

WOODSTOCK 5K

2011 RRCA National 5K Championship

**\$3,400 IN
CASH PRIZES**

**Including
Masters
Winners!**



**SET A NEW
COURSE RECORD
AND RECEIVE A**

**\$500
Bonus!**

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**ANNISTON
RUNNERS**
www.annistonrunners.com



The Anniston Star

Welcome from the Race Director

Have you heard? The Anniston Runners Club and our 630+ members, invite you to our premier annual event -the Annual Woodstock 5K and Kidstock 1 Mile. Woodstock - the bird is the word for a great event -a fun, healthy, community event where 1400 runners and walkers came last year to celebrate "Peace, Love and Running."

This year we are even more proud and honored as we host the Road Runners Club of America National 5K Championship. Woodstock is a challenging 5K with world class start/finish lines, our famous finish up the hill on Woodstock Avenue, then a great after-race celebration and the hospitality Anniston and Alabama are famous for. You will not leave Woodstock disappointed- our runners, our volunteers and our community guarantee it.

Mark your calendars now for Saturday, August 6, 2011- Woodstock- the bird is the word. Do it for charity, do it for fun, do it for community, do it for others AND DO IT FOR YOU!

See you at the Start Line



Dennis Dunn, Race Director
ddunn@annistonstar.com
256-310-0830

Woodstock/Kidstock Schedule of Events

FRIDAY, AUGUST 5 - 5:00 p.m. - 7:00 p.m.

Packet Pickup Pasta Pigout at Anniston High School, Anniston.
This will be your last chance to register for the race.

SATURDAY, AUG. 6: Anniston High School

6:30 a.m.- Last chance to pick up packets.
NO RACE-DAY REGISTRATION

7:15 a.m. - First Call to the Start Line

7:25 a.m. - Final Announcements

7:30 a.m. - **Woodstock 5K Start**

8:30 a.m. - Kidstock 1 Mile Run/Walk Start
Post-Race Party and Expo

9:30 a.m. - Awards Ceremony

All About Woodstock/Kidstock

Kidstock 1 Mile Run/Walk for kids 14 and under

The Kidstock 1 Mile Run/Walk will start at 8:30 a.m. All participants will receive finisher medals. Parents are welcomed to run with younger children. **There is no race-day registration.**

Kidstock Awards: New - DTag Timing!

Only 14-year olds and younger are eligible for Kidstock awards. 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. No fee.

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 at 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 located right by the finish. You must check the box on the entry form to let us know you need space. The number is limited to 30 kids.

Woodstock Goes 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.

Packet Pickup & Pasta Pigout: Reservation required for meal. Friday, August 5 at Anniston High School - 5:00 - 7:00 pm

Packet Pick up: Come to Anniston High the night before the race to pick up your race packet (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 motherlode of carbo loads! For \$7.00, each runner can reserve a great pasta meal, but you must register on the entry form to ensure your dinner. (Non-runner can eat for \$12.00)

Bib Numbers

You will receive a bib number in your Race Packet. 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.

Woodstock 5K Awards

Results/Awards are based on Chip Time (not Gun Time). Overall winners will not be eligible for Age-Group Awards. Team participants 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:

1 st Place Overall M/F	\$500/each
2 nd Place Overall M/F	\$300/each
3 rd Place Overall M/F	\$200/each
1 st Place Masters M/F (40-49)	\$50/each
1 st Place Grandmasters M/F (50-59)	\$50/each
1 st Place Great Grandmasters M/F (60-69)	\$50/each
1 st Place Great-Great Grandmasters M/F (70+)	\$50/each

New! Bonus Bucks!

Set a new course record and win an additional \$500!
Current course records are: Male 14:19/Female 16:46

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

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

Recipients must be present or arrange for someone to pick up their trophy at the Awards Ceremony. Trophies will NOT be mailed.

Clydesdale/Athena Divisions

Trophies 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.

