



2021 Born in the USA 4 Miler Participant Guide

Thank you for registering for the 2021 Born in the USA Four Miler, Four Mile Relay & Firecracker Youth Fun Run. We are so excited to see everyone on race day! This year, we are taking additional safety precautions for our race day participants.

This year's race will be at Forest Acres City Hall (5217 Trenholm Road, Columbia, SC 29206) starting at 7:04am. Course maps are included in the document below!

Do not forget **masks are required for this event**. Also, please adhere to the CDC (Center for Disease Control) social distancing guidelines and remain 6 feet apart (at a minimum) from other participants you pass on the route and while you are in the cool down area. Staggered starts will be enforced to maintain physical distance from other participants.



Race Information:

This year's event takes place on July 3rd at Forest Acres City Hall (5217 Trenholm Road, Columbia, South Carolina 29206). The 4-mile run/walk and 2-person relay begins at 7:04 am with scheduled staggered starts, followed by the Firecracker Youth Fun Run beginning at 7:54am. This event will be held rain or shine.

Stay up to date on most recent event updates by following up on social media:

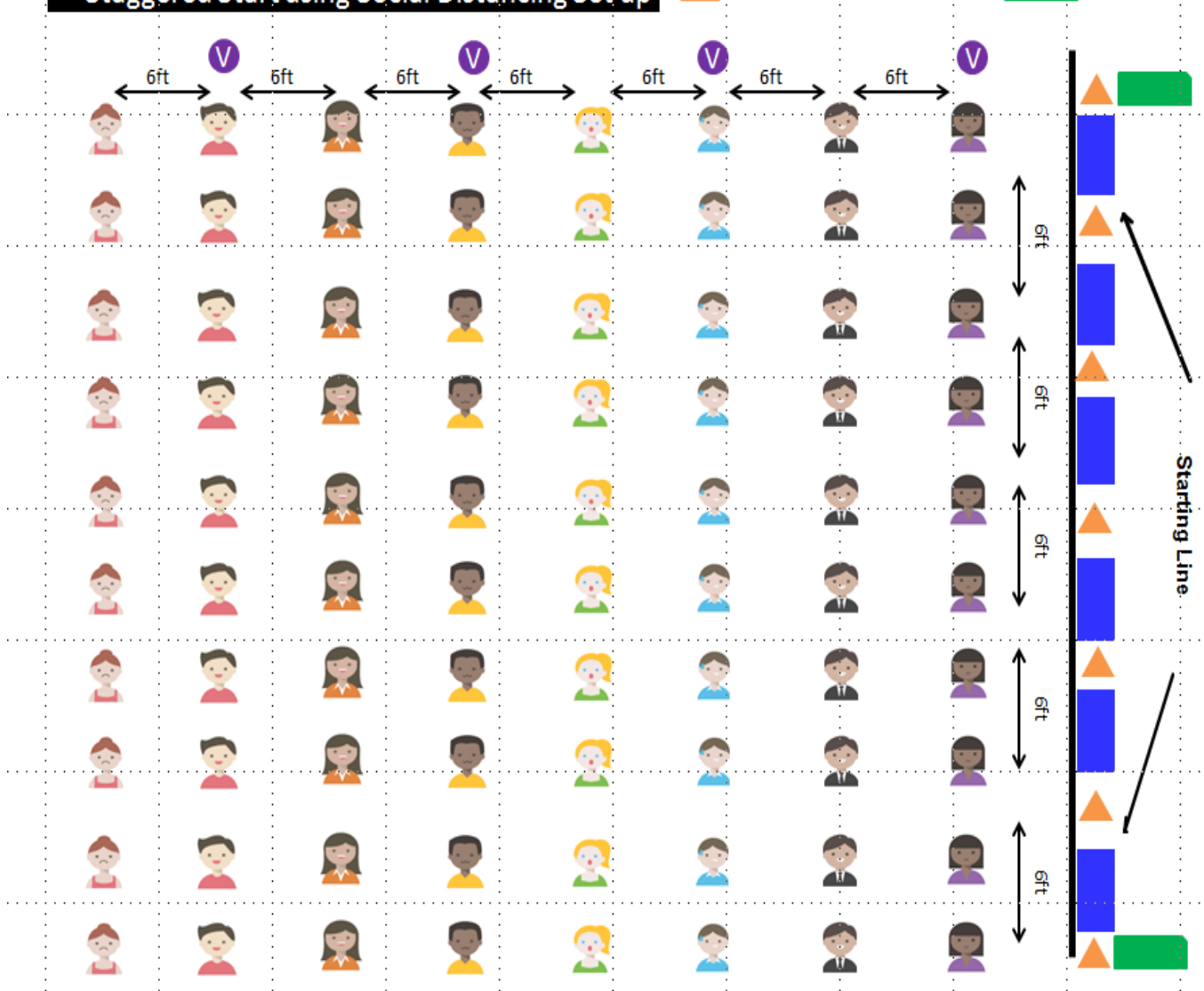


In-Person Participant Information:

Race Day Safety Protocols: Masks are required for this event. Participants may remove their mask while walking or running but are required to wear it until they are positioned at the start. We respectfully request that you put your mask on after the completion of your walk/run once you have cooled down to normal breathing. Also, please adhere to the CDC (Center for Disease Control) social distancing guidelines and remain 6 feet apart (at a minimum) from other participants you pass on the route and while you are in the cool down area. Staggered starts will be enforced to maintain physical distance from other participants.

Staggered Start using Social Distancing Set up

▲ = cones V = volunteers ■ = flashpoint



Packet Pick Up: Early packet pick up is strongly encouraged to help us eliminate unnecessary gathering on the day of the event.

Packet pick up is available:

Thursday, July 1st - 11:00 am - 6:00 pm at Strictly Running, 2515 Devine St., Columbia, SC 29205

