

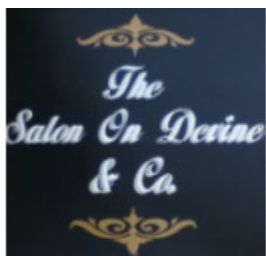


BORN IN THE USA

FOUR MILER

COLUMBIA, SC

Born in the USA 2019 Participant Guide



HELLO PARTICIPANTS! Thank you for participating in the Born in the USA Four Miler.

We at Strictly Running are honored that you have chosen to partake in our race and have an incredible event in store for you. Please take a moment to read through the information within this Guide to ensure your event experience is as enjoyable as possible. Strictly Running would like to send a special thank you to the City of Forest Acres, the businesses along Trenholm Road & Forest Drive, and the surrounding neighborhoods for accommodating our racers. We are very appreciative for all the agencies, participants, volunteers, sponsors, and charities that make this race possible.

The Born in the USA 4 Miler will benefit our charity program this year, the National Multiple Sclerosis (MS) Society. Proceeds 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. If you have any questions, please do not hesitate to contact us.



National
Multiple Sclerosis
Society

Strictly Running, Race Director

gstrictlyrunnin@sc.rr.com

Event Details

Thursday, July 4, 2019

5205 Trenholm Rd.

Columbia, SC

29206

Races

All races start and finish at the corner of Trenholm Rd and Forest Dr. Strollers are allowed in the run. Participants should expect minimal but general public traffic during the race. For your safety and the safety of others, please be courteous and yield at all intersections.

Born in the USA 4 miler

7:04 a.m.

(Course map will be on page 5)

The 4-mile race is a flat and fast out and back course. It starts and finishes in front of the Forest Acres City Hall. Runners will start out going north on Trenholm Rd. Participants will then veer northeast onto Spring Lake Drive where they will run alongside a scenic golf course. They will turn onto Spring Lake Court and make a loop around Forest Acres homes, running alongside Gills Creek Watershed until they return to Spring Lake Drive. Participants will finish coming back south on Trenholm Rd. towards the Start/Finish Line.

Born in the USA 4-mile relay

7:04 a.m.

(Course map will be on page 5)

The 4-mile team relay race is run on the same course as the 4-mile race. The first leg of each relay team will run the first two miles and then reach their teammate at the exchange zone (indicated on the course map) at the 2-mile marker. The second teammate will then run the last 2 miles of the race to the Finish Line.

Parking

Parking is available at Forest Lake Gardens, Trenholm Plaza, Forest Acres City Hall, and Russell & Jeffcoat Realtors.

Water Stops and Medical Support

There will be water stops throughout the course.

Water Stop 1: Past mile 1

Water Stop 2: Past mile 2

Water Stop 3: Past mile 3

There will be medical, police and EMS personnel throughout the course, as well as dozens of course volunteers keeping our participants and spectators safe.

Packet Pick-Up

We encourage participants to pick up packets early to avoid race-day rush. We are not able to mail race packets in advance or after the event. There will be no holding area for packets or personal items on race day.

Wednesday, July 3rd

11 a.m. to 6 p.m.

Strictly Running

2515 Devine Street

Columbia, SC 29205

Thursday, July 4th

Beginning at 7 a.m.

5205 Trenholm Rd.

If you need to change your race distance, please let a volunteer know at the Packet Pick-Up, or contact Strictly Running in advance. You will not be charged to drop to a shorter distance; however, you will be charged the difference to move to a longer distance. Bibs can be transferred to another runner for an additional fee.

You may have a friend or family member pick up your packet. Please make sure they have the name you registered under and your bib number. Bib numbers will be sent via email to participants the week of the race.

Volunteers

Please remember to thank the Volunteers. The race wouldn't be possible without the help of these generous people. There are still volunteer opportunities available. Ask friends or family to help make the race a success. **(If interested in volunteering, contact Strictly Running at gstrictlyrunning@sc.rr.com)**

Spectators

We encourage spectators! Cheer your friends and family on as they race and join them afterwards to enjoy refreshments and the awards ceremony.

Race Results

Live results will be available at the Strictly Running tent. They will also be posted after the race at www.strictlyrunning.com.

Awards

The Awards Ceremony will take place at the finish line around 8:17 a.m.

Awards will be given to the overall top (3) males/females in 4 miler events.

The overall top (1) male/female will be awarded in the 4-miler event for each of the masters, grandmasters, senior masters, and veteran masters groups.

The top (3) males/females in the 4 miler will be awarded in each of the following age groups: 2-10, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, and 75& over.

The "Best Dressed" individual will also receive \$100.

After-Party

There will be many refreshments and festivities for runners and spectators to enjoy after the race.

Race Photos

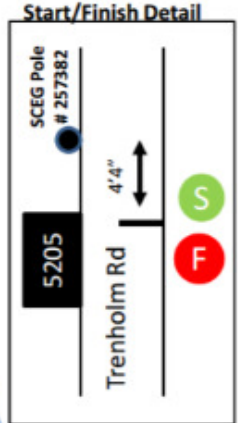
Race photos will be available through Strictly Running.

Thank you to our partners and sponsors!



BUSA In/Out 4m

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



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