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. Entrants in these divisions remove themselves from overall consideration.

Clydesdale Division (Male – 200+ pounds)

Athena Division (Female – 150+ pounds)

Group Challenge Awards:

\$500 for the group with the largest number of runners for their charity.

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! REMOVE YOUR TAG ONCE YOU FINISH THE 5K.

Group Challenge: Woodstock Only

Calling all team captains! We have some changes with our team challenge this year. Team Categories are: Church/School Team, or Business/Organization Team. Teams do not have to have any Anniston Runners Club members this year.

Name your team exactly—variations are not allowed. Largest group in each category wins \$500 for their charity cause.

Teams must register by Friday, July 31, 2011.

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 1,200.

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 non-profits.

If you pre-register, and are unable to attend the event, please arrange for pickup as we will not be mailing shirts/race packets this year.

Food, Door Prizes, and Post-Race Party!

Woodstock is known for a fantastic post-race party! Great music! Waffle House and Mellow Mushroom will feed the runners! Popsicles, watermelon, peanut butter and jelly, and more are available after the race. 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 doorprizes. 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, fill out the 2011 Woodstock Vendor Form, and mail it in! Hosting a booth is free, but 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 Race Director, Dennis Dunn at: woodstock5k.com. Let him know you want to help with the event! Thanks!

How to Register



Register at Active.com



Go to www.woodstock5k.com, print out an entry form, and mail it in.



Fill out the entry form below and mail it in.

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 8/6/11) _____ [] Male [] Female
 Address _____
 City _____ State _____ Zip _____
 Cell# _____ Home# _____ Emergency Contact/Phone _____
 Email (Please print.) _____

RACE SHIRTS: Woodstock/Kidstock race shirts are light, dry-wicking, technical shirts emblazoned with our unique design. (*Women's shirts are fitted and will run smaller than normal. For example, if a small normally fits you pretty snug, you may want to size up.*) We are ordering a limited number of shirts, so be sure and register early to increase your chance of getting your desired size. We will not be reordering shirts this year after the event.

MARK SHIRT SIZE:

Please check the desired size.

Kid's Sizes

YS YM YL

Women's Sizes

XS S M LG XL

Men's Sizes

S M LG XL 2XL

WOODSTOCK 5K:

Please mark only one division. Register Early. Race Limit is: 1,300

- Open/Individual Division: This means you will be eligible for Overall, Age-Group, and Team Challenge Awards.
- ATHENA Division (*150+ pounds*): This means you will compete against other women over 150+ 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 (*200+ pounds*): This means you will compete against other men over 200+ pounds and will be eligible for Clydesdale Awards. You will still be eligible for Overall Awards and Team Challenge, but not Age-Group Awards.

**COST: Before July 15, entry fee is \$25 (\$20 for Anniston Runners Club Members)
 After July 15, entry fee increases to \$30 for ALL entrants.**

\$ _____

GROUP CHALLENGE:

GROUPS MUST REGISTER BY FRIDAY, JULY 31! (*Only Woodstock 5K participants*)

I am on a group. (*See Team Challenge form on Page 5*) NO EXTRA FEE FOR GROUPS-

\$ 0

GROUP CHALLENGE FORM and ALL Team Members' Individual Entry Forms and entry fees must be turned in at the same time!
 (*You will still be eligible for Overall, Age-Group, and Clydesdale/Athena Awards.*)

Name of Group _____

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 15, entry fee is \$12 (\$10 for Anniston Runners Club Members)
 After July 15, entry fee increases to \$15 for ALL entrants.**

\$ _____

PACKET PICKUP PASTA PIGOUT

at Anniston High School: Meal number is limited, so register early. Once the pasta is gone..it's gone!

Date: Friday, August 6 from 5-7 p.m.

I am a registered runner, and I want to come and eat the motherlode of carbo loads. Discounted cost: \$7.00 \$ _____

I have friends and family who would like to eat this great meal, too Cost is \$12 x ___# of non runners = \$ _____

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, Anniston 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.

