

On August 3, 2013 the Anniston Runners Club presents...

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

**Including
Masters
Winners!**

**\$1,000
Cash Prize
Team
with most
Participants**



Woodstock Kidstock 1 Mile 5K RRCA National Championship 2013

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The Anniston Star

Welcome from the Race Director

This bird is still the word! The Anniston Runners Club and our 630+ members, invite you to our premier annual event -the 33rd Annual Woodstock 5K and Kidstock 1 Mile. Woodstock is a fun, healthy, community event where 1500+ runners and walkers came last year to shake their tail feathers for others.

This year we are 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 up the hill finish on Woodstock Avenue and then a great after-race celebration with food, live music, fellowship and vendors. 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.

Our Team Challenge is back by popular demand! The "Team with the Most Participants" category now has a \$1,000 CASH PRIZE, so start recruiting members! We are proud of the fact that in 2012 the proceeds from the Woodstock 5K allowed the ARC to donate over \$14,000 to local programs, such as the East Central Alabama United Cerebral Palsy Center, Special Olympics, others and our goal is to keep increasing that number!

Mark your calendars now for Saturday, August 3, 2013 – Woodstock 5K - this bird is still the word.

Do it for charity, do it for fun, do it for your community, do it for others and most importantly DO IT FOR YOU!

See you on Race Day!

Haley Gregg, Woodstock Race Director
256-405-5282 • Woodstock5k@annistonrunners.com
haleyg@calhouncamber.com



Woodstock/Kidstock Schedule of Events

FRIDAY, AUGUST 2

9:00 a.m. – 3:00 p.m.

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

4:30 p.m. – 7:00 p.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, AUG. 3: Anniston High School

6:00 a.m. - Last chance to pick up shirts and bibs

NO RACE-DAY REGISTRATION

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

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

8:30 a.m. - Kidstock 1 Mile Run/Walk Start

Post-Race Party and Expo outside Anniston High

9:30 a.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 great 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 on going green efforts, Woodstock will NOT have your typical race packets, instead we will have Virtual Race 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 in the trash. Participants will still need to come and pick up your race shirts and bibs (check the Schedule of Events).



Woodstock Water Bottles

The water bottles made their debut last year and from the overwhelming positive response we decided to bring them back! Once you cross the Woodstock finish line you will be handed your very own Woodstock commemorative water bottle full of ice cold water. We will have water/Gatorade stations all around for you to refill and replenish the fluids you lost on our course.

Team Challenge is back: Woodstock Only

Calling all team captains! We have some changes with our team challenge this year. Teams MUST REGISTER ONLINE (www.woodstock5k.com), the Team Captain must register first and designate a Team Name before the rest of the team can register. Name your team exactly—variations are not allowed. Team Categories are: Fastest Male, Female and Co-Ed. Largest group wins **\$1,000** for their charity/cause. Also, 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 Wednesday, July 24, 2013.

Kidstock 1 Mile Run/Walk for kids 14 and 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 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. Look for the Green Bins.

Shirt & Bib Pickup & Pasta Pigout: Catered by Classic on Noble, Friday, August 2 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 lode of carbo loads! For \$8.00, each runner can reserve a great meal. But you must register on the entry form to ensure your dinner. (Non-runner can eat for \$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.

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 12th 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 1,600. 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. We will have the sleeveless option again this year, but there will be an extra \$5 charge.

Food, Door Prizes, and Post-Race Party!

Woodstock is known for a fantastic post-race party! Great LIVE Woodstock inspired music! Waffle House and Mellow Mushroom will feed the runners! Popsicles, hash browns, pizza, fruit, our famous strawberry shortcake, 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 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, fill out the 2013 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, Amie Hinton at: amiehinton@hotmail.com Let her know you want to help with the event! Thanks, 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:

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.

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



The 2013 Woodstock 5K logo was designed by the upper level Jacksonville State University Graphic Design Workshop Art 434 class. The project was a service-learning project based on a university-community partnership. The goal of the workshop was to explore professional design projects for the practice of graphic design and graphic design processes in the “real world”. The students took on this project in January 2013 and spent many hours doing research, and of course, drawing out possible designs. Each member of the class visited the location of the event to research and take pictures. The students noted the hilly terrain the course followed and the vintage retro architecture of the area, and intended to include these aspects into their design.

