

***FOR IMMEDIATE RELEASE***

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**Location announced for Hams and Hamstrings 5K, slated for Easter morning in Colorado Springs**

*"Colorado's Easter Day 5K" to be held north of Colorado Springs at InterQuest business park*

Colorado Springs, Colo., February 1, 2012

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

InterQuest is located directly opposite the United States Air Force Academy at the InterQuest Parkway exit off I-25. The business park is 15 minutes from downtown Colorado Springs and 35 minutes from Denver.

"I've run the course a few times and it's great. It's a unique mix of on and off road running that should be fun for serious runners as well as casual runners," said Curtis Claar, co-founder and Sponsor Relations Manager for Bigwig Races. The course will be certified by USA Track & Field, is mostly flat, and features a half road and half trail loop with the beautiful backdrop of mountain views and the Air Force Academy.

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 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)

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