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

RACE DIRECTOR: Dennis Dunn • woodstock5k@annistonrunners.com • ddunn@annistonstar.com

THE WOODSTOCK 5K IS AN ANNISTON RUNNERS CLUB GRAND PRIX EVENT!

WOODSTOCK/KIDSTOCK FINISH



2010



CITY	PLACE	PLC	DIVISION	BIB NO.	NAME
Jacksonvi	301	14 F	11 13	23	Anna Kerper
Oxford, S	302	54 F	30 34	228	Melinda McElroy
Birmingham	303	35 F	25 29	1211	Leslie Forbys
Muscle Sho	304	15 F	11 13	276	Justine Magadia
Anniston,	305	38 F	35 39	336	Richie Pike
Chatchee,	306	17	ATHENA	780	Sandy Elston
Rome, GA	307	36 F	25 29	1204	Audra Magaw
Oxford, I	308	18	ATHENA	750	Jill Cash
Anniston	309	34 F	40 44	1046	Deana Douglas
Jacksonv	310	14 F	17 19	718	Ellen Hardy
Flat Rod	311	9 F	55 59	39	Cherry Thomas
Weaver,	312	55 F	30 34	400	Sara Brewer
Hartsell	313	39 F	35 39	752	Michele Ard
Talladeg	314	22 F	20 24	751	Krissi Bryant
Annistor	315	23 F	20 24	327	Megan Pritt
Spring C	316	40 F	35 39	332	Shellie Talley
Oxford,	317	19	ATHENA	931	T... (tj) Carte
Eastabog	318	37 F	25 29	566	K... Smith
Rainbow	319	41 F	35 39	907	B... Quirk
Gadsden,	320	42 F	35 39	423	Kris...
Hoover,	321	43 F	35 39	713	Misty...
Jackson	322	35 F	40 44	960	Julie P...
Oxford,	323	19 F	50 54	407	Ann Angel...
Oxford,	324	24 F	20 24		... Smith
Annistor	325	44 F	35 39		... Roger
Annistor	326	10 F	55 59		... Hatle



2009



2009 Photos by Penny Photography

Proceeds from the 2010 Woodstock 5k, totaling more than \$16,000, were donated to benefit programs of local United Cerebral Palsy and Special Olympics.

United Cerebral Palsy

The East Central Alabama United Cerebral Palsy Center was founded in 1957 and is committed to providing individualized education and therapeutic services to those with a variety of developmental delays and disabilities. One of the key programs of the UCP Center is the Early Intervention Program for children identified with any type of developmental delay. (www.ucp.org)

Special Olympics

Special Olympics is an international nonprofit organization dedicated to empowering individuals with intellectual disabilities to become physically fit, productive, and respected members of society through sports training and competition. Special Olympics offers children and adults with intellectual disabilities year-round training and competition in 30 Olympic-type summer and winter sports. (www.specialolympics.org)



