

WOODSTOCK 5K

2012 RRCA National 5K Championship

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

**Including
Masters
Winners!**

August 4, 2012



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

**\$500
Bonus!**

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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 32nd Annual Woodstock 5K and Kidstock 1 Mile. Woodstock - the bird is still the word for a great event -a fun, healthy, community event where 1300 runners and walkers came last year to shake their tail feathers for others.

This year we are even more proud and honored as we again 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 and then a great after-race celebration. Please enjoy 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 4, 2012- Woodstock- this bird is still the word. Do it for charity, do it for fun, do it community, do it for others AND DO IT FOR YOU!



See you at the Start Line

Dennis Dunn

Woodstock Race Director

256-310-0830

woodstock5k@annistonrunners.com

Woodstock/Kidstock Schedule of Events

FRIDAY, AUGUST 3 - 9:00 a.m. - 2:00 p.m.

Packet Pickup: Wig's Wheels, Noble Street, Anniston

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. 4: 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 inside Anniston High

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: 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. \$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 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 near the expo. 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.

Packet Pickup & Pasta Pigout: Catered by Classic on Noble, Friday, August 3 at Anniston High School - 5:00 - 7:00 p.m.

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 \$8.00, each runner can reserve a great pasta meal, Live music while you eat. 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

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.

Team Challenge is back: Woodstock Only

Calling all team captains! We have some changes with our team challenge this year. Team Categories are: Male, Female and Co-Ed. Name your team exactly—variations are not allowed. Largest group wins \$500 for their charity cause. Team award for most spirit. Incomplete teams will not be eligible for awards.

Teams must register by Friday, July 25, 2012.

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 1,500.

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 this year.

Food, Door Prizes, and Post-Race Party!

Woodstock is known for a fantastic post-race party! Great music! Piggly Wiggly, Waffle House and Mellow Mushroom will feed the runners! Popsicles, hash browns, pizza, 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 2012 Woodstock Vendor Form, and mail it in! Hosting a booth for non-sponsors is \$10. 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@annistonrunners.com. Let him know you want to help with the event! Thanks!

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

Bonus Bucks are back!

Set a new course record and win an additional \$500! Current course records are: Male 14:16/Female 16:20

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, but may be picked up at Wig's Wheels in Anniston.

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)

Team Awards

Team with most participants

Most Team Spirited

Fastest Male, Female and Co-Ed Teams

Proceeds from the 2011 Woodstock 5k, totaling more than \$12,000, were donated to benefit programs of local United Cerebral Palsy and Special Olympics and others.

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)

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.



Anniston Runners present a check for \$5,000 to ARC Special Olympics. Receiving the check are left to right: (L) Board President Sharon Davis, (R) Patti Tiller ARC Program Coordinator from (L) Anniston Runners Club President Ed Turner and (R) Treasurer Jay Lloyd.



Other Donations include:
Anniston High School
Wounded Warrior Project
Steel Magnolias
DD Club

Woodstock RD, Dennis Dunn, (LR) ARC President Ed Turner and ARC Treasurer Jay Lloyd present a \$5,000 check to UCP Director Linda Johns. (Center)



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



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 five 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 and 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 25, 2012 – 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 3 and 4, 2012 – 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 22, 2012 – 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 19, 2013 – 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. Shirts provided.

For more info: www.annistonrunners.com

2012 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	Distance
02/25/2012	Mt. Cheaha 50K	Cheaha State Park	50K Trail
03/10/2012	Mardi Gras 5K	Oxford	5K
04/21/2012	YMCA Spring Run	Downtown Anniston	5K
05/19/2012	Anniston Lions Run for Sight	McClellan, Anniston	5K
06/02/2012	Rockin' On the River 10K	Gadsden	10K
06/23/2012	Haley's Twilight 5K	McClellan, Anniston	5K
08/04/2012	Woodstock 5K	Anniston	5K
08/11/2012	Historic Lincoln 5K	Lincoln	5K
08/25/2012	Julie Diener 5K	Rainbow City	5K
09/16/2012	Talladega 21000	Talladega Superspeedway	13.1 Miles
10/06/2012	FMCU Janney Furnace 5K	Ohatsee	5K
10/20/2012	Gamecock Gallop 5K	Jacksonville State University	5K
12/01/2012	Ladiga Half Marathon	Piedmont-Jacksonville	13.1 Miles
12/08/2012	Dashing Thru the Springs	Shocco Springs, Talladega	5K

Woodstock's 2011 RRCA National 5K Champions

Janet Cherobon-Bawcom, Rome GA.....16:20:00

Reuben Mwei, Acworth, GA.....14:16:00

Woodstock 5K Course Records

Janet Cherobon-Bawcom, Rome, GA 16:20 (August 6, 2011)

Reuben Mwei, Acworth, GA..... 14:19 (August 6, 2011)



Reuben Mwei, Acworth,GA



Janet Cherobon-Bawcom, Rome GA



How to Register

- 1 Register at Active.com 2 Go to www.woodstock5k.com, print out an entry form, and mail it in. 3 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 8/4/12) _____ [] 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 Women's Sizes Men's Sizes
 YS YM YL XS S M LG XL 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 10, entry fee is \$25 (\$20 for Anniston Runners Club Members)
 After July 10, entry fee increases to \$30 for ALL entrants.**

\$ _____

TEAM CHALLENGE:

GROUPS MUST REGISTER BY WEDNESDAY, JULY 25! (*Only Woodstock 5K participants*)

I am on a group. (*See Team Challenge form on Page 7*) \$5.00 Per Person

\$ _____

TEAM 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.*) see page 7

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

\$ _____

PACKET PICKUP 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, August 3 from 5-7 p.m.

I am a registered runner, and I want to come and eat the motherlode of carbo loads. Discounted cost: \$8.00 \$ _____

I have friends and family who would like to eat this great meal, too Cost is \$12 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.

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
 and the Road Runners Club of America 2012 National 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!

Organize a team! Schools, 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.

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 (online and paper applications) And Deadlines (including costs)

- Team Captains must register FIRST to create the team. Team Captains must also register online.
- Team Captains - To start the registration process (choose 5K - Team Captain Only)
- All Team registrations must be turned in by July 25, 2012
- No Team Changes after July 25, 2012

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 25, 2012. We are unable to refund the difference in registration fees. After July 25, 2012 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 annistonrunners.com/woodstock5k/ to check the status of your team's registration and to view a current team roster. The report is updated weekly.

Packet Pick Up Process

If you register online, 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 packet pick-up.

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 25th (the Team registration deadline.)

Fastest Team

Chip Timing - add \$5 to registration fees if you would like to participate in this award

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 race packet 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.

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 or via paper entry. 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



WOODSTOCK TEAM CHALLENGE ENTRY FORM

TEAM CAPTAIN: Please fill out this form and deliver
by Wednesday, July 25, 2012.

NAME OF TEAM _____ Captain Name _____

Phone _____ EMAIL _____

- I have listed all members of our team on the form to the right.
- I have attached all members' Woodstock Individual Entry Forms.
- I have attached a check (or checks) for entry payment.

TEAM CATEGORY: Choose only one. Runners cannot be listed on more than one team.

- Open Male:** Only males can be on the team.
- Open Female:** Only females can be on the team.
- Mixed:** Team must consist of at least two members of the opposite sex. No matter how many members you have on a team, at least two must be of the opposite sex.

NAMES of TEAM MEMBERS*

1. CAPTAIN: _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

*You may add more team members on a separate sheet of paper

Please support the sponsors of Anniston Runners Club!



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

The Anniston Star

