

**FOR IMMEDIATE RELEASE**

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**Residence Inn AFA Named Official Hotel Sponsor for Hams and Hamstrings 5K**

*"Colorado's Easter Day 5K" course starts just feet away from the hotel*

Colorado Springs, Colo., March 4, 2012

Bigwig Races, a Colorado Springs based producer of top-notch 5K and 10K races, announced today that Residence Inn AFA will serve as the official hotel of new Hams and Hamstrings 5K race planned for April 8 at InterQuest business park in Colorado Springs.

"Residence Inn AFA is proud to be one of the founding sponsors of the Hams and Hamstrings 5K," said David Montero, General Manager of Residence Inn AFA. "We hope the event will start big and continue to grow each year. We're looking forward to the opportunity to showcase our property, the InterQuest area, and Colorado Springs."

As the official hotel sponsor of the Hams and Hamstrings 5K, Residence Inn AFA will house some of the runners participating in the event. A post-race press conference will be held at the hotel featuring the race winners and any elite runners in attendance. They are also offering a special Hams and Hamstrings rate. Call (719) 388-9300 for additional information.

"We're honored to have Residence Inn AFA as a sponsor in our inaugural year," said Curtis Claar, co-founder and Sponsor Relations Manager for Bigwig Races. "They have demonstrated a

tremendous commitment to the entire running community and we thank them for that."

"The Hams and Hamstrings 5K is an excellent initiative and it is our pleasure to be a part of this event. We strive to support social events and activities like this run. It is our pleasure to be involved for the success of this activity," Montero added.

The Hams and Hamstrings 5K, billed as "Colorado's Easter Day 5K," is open to serious runners, walkers, teens, and families alike. Prizes will be offered for first, second and third place finishes. Additionally, the race will be sanctioned by USA Track & Field and will be chip-timed.

A portion of the race revenue after costs is slated to go to the new Pikes Peak area chapter of Achilles International. Achilles is devoted to bringing together able-bodied volunteers and disabled runners in an environment of support and community. Achilles also develops specialized programs for children and war veterans. The main goal of Achilles Pikes Peak is to make sure that anyone who wants to participate in a run can do so, no matter their disability. The local chapter also hopes to send disabled athletes to compete in the New York Marathon through its fundraising efforts. More information is available at [achillesinternational.org](http://achillesinternational.org)

Complete race information and registration for the race is available at [hamsandhamstrings.com](http://hamsandhamstrings.com)

### **About Bigwig Races**

Bigwig Races LLC was formed to create valuable sponsorship and promotional opportunities for businesses of all sizes by professionally producing 5K and 10K races. The Bigwig Races model ensures that every race is effective, both as a promotional vehicle and as a competitive sporting event to support community fitness. We leverage years of experience in advertising, publishing, process improvement, accounting, sales, event planning, and project management. Our principals also enjoy running in local and regional races and have participated in hundreds of races, some as a sponsored athlete. Complete information about Bigwig Races is available by calling (719) 362-3306 or by visiting [bigwigraces.com](http://bigwigraces.com)

### **About Residence Inn by Marriott - Colorado Springs North (Residence Inn AFA)**

Nestled at the base of the majestic Rocky Mountains is the award winning Residence Inn AFA. From sunrise to sunset experience the pure beauty of Pikes Peak. Just moments away enjoy



upscale retail shopping and dining at the Shops at Briargate, venture to the United States Air Force Academy, or meander through The Garden of the Gods. Head north 10 minutes and visit Monument, Colorado to experience the old west; continue north another 20 minutes to the outlet malls at Castle Rock, Colorado. It's a perfect location for business and leisure travelers alike. Complete information about the property is available by calling (719) 388-9300 or by visiting [Marriott.com/COSTW](http://Marriott.com/COSTW)

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