

On August 6, 2016 the Anniston Runners Club presents...

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

RRCA SOUTHERN REGION CHAMPIONSHIP WOODSTOCK 5K 2016



up to \$3,400
IN CASH PRIZES
Including Masters
Winners!



\$750 Cash Prize
Team with Most Participants

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Welcome from the Race Director

"Ding!" There it was- the Facebook notification sound that I've grown accustomed to hearing periodically throughout my day. I'm normally alerted to things like my grandmother sharing a photo of my daughter, my best friend's Nike app update about the 4 miles she just ran at McClellan, or an old high school acquaintance bubbling with excitement at the news she was pregnant. This time was different. This time, that sound signaled the start of something new, something exciting, and something that would change my life forever. I just didn't know it yet.

The notification was a tag alert from a friend who suggested I volunteer to work as a Co-Director for the 2015 race. Haley Gregg, the former Race Director, had taken to Facebook asking for a few individuals to step up and help out with the Southeast's most historic foot race, and because I had experience with a few other events, my friend posted a suggestion: "Neeli- you'd be great for this!" After a few hours of mulling it over in my head, I made the plunge to join the Woodstock flock. I shot Haley an email with my credentials and reasoning for joining the flock. Several email exchanges later, Haley met up with the three enthusiastic Co-Directors-to-be at Cheaha Brewery and the planning for Woodstock was underway in late November.

Over the next several months, the four of us spent a lot of time responding to a flood of emails, organizing volunteers, making contacts, ordering supplies, and so much more. I won't lie- I was totally overwhelmed- but once the dust settled on race day, I looked back on the experience with pride. I realized all of our hard work and dedication had been worth it when we were able to hand over more than \$10,000 to local charities including the East Central Alabama United Cerebral Palsy and the ARC Special Olympics. It was truly a life altering experience that, through the efforts of so many giving individuals, I saw that Woodstock was about so much more than running.

After the record breaking 2015 race, Haley stepped down as Race Director and handed the reins over to me, leaving some pretty large shoes to fill. Luckily for me, Woodstock has been chosen once again as the **2016 RRCA Southern Region Championship Race**, drawing runners from all over the Southern region. We've also welcomed in a new premier sponsor- Sunny King Automotive Group- and together we're aiming to make the 36th year of Woodstock the best year yet.

Mark your calendars now for **August 6, 2016** as we celebrate this much anticipated event. As Haley once said, "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!" Get ready to come out to Anniston High School and shake your tail feathers with me. I'll see you on race day!

Neeli Faulkner
Woodstock 5K Race Director
woodstock5k@annistonrunners.com



All About Woodstock/Kidstock

CONNECT WITH US!

Don't miss out on important updates and an exclusive look inside Woodstock planning by checking out our social media channels!

Make sure to follow us on Facebook and Instagram for up-to-the-minute information. This is a great way for us to connect to our runners and fans, plus a quick way for you to ask us questions.

Find us on Facebook by visiting www.facebook.com/Woodstock5K and on Instagram at www.instagram.com/Woodstock5K.

We'll be checking (and sharing) #woodstock5k and #woodstockflock, so make sure to share your race moments with our hashtags. We want to see your gear, friends, bling, food, fun, and everything Woodstock!

Oh, and don't forget to swing by www.annistonrunners.com for information about joining one of the state's largest and most active running clubs- Anniston Runners!



BTAG TIMING

Pain is temporary, but your finishing time on the internet is forever! We're proud to have partnered with Best Times for the ninth consecutive year to provide professional, reliable timing services in the quickest, most accurate manner.

You **MUST** wear your timing device and race bib in order to be scored. Please remove your tag once you finish the 5K.

WOODSTOCK WATER BOTTLES

We're super stoked to partner with Wells Fargo Advisors once again to offer free commemorative Woodstock water bottles! Once you cross the finish line on race day, volunteers will hand you your very own Woodstock water bottle filled with ice-cold water. We'll have water/Gatorade stations all around for you to refill and replenish the fluids you lost on our course.

Want to Volunteer?

With almost 1,600 runners crossing the start line in 2015, we utilized over 250 volunteers to help us keep everything on pace. There are so many opportunities to get involved not only on race day, but the Friday before, too. Volunteer opportunities include water preparation, food preparation, course monitoring, finish line/timing, registration, start/finish line construction/takedown, and so much more. Don't worry if you are a newbie- we'll teach you everything you need to know!

If you'd like to volunteer as part of the Woodstock flock, please contact us!

