY, JULY 26!

(See Team Challenge form on Page 7) \$5.00 Discount Per Person in **addition** to race fee.

\*ALL Team Members' individual entries and fees must be registered on [www.runsignup.com](http://www.runsignup.com) no later than **July 26!**  
(You will still be eligible for Overall, Age-Group, and Clydesdale/Athena Awards.) see page 7

\$ \_\_\_\_\_ ARC & GRC (\$23)

\$ \_\_\_\_\_ Non-ARC/GRC (\$25)

**The Team Captain must register the TEAM NAME 1st before team members can sign up.**

**KIDSTOCK 1 MILE RUN/WALK:** Register Early. Race Limit is: 200

For kids! Runners must be 14 years old or under! No exceptions.

(Parents are welcomed and encouraged to run alongside younger children.)

I am 14 years or younger  I want to run or walk the Kidstock 1 Mile.

**COST: Before July 12, entry fee is \$12 (\$10 for Anniston Runners Club Members)**

**After July 12, entry fee increases to \$15 for ALL entrants.**

\$ \_\_\_\_\_

**PASTA PIGOUT** at Anniston High School: Catered by Classic on Noble, Meal number is limited, so register early. Once the pasta is gone..it's gone!

**Date: Friday, July 31 from 5-7 p.m.**

I am a registered runner, and I want to come and eat the motherlode of carbo loads. Discounted cost: \$5.00

\$ \_\_\_\_\_

I have friends and family who would like to eat this great meal, too

Cost is \$7 x \_\_\_ # of non runners = \$ \_\_\_\_\_

**KID'S CORRAL:** I will bring \_\_\_\_\_ # of kids to the Kid's Corral by 7:15 on race morning.

\$5.00 Per Kid = \$ \_\_\_\_\_

Make check and mail to: Anniston Runners Club, P.O. Box 2022, Anniston, AL 36202

**TOTAL DUE \$ \_\_\_\_\_**

**WAIVER MUST BE DATED/SIGNED BELOW:** I know running is a potentially hazardous activity. I should not enter and run unless I am medically able and properly trained. I agree to abide by any decision of a race official relative to my ability to safely complete the run. I assume all risks associated with running in this event including, but not limited to, falls, contact with other participants, the effects of the weather, including high heat and/or humidity, traffic and road conditions, all such risks being known and appreciated by me. Having read this waiver and knowing these facts and in consideration of your acceptance of my entry, I, for myself and anyone entitled to act on my behalf, waive and release the City of Anniston, AL Runners Club, all sponsors, their representatives and successors from all claims of liabilities of any kind arising out of my participation in this event. I grant permission to all of the foregoing to use any photographs, motion pictures, recordings, or any other record of this event for any legitimate purpose.

■ I understand there is a NO REFUND policy for the Woodstock 5K, and in the event the race is canceled, I understand I will receive my race shirt, but I will not receive a refund for race fees. The race fee proceeds will be donated to previously designated charities.

SIGNED (Parent/Guardian signature if under 18 years old): \_\_\_\_\_ Date \_\_\_\_\_

**RACE DIRECTOR:** Haley Gregg • [woodstock5k@annistonrunners.com](mailto:woodstock5k@annistonrunners.com)

**THE WOODSTOCK 5K IS AN ANNISTON RUNNERS CLUB GRAND PRIX EVENT  
and the Road Runners Club of America 2014 Southern Region 5K Championship**

# WOODSTOCK TEAM CHALLENGE - Calling all Team Captains!

Team Challenge has exploded into one of our most popular offerings! Don't miss out on the fun! Online registration ONLY Organize a team! Schools, Churches, Businesses/Organizations, Family, Friends – form a team to run the Woodstock 5K. Compete for Team Trophies – 1st, 2nd, and 3rd place in each category! If you're on a team, you are still eligible for Overall, Age-Group, and Clydesdale/Athena Awards.

TEAM OPTIONS: See categories below.

**Remember: Teams must register on [www.runsignup.com](http://www.runsignup.com)! Team Captains must register the Team Name 1st before team members can sign up!**



## Guidelines for Assembling a Team

A Team is a group of 5 or more individuals with 1 individual being named Team Captain. Team members can consist of family, friends, co-workers, classmates, athletes or anyone else you can recruit. Team members can be any combination of runners, walkers and/or kids. Each team must have a Team Name and an assigned Team Captain.

## Registration Process And Deadlines (including costs)

- Team Captains must register FIRST to create the team. Team Captains must also register online.
- No Team Changes after July 26, 2015

## Please Note:

If Team Members do not see the team listed online during registration, please allow 24 hours for the team name to appear and have them try again.

Teams of 5 or more participants who register as an individual and later opt to join a team may do so up until the team registration deadline of July 26, 2015. We are unable to refund the difference in registration fees. After July 26, 2015, NO changes to teams will be possible. Team Captains please see additional information at the bottom of this page under Additional Team Captain Information.

## Registration Status

View the Team Registration Report at [runsignup.com/woodstock5k](http://runsignup.com/woodstock5k) to check the status of your team's registration and to view a current team roster. The report is updated weekly.

## Shirt & Bib Pickup Process

Please bring a copy of your confirmation sheet with you to pick up your packet. Each team member will be responsible for picking up their own race packet during shirt & bib pickup.

## Team Awards

You are encouraged to make your team stand out, so have fun and be creative while supporting a great cause. In the spirit of friendly competition, 1st, 2nd, and 3rd place Team Awards will be given in the 6 categories as follows:

## Team with Most Participants

This will be based on how many members are registered and paid on July 26th (the Team registration deadline.)

**CASH PRIZE - \$750**

## Fastest Team

This will be awarded to the fastest Male, Female, and Coed team competing in the 5K. The fastest 5 finishing times on each team will be recorded and averaged to determine the winner. Teams of less than 5 will not be eligible for any prizes.

## Most Team Spirit

The Woodstock Race Committee will look at costumes, t-shirts, props, enthusiasm etc. Arrive early and meet your team in the designated team corral area so you can be judged. Check the event map in your Virtual Race Bag for location.

## Team Photos On Race Morning

Commemorate your team's accomplishments... Smile and Say Bird is the Word!! Team photos will be taken race morning inside the performing arts center. Follow the signs!

## Additional Team Captain Information

Be a leader, be a team captain! The role of Team Captain is very important in recruiting and organizing a team. Listed below is an outline of the roles and responsibilities of the Team Captain:

- Recruit, organize, and build your team
- Establish a team name
- Communicate to potential team members directions on how to register online. Remind them to include team name and team captain when registering in order to associate them to your team
- Ensure a minimum of 5 individuals have registered under your team name
- GET CREATIVE!
- Communicate reminders about the race
- Promote Woodstock 5K Training Runs. Training runs are Posted on the Woodstock 5K Facebook Page



Caption: Team Black Girls Run took home the Team with the Most Participants award and the cash prize in 2014!

# Anniston Runners Club would like to thank all of our fine sponsors!

