

On August 2, 2014 the Anniston Runners Club presents...

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

Woodstock 2014 stock 5k

RRCA
Southern Region
Championship

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

**Including
Masters
Winners!**

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

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Welcome from the Race Director

This bird is still the word! The Anniston Runners Club (ARC) and our members, invite you to our premier annual event -the 34th 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 host the Road Runners Club of America's Southern Region 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 for which Anniston and Alabama are famous. We promise that you will not leave Woodstock disappointed - our runners, our volunteers and our community guarantee it.

Our Team Challenge is back by popular demand, so start recruiting members because the 'Team with the Most Participants' will win a \$750 CASH PRIZE! In 2013, 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 2, 2014 – The Historic Woodstock 5K.

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
256-405-5282
Woodstock5k@annistonrunners.com



Woodstock/Kidstock Schedule of Events

FRIDAY, AUGUST 1ST

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 2ND – 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 inside the Anniston High School Performing arts center

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 ongoing 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 the trash. Participants will still need to come and pick up your race shirts and bibs (check the Schedule of Events).



Woodstock Water Bottles

As a part of 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. 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! Teams **MUST REGISTER ONLINE** (www.woodstock5k.com), the Team Captain must register first and designate a Team Name before the rest of the team members can register. Largest group wins \$750 for their charity/cause. 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 23, 2014.



In 2013, the Anniston City Council designated our race as a historic race and placed sign markers at the Start and Finish Lines. From left to right: Brooke Nicholls Nelson, past Woodstock 5K Race Director & ARC Board Member; Jay Jenkins, Anniston City Councilman; Lamont Hutto, WAR Group Member; Nancy Grace, ARC Board President; and Haley Gregg, Woodstock 5K Race Director & ARC Board Member.

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 for childcare is 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 2nd 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 \$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 \$9.00)

Bib Numbers

You will receive a bib number with your Race Shirt. Make sure you wear your race number/bib. 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! Great LIVE music and plenty of food to enjoy after the race. Also, there will be vendors and 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, fill out the 2014 Woodstock Vendor Form, and mail it in! Woodstock/ARC Sponsors are encouraged to host a booth free of charge, all we need is the form to be completed. 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, Candina Jones, at candina.jones@gmail.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:

1st Place Overall M/F	\$500/each
2nd Place Overall M/F	\$300/each
3rd Place Overall M/F	\$200/each
1st Place Masters M/F (40-49)	\$50/each
1st Place Grandmasters M/F (50-59)	\$50/each
1st Place Great Grandmasters M/F (60-69)	\$50/each
1st 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: Patrick Choptoek, 14:13/
Female: Risper Gesabwa, 16:06

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

10-under	25-29	50-54
11-13	30-34	55-59
14-16	35-39	60-64
17-19	40-44	
20-24	45-49	

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

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 host four 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, Trail, Youth Running, and Women. For a membership form to join, go to: www.annistonrunners.com to join today!

2014 Anniston Runners Club Grand Prix Schedule

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

5/17/2014	Anniston Lions Club 5K - Anniston, AL
6/21/2014	Haleys Team Twilight 5K (night time race) - Anniston, AL
8/02/2014	Woodstock 5K - Anniston, AL
8/09/2014	Historic Lincoln 5k - Lincoln, AL
9/13/2014	Superman 5k - Anniston, AL
10/4/2014	Gadsden Rock -N- Run 15k - Gadsden, AL

Choose one of the following two

10/25/2014	Gamecock Gallop 5K - Jacksonville, AL
10/25/2014	Xterra Coldwater 9.6 Mile trail run - Anniston, AL
11/08/2014	Kyle Comfort 5k - Anniston, AL
11/27/2014	Plucked Turkey 10k - Anniston, AL
12/06/2014	Chief Ladiga Half Marathon - Jacksonville, AL
12/13/2014	Dashing Through the Springs 5K - Talladega, AL

Double Wide Soul will be adding local flavor as our official Woodstock entertainment.