The class presented the ARC Board with 4 possible

designs, and after several meetings of receiving feedback they developed one solid logo. This logo presents a 1970s style bird (based off the Woodstock music festival) on a hilly slope designed to mimic the hills of the Woodstock course, especially the one at the finish! They added some music notes in, because we always have live music playing at the event. The type face they used for the wording is very similar to the 70s style Woodstock music fest font.

“This project gave me a taste of what the real world is like and how serious it can get,” said Shamar Betts, JSU graphic design student who worked on the logo. “This was a challenge, but a welcomed one,” said Gregory Felch, JSU graphic design student who worked on the logo.

Be on the lookout because the students also

designed the Woodstock Race Shirts, Bibs and water bottles.

“The biggest difference with this project versus other graphic design classes that I have taken is this was for a real client, said Lindsey Coleman, JSU graphic design student and logo designer. “It has been a really great experience to have a committee and have somebody who has an opinion besides your teacher, it has been great and I hope to come to the race.”

Register EARLY to make sure you get a shirt in the size you want!

Thank you to Shamar Betts, Lindsey Coleman, Jasmine Echols, Gregory Felch and Dr. Jinsook Kim (instructor) at JSU for all of their hard work on this design!

Woodstock 5k Race Route Designated as an Historic Course:

It is official! The Anniston Runners Club’s signature race, the Woodstock 5K, has been designated as an “historic” course, as passed and adopted by the Anniston City Council on Tuesday, February 26, 2013. The race takes place yearly on the first Saturday in August.

A member of the Anniston Runners Club approached the Anniston Historic Preservation Committee (HPC) last summer about the possibility of the course being designated as historic, similar to how other prominent race routes are denoted.

The HPC members, led by Joan McKinney, were very receptive to the idea of the Woodstock 5K being designated as an historic course due to the age of the race, the historic districts through which the 3.1 mile route traverses and the dedication of Anniston Runners Club. McKinney drafted the resolution presented and accepted by the City Council.

2013 Woodstock Race Director, Haley Gregg, is excited about the 5K’s new distinction. “For me, the historic designation sets the Woodstock 5K apart from other races in our area,” said Gregg. “It shows the commitment of the City and the Anniston Runners Club to the Woodstock event.”

Sometime later this year, historic markers will be created to be placed at intervals along the course. There are groups of runners who regularly train throughout the year by running the Woodstock 5K. With the new markers erected

along the course, newbies to the route will not get lost. For the 2013 race, historic signs will just be displayed at the Start and Finish Lines.

At 32 years and counting, the Woodstock 5K is not nearly as old as something like the Boston Marathon, but it garners an intriguing footnote in the annals of Anniston’s history. Did you know the area now known as Anniston was originally named Woodstock? According to Wikipedia, in 1872 the city’s organizers, Samuel Noble and Daniel Tyler who co-owned the Woodstock Iron Company, started a planned community which they called “Woodstock,” but later renamed it “Anniston” after Annie Scott Tyler, wife of railroad president Alfred L. Tyler.

The name of the race, the Woodstock 5K, has stood the test of time primarily because the race starts and finishes on Woodstock Avenue in front of Anniston High School.

Race organizers refer to Woodstock as one of the oldest footraces in the south, but the event has had its ups and downs in participation through its lengthy life. Former Woodstock Race Director and current Anniston Runners Club President, Nancy Grace, says she has witnessed both the good and the bad years so far as numbers.

“We had Fort McClellan troops participate, as many as 1,200, and 600 non-military runners,” said Grace, referring to

the early years of the event. “And seeing running popularity wane, then losing Fort McClellan, I would have never imagined it would grow as large as it has.” There were 75 runners who crossed the finish line in 2005.

The 2012 event broke previous paying registration records, with over 1,500 registrants for both the 5K and one mile Kidstock fun run.

“I love everything about the Woodstock race,” said Anniston resident, Sheila Jones. “The race is a great asset for the community because all shapes, sizes, colors and racial backgrounds come together.” Jones and her children plan to run the Woodstock 5K again this year.

Grace says the residents along the route have become an important part of the race by their support and enthusiasm for the racers. It is not unusual for families on the course to sit in lawn chairs to cheer the runners or to place sprinklers at the ends of their sidewalks to help cool the runners in the August heat.

