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USATF Grants Sanction for Hams and Hamstrings 5K Easter Race

Over \$1,600 available in prizes and awards at "Colorado's Easter Day 5K"

Colorado Springs, Colo., March 26, 2012

Bigwig Races, a Colorado Springs based producer of top-notch 5K and 10K races, announced today important updates regarding its Hams and Hamstrings 5K race to be held in Colorado Springs on Easter Sunday, April 8, 2012. The course has been certified by and the event has been sanctioned through the USA Track & Field (USATF). Over \$1,000 in prizes and awards will also be offered to participants.

The Hams and Hamstrings course has been certified by USATF, the national governing association for track and field, long-distance running and race walking in the United States. Certification number for the course is CO12006DCR. The purpose of the USATF course certification program is to produce road race courses of accurately measured distances. For any road running performance to be accepted as a record or be nationally ranked, it must be run on a USATF-certified course. In addition, the certification program is very important to the average road racer, as well as those of exceptional speed. Most runners like to compare performances run on different courses, and such comparisons are difficult if course distances are not reliable. No one can truly establish a personal best if the course distance is not accurate.

"We don't want runners to get surprised by a course that is a little too long or a little too short," said Curtis Claar, co-founder and Sponsor Relations Manager for Bigwig Races. "The extra effort and expense to certify our course ensures a quality experience for all participants."

The event also has been sanctioned by USATF. A sanction tells athletes that an event is being run according to applicable competition rules. The sanction is also a contract, which evidences the event's commitment to follow national and international rules and regulations of the sport and to provide a safe environment for the participants and spectators.

Hams and Hamstrings will have a total purse of \$600 to be divided between the top three male and female overall finishers; \$150 1st place, \$100 2nd place and \$50 3rd place finish. Additionally, race-day raffle prizes and best costume prize total over \$1,000.

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

Complete race information and registration for the race is available at 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

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