They are a two piece band founded on blues, rock, funk, reggae and whatever else crosses their hearts and minds at any given time and they call Anniston home. Double Wide Soul is made up of Brandon Strother (vocals, guitar, & harmonica) and Matthew Graviitt (drums, keyboards, & vocals). Double Wide Soul's sound is not something you can put your finger on. The guys look like a mix between the Blues Brothers and ZZ Top, and their sound is not far off from that either. They have an exciting, soulful vibe to their music, but there is also a classic southern rock element. "We're trying to bring back that blues sound," said Graviitt. Double Wide Soul is definitely something to experience. The band covers lots of crowd-pleasing classics, and Strother typically writes the band's original songs.

They will kick off around 8:00am and won't stop until the crowd thins!
www.doublewidesoul.com



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 26, Anniston Runners Club will hold the 3rd 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



Got shoes? We want them.

Please give your old shoes to Anniston Runners Club! We will turn your shoes into cash to promote our outreach programs by delivering the shoes to Funds2Orgs, who will pay us by the pound. They in turn provide the shoes to underprivileged groups where any usable shoes are utilized and the others are taken apart and recycled.

What: Bring us your old shoes! We want them all! Any type, any style, any condition.

Where to drop-off the shoes?

- ARC Booth at any Grand Prix race
- Animal Medical Center, 719 Quintard Avenue, Anniston
- YMCAs of Calhoun County: Anniston and Oxford

When? Now through the Woodstock 5K on Saturday, August 2

Got a large load? Contact Ben Dixon (aka Shoe Santa) at: [256-282-3498](tel:256-282-3498) or benman5017@gmail.com



W.A.R. – We ALL Run!

W.A.R. or We ALL Run! was created in the Summer of 2012 to introduce area youth to the joys and benefits of long distance running. The program was designed with the idea of increasing participation in the Woodstock 5K and Kidstock 1mile run by children that live in and around the area of the historic Woodstock course.

Approximately 30 kids have participated in W.A.R. since its inception. The program aims to provide running shoes, shirts, and shorts to children who successfully complete the eight week training program and run in either the Woodstock 5K or the Kidstock 1mile run. Anniston Running Club members have graciously sponsored W.A.R.

kids with Woodstock race fees, as well as supported the kids in their training efforts.

W.A.R. has helped numerous kids with developing healthier lifestyles as well as building enduring friendships between the kids and the ARC volunteers.



RUNNING BUDDIES: Anniston Runners Club and Rocky Hollow Neighborhood Association

Runners swear by their running buddies. Slogging miles together, running partners experience the ups and downs of training challenges and the joy of goals met. When one is having a bad day, it is the other's responsibility to lift them up and cheer them on. Such is the case with the seemingly unlikely partnering of Anniston Runners Club (ARC) and the Rocky Hollow Neighborhood Association (RHNA).

For more than 30 years, Anniston Runners Club has routed their signature race, the Woodstock 5K, through the streets of the Rocky Hollow Neighborhood on the first Saturday of August. While the race organizers reach out each year to residents of the course, asking them to come race morning to cheer the runners or to put out sprinklers to cool the participants, it was not until fall of 2012 that the relationship between ARC and RHNA began to take a more structured shape, one that has had a major impact on the neighborhood and the race.

Jennifer Maddox, president of RHNA, said the association was formed in response to persistent problems - both criminal and nuisance-oriented - and by request of the residents, who were seeing their property values decline with the rise of crime.

"We wanted, and needed, to 'take back' our neighborhood," said Maddox. "In partnership with the Anniston Police Department, Anniston Fire Department, Anniston Code Enforcement, and others, we've seen a gradual improvement over the last year and a half." The organization is comprised of about 50 residents, of whom about 20 actively participate on a regular basis.

As autumn approached in 2012, members of ARC helped with a neighborhood cleanup organized by the City of Anniston and the newly-formed RHNA. Members of one of ARC's umbrella groups, W.A.R. (We All Run), a group of youths from Anniston City Schools headed by ARC's Joe Jankoski and several other helpers hauled and cleaned up trash, bagged leaves and spread grass seed. With that simple act of working together for a common goal, friendships were formed and the desire to join forces to help

residents reclaim the neighborhood was sparked.

At the same time, Anniston Runners Club approached the Anniston Historic Preservation Committee (HPC) about the possibility of the Woodstock 5K being designated as an historic course, similar to how other prominent race routes are denoted. Research shows residents in areas with these markers and this designation exhibit more ownership and pride of their neighborhood, and subsequently the property values increase.