Friday, July 2nd - 11:00 am - 6:00 pm at Strictly Running, 2515 Devine St., Columbia, SC 29205

Onsite registration and/or packet pickup will be available starting at 6:04 am.

In-person 4 mile/relay participants will receive an official race t-shirt (while supplies last), a finisher medal, and another exclusive prize!

Firecracker Youth Fun Run Participants will receive an official race t-shirt (while supplies last). All kids participating will receive a finisher medal.



Parking: Parking will be available on a first come-first serve basis at the following establishments:

- Forest Lake Parking Lot 5200 Trenholm Rd
- Trenholm Plaza
- Forest Acres City Hall
- Street parking will be available on a limited basis

Water: Bringing your own personal water is recommended. One water station will be located on the course. Water will also be available at the finish. Due to safety precautions, additional food or beverages will not be provided for this year's event.

Bathrooms: Portable toilets will be available at Forest Lake Parking lot. Additional hand sanitizing stations will be available.



Medical Support: There will be medical, police, and EMS personnel onsite/nearby, as well as volunteers, to assist with keeping participants and spectators safe. They will be positioned throughout the course to help with any issues or concerns.

Race Results: Race results will be posted at www.strictlyrunning.com

Awards: Award Ceremony will start at 8:14 am

4 Miler: Top 3 Overall male and female finishers. Top 1 Overall Master/Grand Masters/Senior Masters/Veteran Masters male and female finishers. Awards to the top male and female finisher in all age groups.

4 Mile Relay:

First open coed team finishers, First open female team finishers, and first open male team finishers. No age group awards.

All Firecracker Youth Fun Run participants receive a medal

Born in the USA 2021 Charity Program:



National Multiple Sclerosis (MS) Society

Give now to help create a world free of Multiple Sclerosis (MS.) Your gift will help fund cutting-edge research, drive change through advocacy, facilitate professional education, and provide programs and services to help people with Multiple Sclerosis (MS) move their lives forward.