Joshua and Jennifer Dobbins
Volunteer Coordinators
jdbobbins1@gmail.com

As an incentive, you get a super cool t-shirt and a big "thank you" from the Anniston Runners Club. Oh, and don't forget our friends at the East Alabama United Cerebral Palsy and Special Olympics who received almost \$10,000 in donations from our event, thanks in part to our volunteers who helped to ensure Woodstock went off without a hitch. Remember, without volunteers, there would not be a race!

The 2016 Woodstock 5K is dedicated to the memory of Suzy Michelson. An active Anniston Runners Club member and former Woodstock 5K Vendor Chair, Suzy will be missed by many.

Kidstock 1 Mile Run/Walk for Kids 14 & Under

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

Kid's Corral: Registration required.

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

Woodstock Stays Green

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

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

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

Pasta Pigout: Limited number, so register early. Don't miss out on the best pre-race meal ever! This is the mother load of carbo loads! For \$10.00, each runner can reserve a great meal. But you must register on the entry form to ensure your dinner.

Bib Numbers

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

Timing/Results: Woodstock 5K and Kidstock 1 Mile

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

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

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

Food, Door Prizes, and Post-Race Party!

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

Want to be a Vendor?

We would love to have you as vendor at our event! Go to the website, www.woodstock5k.com, fill out the 2016 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!

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 medals 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

Set a new course record and win an additional \$500! Current course records are: Male- 14:13 / Female- 16:06. Medals will be awarded 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	65-69
14-16	30-34	50-54	70-74
17-19	35-39	55-59	75+

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

Clydesdale and Athena Divisions

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

If you register for 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 Challenges and Awards

TEAM WITH THE MOST PARTICIPANTS (NON-CORPORATE)

Non corporate teams are defined as teams where the entry fee/registration fee of each team member is paid for by the individual team member. These teams will be eligible for the \$750 cash prize!

TEAM WITH THE MOST PARTICIPANTS (CORPORATE)

A corporate team is defined as a team where the entry fee/registration fee of each team member is paid for by the team's employer and/or corporate sponsor. If one of more team member's registration fee is paid for by a employer and/or sponsor, the entire team will be considered a corporate team.

Corporate teams will NOT be eligible for the \$750 cash prize. However, the corporate team with the most participants will receive team trophy.

TEAM WITH THE MOST TEAM SPIRIT

Dress up, get creative, and show us your team spirit! We'll choose the grooviest team to award with a super shiny trophy!

FASTEST MALE, FEMALE, AND CO-ED TEAM

The fastest all male team, fastest all female team, and fastest co-ed team will all be awarded with a trophy.

Anniston Runners Club Info



Do you have a passion for running? Are you interested in becoming a runner but don't know where to start? Are you looking for local volunteer opportunities? The Anniston Runners Club (ARC) may be right for you!

Joining the ARC is a great way to meet new running buddies, get educated about running, and volunteer for club activities including the Grand Prix series and several city events. To meet expanding member interests, we have created specialty divisions for Triathlon, Ultra-Race, Youth

Running, Women's Running, and Rookie Runners. As a member of the ARC, you'll receive discounts to several are retailers and save on race fees to local races.

We've got so much more to offer, so head over to www.annistonrunners.com for more information including how to join.

Come run with us- you'll be glad you did!

2016 Anniston Runners Club Grand Prix Schedule

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

6/25.....	Haley's Team Twilight 5k
8/6.....	Woodstock 5k
8/13.....	Historic Lincoln 5k
10/1.....	Gadsden Rock n' Run 15k
10/15.....	Fort McClellan Credit Union Janney Furnace 5k
10/22.....	Gamecock Gallop 5k
11/24.....	Plucked Turkey 10k
12/3.....	Chief Ladiga Half Marathon 13.1
12/10.....	Dashing Through the Springs 5k

WOODSTOCK 5K TRAINING RUNS SCHEDULE

Come train for those famous rolling hills! The Anniston Runners Club (ARC) and the Rocky Hollow Neighborhood Association (RHNA) invite you to come run/walk with us and train for the big day! Training runs are free, we provide water at the finish, and RHNA provides rest stops throughout the course.

Training runs are held every Thursday until race day at 5:30 pm beginning June 2nd unless cancelled due to weather. Updates will be provided through the Woodstock 5K Facebook and Instagram pages.

SATURDAY SCHEDULE

June 11th	7:30 am
June 25th	7:30 am
July 16th	7:30 am
July 30th (Remembrance Run)	7:30 am

REMEMBRANCE RUN

In 2012, the 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.