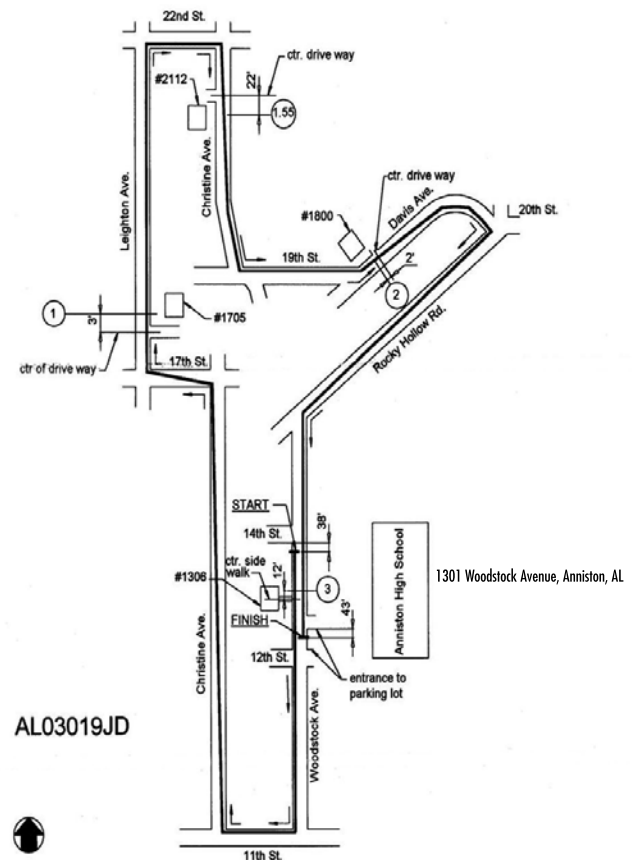
(l-r) Shannon LaBuddy, UCP Development Director and Linda Johns UCP Executive Director accept a last year's check from Anniston Runners Club members Brooke Nelson Woodstock race director and president Dennis Dunn.



(l-r) Anniston Runners Club Members Dennis Dunn, president; Jay Lloyd, treasurer; ARC of Calhoun and Cleburne Counties, Kay Sewell, Board president; Pati Tiller, ARC program coordinator, and Brooke Nelson, Woodstock 5K race director.



Anniston Runners Club member and local policeman Steve Dotson runs the 2010 Woodstock 5K holding the Special Olympics Torch.



AL03019JD

WOODSTOCK 5K

ANNISTON, ALABAMA
(MAP NOT TO SCALE)

MEASURED BY: RICK MELANSON
1235 PARLIAMENT LN.
BIRMINGHAM, AL 35216
(205)979-1731

ON 07-19-03 USING CAL COURSE #AL97012JD

RACE DIRECTOR: Brooke Nelson
P.O. BOX 2022
ANNISTON, AL 36202
(256)241-2010

COURSE DESCRIPTION:

Run begins on Woodstock St. in front of Anniston High School and runs S to 11th St., turns right and runs to Christine Ave., turns right and runs to 17th St., turns left and runs to Leighton Ave., turns right and runs to 22nd St., turns right and runs to Christine Ave., turns right and runs to 19th St., turns left and runs to Davis Ave., turns left and runs to Rocky Hollow Rd., turns right and runs to Woodstock Ave., turns left and finishes on Woodstock in front of Anniston High School.

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 630+ members, host six yearly race events, oversee a 14-race Grand Prix 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 or you can join at www.active.com

February 26, 2011 – Mount Cheaha 50K Race Start: 7:30 a.m. at Porter's Gap, Talladega

The 6th Annual Mount Cheaha 50K is the premier ultra-trail run for Alabama! Run 31 miles from Porter's Gap up to the top of Mount Cheaha, the highest point in Alabama. Anniston Runners Club hosts this event. Great support! Great event!

For more info: www.mountcheaha50k.com

November 5 and 6, 2011 – Pinhoti 100 Miler Race Start: Pine Glen, Heflin

Ever wanted to run the trails of the Pinhoti? Run from Heflin to Sylacauga for the 4th Annual Pinhoti 100. Runners will make their way up and over Mount Cheaha while navigating rocks, creeks, ridges, and treelines in the beautiful Talladega National Forest, and then finish in the Sylacauga High School Football Stadium. Anniston Runners Club hosts the ultra-ultra event.

For more info: www.pinhoti100.com

November 24, 2011 – Thanksgiving Plucked Turkey 10K Race Start: 8:00 a.m. at Golden Springs Community Center

What started as a Thanksgiving morning run, has turned into a tradition for the Anniston Runners Club! Come work off the Thanksgiving feast early by running the 6.2 mile certified course in the lovely rolling neighborhood of Golden Springs. Prizes include: smoked hams, sweet taters, pies, cranberries.....