In the spring of 2013, the City of Anniston and HPC recognized the course as historic, and the City purchased and erected historic markers for the start and finish lines, further elevating the relationship between ARC and the neighborhood.

By far the most significant change between ARC and RHNA came out of a meeting between race organizers and Maddox where they discussed ways to work together to improve the neighborhood's reputation and further bond the two entities for the good of both. RHNA committed to host water stations for the race's training runs, held each Thursday evening and Saturday morning, when there is not a local race, starting the first week of June and continuing until the week of the race.

Also, Maddox enlisted residents to come out in their yards, sit in lawn chairs in their driveways,

and be a part of the training experience, cheering runners as they run or walk past.

Although there has never been an incident reported to the police during a training run or during the actual event, the Woodstock Race Director, Haley Gregg, said, "The Rocky Hollow Neighborhood Association brought a sense of safety to our training runs that we've never had before in years past."

Gregg, in her second term as race director, defines a neighbor as "any person in need of one's help or kindness."

"This embodies our relationship with the Rocky Hollow Neighborhood Association," said Gregg. "They are there on every training run to provide us help, by providing traffic watch, water, and offering encouragement to our runners, and we help them with neighborhood cleanups, donations when we can, and hosting our historic run in their neighborhood. We are true neighbors, friends, and community members doing what we can to make a positive impact in our community."

Woodstock training runs have always been popular, but with the presence of the RHNA, participation swelled to more than 200 participants the week before the 2013 race. Both Maddox and Gregg believe the collaboration between the two organizations will make the training runs even more popular this year.

Recently, Maddox took a few minutes to answer some questions about the RHNA and their commitment to the Woodstock 5K.

Q: Why did your group get involved with heading up the training runs last year?

Maddox: The neighborhood association had been dealing with so many negative issues that the idea of doing something positive was very appealing. We also wanted to make a statement to the community that our neighborhood was a safe place to run. Providing water stops during the practice runs provided the added benefit of getting outdoors and meeting and talking with our neighbors on a regular basis throughout the summer. Cheering on the runners the morning of the Woodstock was just plain fun for us!

Q: What do you look forward to the most about the training runs this year?

Maddox: More visibility outdoors and more time with our neighbors. I really enjoy sitting at a water stop chatting with the neighbors I don't

often get to see. One day I may get out of the chair and start running!

Q: Do your volunteers enjoy the volunteer work?
Maddox: Absolutely! All of the runners have been great—they've been friendly, enjoy our encouragement, and certainly appreciate the water. I've been told it is comforting to them to know that they have a support team if they need anything.

Q: Why do you feel the relationship between RHNA and ARC, particularly the Woodstock race, is important?

Maddox: The adage that it takes a village to raise a child is applicable here—it takes everyone to make a neighborhood work well. We need to get back to the time when neighbors knew each other and looked out for each other and helped each other. We can no longer afford to be isolated or uninvolved. Our relationship with the Anniston Runners Club is a wonderful example of people from different backgrounds who live in different parts of the city working together to improve and promote our community. The City of Anniston has a lot to offer runners and our partnership welcomes them to the historic Woodstock and Rocky Hollow area.

Q: What do you feel Woodstock does for your neighborhood?

Maddox: The Woodstock race is a historical event in a historical neighborhood. It brings excitement to our streets, visibility to our community, and a sense of pride in our neighborhood. We are part of wonderful running legacy.

Q: What else do you want to add?

Maddox: The Anniston Runners Club has done a fantastic job putting on the Woodstock 5k for over 30 years. Their involvement in improving the physical health of our citizens is a blessing to us.



Woodstock 5K Course Training Runs will be every Thursday at 5:30pm and Saturday 7:00am (when there is not a local race) starting June 5th. Find out details on the Woodstock 5K (Anniston, AL) Facebook page.

How to Register

1 Register Online at www.woodstock5k.com or 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 8/2/14) _____ [] 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.

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 16th. 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 23!

(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 no later than July 23!
(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 16, entry fee is \$12 (\$10 for Anniston Runners Club Members)

After July 16, 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, August 1 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

**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! 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 23, 2014

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 23, 2014. We are unable to refund the difference in registration fees. After July 23, 2014 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 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 23rd (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. Team photos will be taken race morning at the Team Challenge Tent.

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



Team Run for God took home the Team with the Most Participants award and the cash prize in 2013!

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