The run has grown in popularity each year, as members have found the event to be a memorable way to pay homage to a lost loved one or someone they want to honor.

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

For more information about the Remembrance Run, please contact Brooke Nelson at brookenelson@amcvets.com.



NEW IN 2016

For the first time in 36 years, we're offering commemorative finisher medals! We know most 5K races don't offer a finisher medals due to the race distance, but we know those "gently rolling hills" can be major accomplishment and we want to offer you some groovy bling to show off your hard work. We've partnered with Stride Awards to offer

beautifully designed, high quality medals that you'll be able to cherish for many years to come.

Commemorative finisher medals are available for only \$8! Simply select the Commemorative Finisher Medal add-on option during registration to make sure you get your bling on race day.



Commemorative Finisher Medal

\$8.00

Pasta Pigout

\$10.00

Kid's Corral

\$5.00

THE HISTORY OF SUNNY KING AUTOMOTIVE

The Sunny King dealerships began in Anniston in 1922 when E. D. King acquired the Ford franchise known today as Sunny King Ford. Sunny King Ford is among the top 20 oldest Ford franchises in the country still owned and operated by the original founding family and was known at that time as King Motor co., Inc.

During the past ninety-four years King Motor Company has seen many changes including a temporary close of business to assist with the World War II effort between 1943 and 1945. Following the war the dealership reopened and began a period of successful growth.

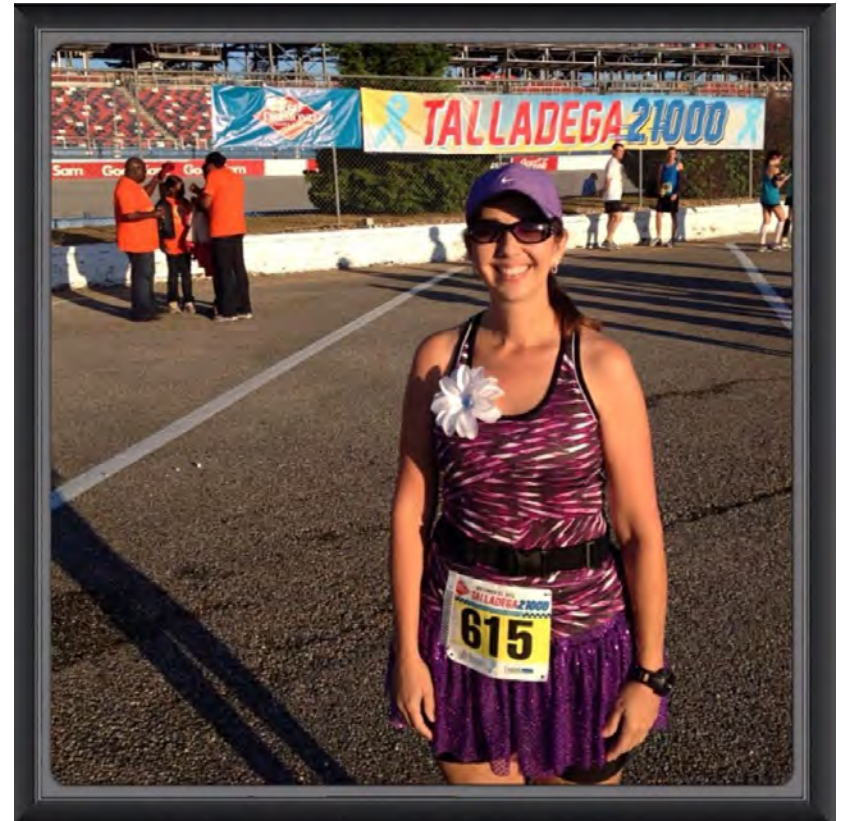
In the early 1950's, E. D. King, Jr. took the reins and King Motor Company grew to fourteen franchises in multiple cities to include Anniston, Auburn, Birmingham, Huntsville and Sylacauga. The King organization found much success under Sunny's leadership. In 1988 Sunny was featured on the cover of Time Magazine for Business Achievement and Community Service.

Following Sunny's untimely death in 1990, Patty King became President of Sunny King Automotive Group and continues the King legacy. Under Patty's leadership Sunny King Ford, Sunny King Honda and Sunny King Toyota have found much success in continuing a proud history of trust and relationship with their customers.

Patty King and Sunny King Automotive Group have a rich history of making community a priority. Some of the ways the King organizations support our community is by supporting numerous local charities and events such as The Sunny King Charity Classic, Sunny King Criterium, Noble Street Festival, Knox Concert Series, Woodstock 5K, JSU Foundation, Rainbow Omega, Salvation Army, United Way, Cerebral Palsy Center, CAST, local schools and churches and many others.