For more info: www.annistonrunners.com

January 21, 2012 – McClellan Park Medical Half Naked Marathon Race Start: 8:00 a.m. at McClellan

This 13.1 mile run at McClellan is a great training run for the upcoming Mercedes Marathon in Birmingham in February. Called "naked" because there are no trophies awarded, the event is wildly popular with the members of the Anniston Runners Club. Breakfast included after the race.

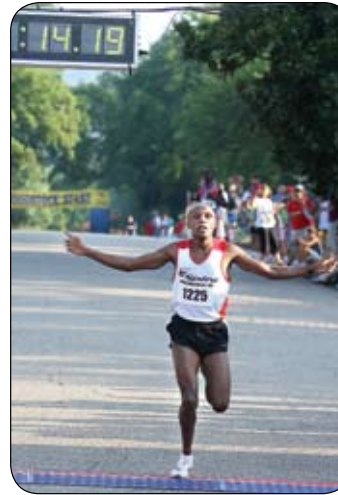
For more info: www.annistonrunners.com

Woodstock's 2010 RRCA National 5K Champions

Janet Cherobon, Rome GA.....16:46:00
George Towett, Kennesaw, GA.....14:19:00

Woodstock 5K Course Records

Janet Cherobon, Rome, GA..... 16:46 (August 7, 2010)
George Towett, Kennesaw, GA 14:19 (August 7, 2010)



George Towett, Kennesaw, GA



Janet Cherobon, Rome GA

2011 ANNISTON RUNNERS CLUB GRAND PRIX SCHEDULE

Members accumulate points throughout the season to win Grand Prix prizes.
For details go to: www.annistonrunners.com

Date:	Race:	Location	
03/05/2011	Golden Eagle 10K	Jacksonville	10K
03/12/2011	Mardi Gras 5K	Oxford	5K
04/02/2011	Making Tracks 5K	Bynum-Depot	5K
04/03/2011	Talladega 21000 Half Marathon	Talladega	13.1 miles
04/09/2011	YMCA Spring Run	Anniston	5K
05/21/2011	Anniston Lions Run for Sight 5K	McClellan	5K
06/04/2011	Rockin on the River 10K	Gadsden	10K
06/25/2011	Haley's Twilight 5K	McClellan	5K
08/06/2011	Woodstock 5K	Anniston	5K
08/13/2011	Historic Lincoln 5K	Lincoln	5K
08/27/2011	Julie Diener 5K Run	Rainbow City	5K
10/22/2011	Gamecock Gallop 5K	Jacksonville	5K
11/12/2011	Capt. Kyle Comfort Memorial 5K	Jacksonville	5K
12/03/2011	Ladiga Half Marathon	Jacksonville	13.1 miles

Directions to Race Headquarters

Anniston High School (Directional map at woodstock5k.com)

1301 Woodstock Avenue • Anniston, AL 36201

From I-20 Oxford exit, go north on Hwy. 21 for four miles.

Take a right on 11th Street, and go three blocks to Anniston

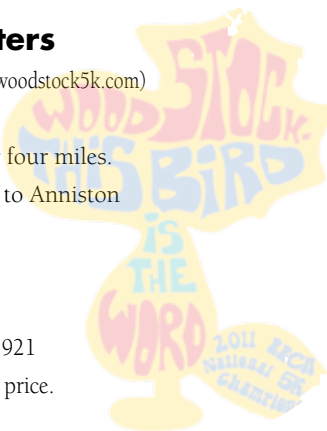
High School.

Where To Stay

Fairfield Inn and Suites

143 Colonial Drive • Oxford, AL 36203 • 256-831-1921

Mention the "Woodstock 5K" to receive a discounted price.



Please support the sponsors of Anniston Runners Club!



CITY OF ANNISTON
P.O. Box 2168
ANNISTON, AL 36202



The Anniston Star



WIDENET



WJXS TV



Stringfellow
Memorial
Hospital

