

Join us for a fun event!!

Thank you for registering for the 2021 Get in the Pink 2021 and Mother's Day 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 Strictly Running (2515 Devine Street)! Course maps are included in the document below!



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 May 8th at Strictly Running (2515 Devine Street, Columbia, South Carolina. The 10k run/walk begins at 7:30am with scheduled staggered starts, followed by the 5k at 7:45am and the Mother's Day Youth Fun Run at 8:30am. This event will be held rain or shine.

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



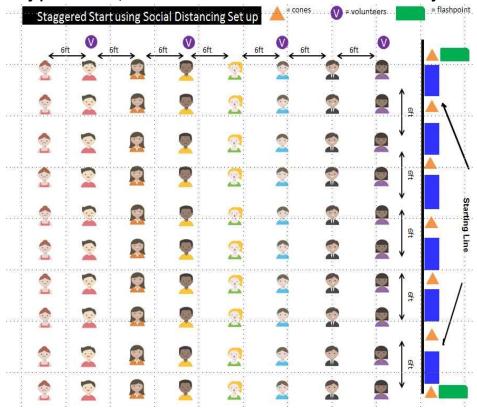




In-Person Participant Information:

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.

Due to safety precautions, there will be a limited on-site awards ceremony for this event.



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:

<u>Thursday, May 6th</u> - 11:00 am - 6:00 pm at Strictly Running, 2515 Devine St., Columbia, SC 29205 Friday, May 7th - 11:00 am - 6:00 pm at Strictly Running, 2515 Devine St., Columbia, SC 29205

Packet pickup will be available at Strictly Running on DevineStreet starting at 6:30 am.

As of 5/6 the race has reached capacity and will not be accepting further entries.

There will be no onsite registration at this event.

In-person 10k and 5K participants will receive an official race t-shirt (whilesupplies last), and finisher medal!

Family Fun Run Participants will receive an official race t-shirt (whilesupplies 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:

- Bethel AME Church 819 Woodrow Street
- Devine Eyes 2421 Devine Street
- Publick House 2307 Devine Street
- Hand Middle School 2600 Wheat St



Street parking will be available on a limited basis on the surrounding blocks of Devine Street, Lee Street, Blossom, King Street, Queen Street, Woodrow Street, Preston Street, Heidt Street, Wheat Street & Maple Street

Water: Bringing your own personal water is recommended. The 5k will have one water stop and the 10k will have 2 water stops along the course. Water and Gatorade will also be available at the finish line.

Bathrooms: Portable toilets will be available behind Strictly Running. 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 Cut Off Times:

- 5k participants will have 85 minutes (9:10am) to complete the course.
- 10k participants will have 100 minutes (9:10am) to complete the course.

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

Awards: All 10k and 5k finishers as well as kids running in the Fun Run will receive a finisher medal at the finish line.

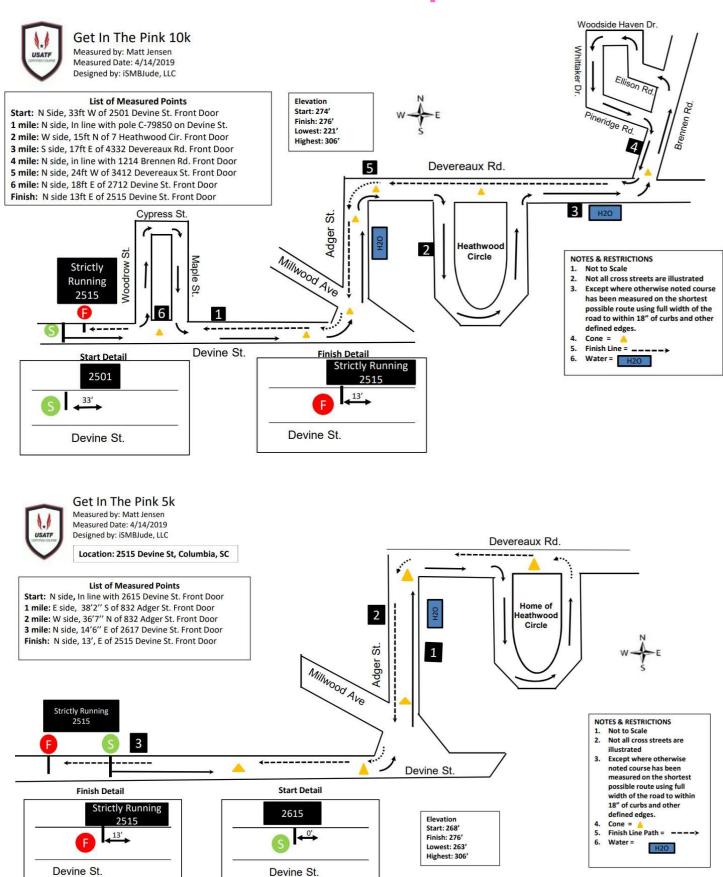
10k Run/Walk: Top Three Overall Male and Overall Female finishers. Top 1 Masters/Grandmaster/Senior masters/Veteran masters male and female. Top 1 Male and Female in the following age groups 2-10,11-14,15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75-79, 80 & over