ARC MEMBER HIGHLIGHT PAIGE POWERS



No one understands the chaos and craziness leading up to Woodstock better than Paige Powers. Paige has been a member of the Anniston Runners Club since 2010 when she started running to lose weight, get in shape, and enjoy a healthier lifestyle. In 2014, she began volunteering as the Registration Chair for Woodstock and, through her continuous dedication to this historic event over the years, helped us to pull off the most epic Woodstock ever in 2015. With Paige's leadership, we were able to draw in a record breaking 1,598 runners to the start line.

Paige encompasses the idea of a "runner" in a way that no other member of the ARC can. Not only does she put in countless hours pounding the pavement to achieve the elite status of "1,200 miler", but she's also dedicated off the road as she distributes information about upcoming club events as the E-blast Coordinator, Woodstock Registration Chair, and Race Director for the ARC's Half "Naked" Marathon. Without members like Paige, the ARC wouldn't be able to organize and host some of the area's most memorable running events.

We don't only admire her for her volunteerism, but also for her ability to motivate and inspire other runners with her #notfastjustfabulous motto. Paige proves time and time again that you don't have to take home the first place medal at a race to encourage others to get up and get active. She's truly an inspiration to so many in our community.

How to Register

1 Register Online at www.woodstock5k.com or runsignup.com/woodstock5k. 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!
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 8/6/16) _____ [] Male [] Female
Address _____
City _____ State _____ Zip _____
Cell# _____ Home# _____ Emergency Contact/Phone _____
Email (Please print.) _____

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

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

Kidstock Sizes
YS ☐ YM ☐ YL ☐ YXL ☐

Shirt Sizes
XS ☐ S ☐ M ☐ LG ☐ XL ☐ 2XL ☐ 3XL ☐

☐ **Commemorative Finisher Medal**\$8.00

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 15th. 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.

\$_____ ARC & GRC (\$23)

TEAM CHALLENGE: GROUPS MUST REGISTER ONLINE BY WEDNESDAY, JULY 27!

(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 26!**

(You will still be eligible for Overall, Age-Group, and Clydesdale/Athena Awards.) see page 7

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

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

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

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

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

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

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

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

\$_____

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

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

☐ I am a registered runner, and I want to come and eat the motherlode of carbo loads. \$10.00 for runners and non runners

\$_____

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

Cost is \$10 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: Neeli Faulkner • woodstock5k@annistonrunners.com

**THE WOODSTOCK 5K IS AN ANNISTON RUNNERS CLUB GRAND PRIX EVENT
and the Road Runners Club of America 2016 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.

HOW TO FORM A TEAM

1: Select Your Team Captain! Your team captain will be responsible for recruiting, organizing, and building your team. This person will also communicate to potential team members directions on how to register online, promote Woodstock 5K Training Runs, and relay important reminders about the race. Your team captain must register before anyone else in order to create the team.

2: Build Your Team! Teams must be a minimum of five (5) people with one (1) individual being named Team Captain. Team members can consist of family, friends, co-workers, athletes, or anyone else you can recruit. Team members can be any combination of runners, walkers, and/or kids.

3: Pick Up Your Swag! Each team member will need to bring a copy of their confirmation page to the Swag Bag Pickup and will be responsible for picking up their own items.

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 six (6) categories as follows:

Team with the Most Participants (Non-Corporate)

This will be based on how many members are registered and paid by July 29, 2016 (the team registration deadline). The winning team will walk away with a whopping \$750.00 cash!

Team with the Most Participants (Corporate)

This will also be based on how many members are registered and paid by July 29, 2016 (the team registration deadline). The winning team will walk away with a trophy and bragging rights.

Fastest Team

This will be awarded to the fastest Male, Female, and Co-ed team competing in the 5K. The fastest 5K finishing times on each team will be recorded and averaged to determine the winner. Teams of less than five (5) will not be eligible for 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 Swag Bag for location.

ADDITIONAL TEAM INFORMATION

Registration Status

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

Team Photos on Race Morning

Commemorate your team's accomplishments with a team photo. Smile and say, "Bird is the word!" as you flash your tail feathers for the camera. Team photos will be taken race morning inside the performing arts center. Follow the signs!

Team Registration Deadline

Teams of five (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 29, 2016. We are unable to refund the difference in registration fees. After July 29, 2016, NO changes to teams will be possible.



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