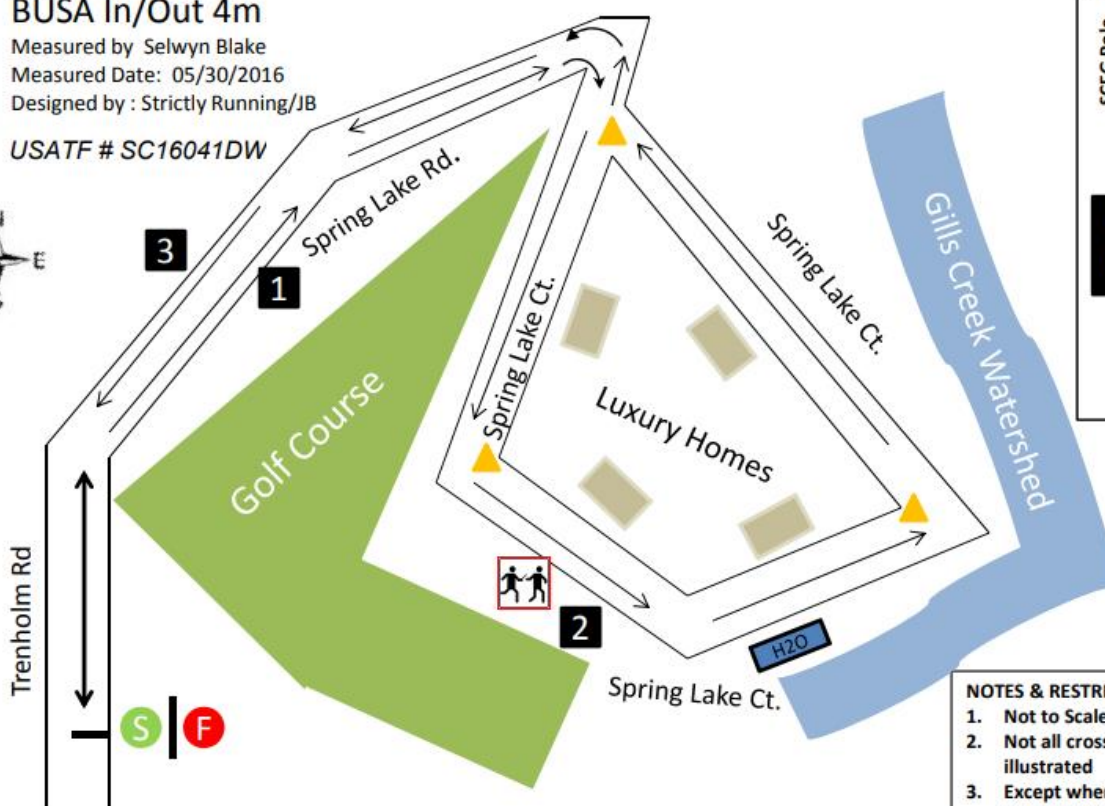
Course Map:



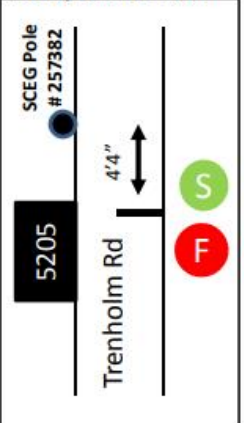
BUSA In/Out 4m

Measured by Selwyn Blake
Measured Date: 05/30/2016
Designed by : Strictly Running/JB

USATF # SC16041DW



Start/Finish Detail



List of Measured Points	
Start:	E side of Trenholm Rd. 4'4" S of SCEG Pole #22738
1 mile:	SE side of Spring Lake Rd, 32'11" S of Front Door #229
2 mile:	S side Spring Lake Ct, 10141" E of Front Door #550
3 mile:	NW side of Spring Lake Rd, 27'11" S of Front Door #229
Finish:	E side of Trenholm Rd. 4'4" S of SCEG Pole #22738

Elevation	
Start:	166ft
Finish:	166ft
Lower:	166ft
Highest:	230ft

- NOTES & RESTRICTIONS**
1. Not to Scale
 2. Not all cross streets are illustrated
 3. Except where otherwise noted course has been measured on the shortest possible route using full width of the road to within 18" of curbs and other defined edges.
 4. Cone = ▲
 5. Water =
 6. Relay Station =

Location: 5205 North Trenholm Road, Forest Acres SC 29206

A huge thanks to our Sponsors!



UNFORGETTABLE



CITY OF COLUMBIA
POLICE DEPARTMENT