5k Run/Walk: Top Three Overall Male and Overall Female finishers. Top 1 Masters/Grandmaster/Senior masters/Veteran masters male and female. Top 1 Male and Female in 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, 75-79, 80 & over

Fun Run/Walk: No age group awards, but all kids will receive their medal at the finish line.

An **official awards ceremony** will take place on site beginning at 8:45am.

Course Maps:

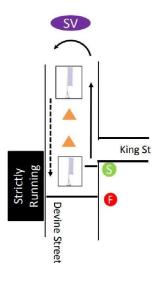


Mother Day Youth Fun Run

Mea sured by: Strictly Running M easuredDate: TBD Designed by: TBD



Start/Finish Detail



NOTES & RESTRICTIONS

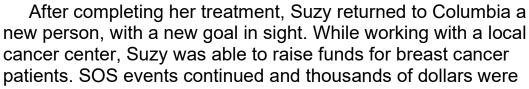
- 1. Not to Scale
- 2. Not all cross streets are illustrated
- Except where otherwise noted course has been measured on the shortest possible route using full width of the road to within 18" of curbs and other defined edges.
- 4. Cone =
- 5. Going to the Fin ish Line= ◀-

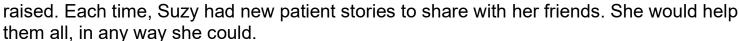


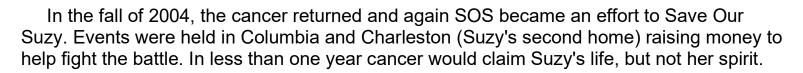


Suzy's Story

Suzy McGrane was a local photographer who was diagnosed in her early twenties with breast cancer. While battling cancer in Arizona near her family, her friends from SC gathered in Columbia to find a way to help with the financial expenses related to her treatment. The friends put together Save Our Suzy, SOS, a wine tasting event in Five Points. That night new and old friends gathered for one incredible evening; all with the same goal, to save their friend.







Save Our Suzy became what is now known as Share Our Suzy, SOS. Our goal is to allow patients to focus solely on recovery and not the financial stress brought on during this exceedingly difficult battle. The foundation picks up where Suzy left off and aids those with bridging the financial gap from diagnosis to remission. Funds raised are used to aid those with every day needs such as wigs, prosthetics, childcare, gas cards, utility bill assistance, medication assistance and more. We help cover the critical areas that insurance companies do not.

The people we serve are more than just patients: they are mothers, grandmothers, sisters and daughters. They have children, spouses and responsibilities. Fighting cancer is about more than having chemo and radiation treatments. It affects all aspects of life. It is amazing what a wig can do for a patient's self esteem. A prosthetic bra can make all the difference to a recovering breast cancer patient. Having family there to hold a hand during treatment makes the battle bearable. Knowing that the electricity bill will be paid is a big relief. SOS, a 501(c)(3) provides these types of assistance to people who would otherwise have to do without.



A huge thanks to our Sponsors:













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