“I could never imagine that in my lifetime, this great and popular 5K would be historically designated,” Grace said. “Such an honor and one that Anniston Runners Club will be extremely proud.”

Grace says her hope for the race is that it continues to be as popular in the future as it is now. •



The Woodstock Revival Concert!

We are thrilled to announce The Woodstock Revival Concert, inspired by the infamous Woodstock Music Festival, happening at this year's Woodstock 5K. There will be local bands, such as The Gypsy Begonias, McPherson Struts, Doublewide Soul, and Jim Parks, taking us back to 1969 with songs from Janis Joplin, The Who, Santana, Jimi Hendrix, Grateful Dead and more. So, dust off your bell bottoms, braid some flowers in your hair, and get ready to groove the day away. The celebration starts after the race, so stick around or you'll be sorry you missed this show.

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 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 today!



2013 Anniston Runners Club Grand Prix Schedule
Members accumulate points throughout the season to win Grand Prix prizes. For details go to: www.annistonrunners.com

- 2013 Anniston Runners Club Grand Prix Schedule**
- 05/18/2013 Anniston Lions Run for Sight McClellan, Anniston 5K
 - 06/08/2013 Rockin' On the River 10K, Gadsden
 - 06/22/2013 Haley's Twilight 5K McClellan, Anniston
 - 08/03/2013 Woodstock 5K RRCA National 5K Championship, Anniston
 - 08/10/2013 Historic Lincoln 5K, Lincoln
 - 08/31/2013 Julie Diener 5K, Rainbow City
 - 10/12/2013 Little River Canyon Half Marathon, Ft. Payne
 - 10/26/2013 Gamecock Gallop 5K, Jacksonville State University
 - 11/16/2013 Mocs on the Trail Run 10K, Gadsden
 - 12/07/2013 Chief Ladiga Half Marathon, Piedmont-Jacksonville
 - 12/14/2013 Dashing Thru the Springs 5K, Shocco Springs

Woodstock's 2012 RRCA National 5K Champions and current course record holders:

Male: Patrick Choptoek.....14:13
 Female: Risper Gesabwa.....16:06

www.woodstock5K.com



How to Register

1

Register Online at www.woodstock5k.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 29th — NO EXCEPTIONS!

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 8/3/13) _____ [] 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. 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.

Kid's Sizes
YS YM YL

Shirt Sizes
XS S M LG XL 2XL 3XL

Check Box
 Sleeveless Short Sleeve

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 \$20 for Anniston Runners Club Members. ARC Members MUST register on Active.com for ARC Discount, before July 15th. After July 15th, entry fee increases to \$30 for ALL entrants.

TEAM CHALLENGE: GROUPS MUST REGISTER BY WEDNESDAY, JULY 24! (Only Woodstock 5K participants)
(See Team Challenge form on Page 7) \$5.00 Per Person in **addition** to race fee.

ALL Team Members' Individual Entry Forms and entry fees must be registered on Active.com and turned in no later than July 24!
(You will still be eligible for Overall, Age-Group, and Clydesdale/Athena Awards.) see page 7

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 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: Catered by Classic on Noble, Meal number is limited, so register early. Once the pasta is gone...it's gone!
Date: Friday, August 2 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.

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 • haleyg@calhounchamber.com

**THE WOODSTOCK 5K IS AN ANNISTON RUNNERS CLUB GRAND PRIX EVENT
and the Road Runners Club of America 2013 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, 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 Active.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 (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 24, 2013
- No Team Changes after July 24, 2013

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 24, 2013. We are unable to refund the difference in registration fees. After July 24, 2013 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 24th (the Team registration deadline.)

CASH PRIZE

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 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
- Promote Woodstock 5K Training Runs. Training runs are Posted on the Woodstock 5K Facebook Page

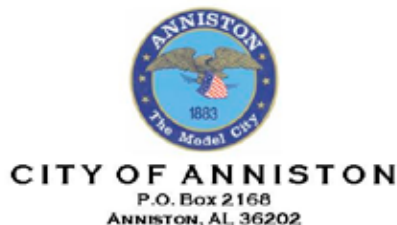


Team NABI took home the win for the Men's Fastest Team for the 2012 Woodstock 5K, with an average time of 20:29.



Team Flower Power took home the coveted Most Team Spirit Award for 2012!

Please support the sponsors of Anniston Runners Club!



The Anniston Star

