



**Hot Summer's Night 5k
Participant Guide
August 8, 2020**



Welcome and thank you for participating in the Hot Summer's Night 5k.

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 Columbia, the businesses

along Devine Street, 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.

If you have any questions, please do not hesitate to contact us.

Strictly Running, Race Director
gstrictlyrunnin@sc.rr.com

Event Details

Saturday, August 8, 2020
Strictly Running
2515 Devine St.
Columbia, SC. 29205

Races

All races start and finish at Strictly Running. Strollers will be allowed during the run.

Hot Summer's Night 5k

(Course map on page 4)

7:45pm.

The 5k course is a fast and flat course. Starting on King St., runners will run across Devine and continue to the other side of King St before turning right onto Duncan St, then running down Duncan until turning on Bonham. Runners will then come up on Monroe and then turn right onto Queen St. Runners will then turn back onto King St and then will finish back on Devine St.

Parking

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

Hot Summer's Night Adult Mile

(Course map on page 4)

7:15pm.

This year is the first year of the adult mile for HSN. The course is flat and fast as well. Starting on King St., runners will run across Devine and continue until they take a left turn onto Duncan St. It will be a rectangle around Hand Middle School. Runners will run on Duncan, take a left on Woodrow, a left on Wheat, then a right back on King. Runners will take a left on Devine St. and finish in front of our store.

Hot Summer's Night Youth Fun Run

7:30pm.

This will be a non-competitive fun run. It is a quarter mile in front of our building. It will be sandwiched in between the adult mile and 5k road races.

Water Stops and Medical Support

There will be water stops throughout the course as well as police and volunteers monitoring the course and the runners to ensure safety.

Water Stop: Past mile 1.5

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.

Friday, August 7th
11 a.m. to 6 p.m.
Strictly Running
2515 Devine Street
Columbia, SC 29205

Saturday, August 8th
11:00 a.m. to 3:30 p.m.
Strictly Running

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 help make the race a success. (If interested in volunteering, please contact gstrictlyrunnin@sc.rr.com)

Spectators

Spectators are welcomed and encouraged at the event. Spectators will be able to see participants at various points along both the course. However, please be aware and courteous of local businesses.

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

For both male and female in the 10 & under, 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 & Over

Race Day After-Party

There will be a parking lot party behind the Strictly Running Store. This is for participants, friends, and family to enjoy after the race. Refreshments will include, Water, Gatorade, Fruits (Cantaloupe, strawberries, grapes, bananas, etc.) Beer will be available for those who are 21 years and older with a valid I.D.

Race Photos

Race photos will be available through Strictly Running.

Thank you to our partners and sponsors!

