



## **2022 Labor Day 5k Participant Guide**

Thank you for registering for the 2022 Labor Day 5k & Youth Fun Run. We are so excited to see everyone on race day!

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



## Race Information:

This year's event takes place on September 5<sup>th</sup> at Forest Acres City Hall (5217 Trenholm Road, Columbia, South Carolina 29206). The 5k run/walk begins at 8:30 am, followed by the No School Youth Fun Run beginning at 9:15 am. This event will be held rain or shine.

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



**Packet Pick Up:** Early packet pick up is strongly encouraged.

**Packet pick up is available:**

Sunday, September 4th - 2:30 pm - 5:30 pm at Strictly Running, 2515 Devine St., Columbia, SC  
29205

**Onsite registration and/or packet pickup will be available starting at 7:15 am.**

**In-person 5K participants** will receive an official race t-shirt (while supplies last), and finisher medal.

**No School 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](http://www.strictlyrunning.com)

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

5k Run/Walk: Top Three Overall Male and Overall Female finishers. Top 1 Masters/grand masters/veteran masters/senior 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, and 70-74, 75 & Over.

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

**Award Ceremony will start at 9:30 am  
(Overall winners not eligible for age-group awards)**

# Labor Day Run 2022 Charity Program:



National Multiple Sclerosis (MS) Society

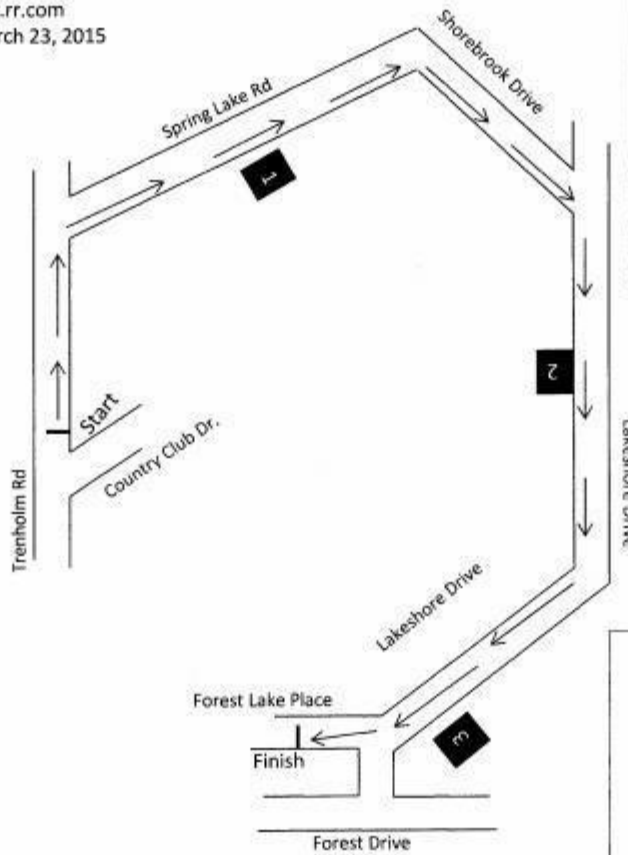
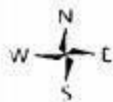
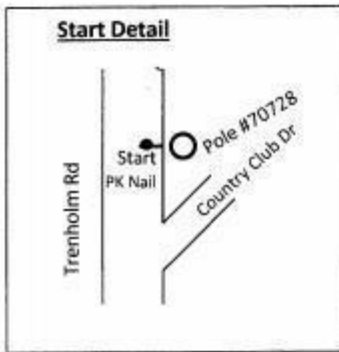
Give now to help create a world free of Multiple Sclerosis (MS.) Your gift will help fund cutting-edge research, drive change through advocacy, facilitate professional education, and provide programs and services to help people with Multiple Sclerosis (MS) move their lives forward.

## Course Maps:



### Labor Day 5k

Measured by Liz Locke  
gstrictlyrunnin@sc.rr.com  
Effective date: March 23, 2015

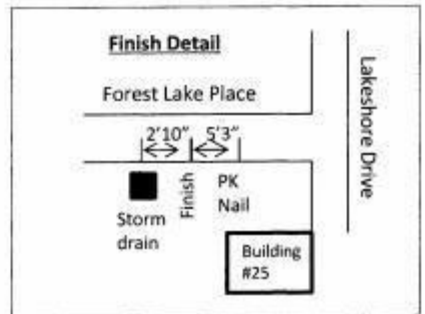


**List of Measured Points**  
**Start:** E Side of Trenholm Rd. at intersection with Country Club Dr. In line with SCE&G pole # 70728  
**1 Mile:** S side of Spring Lake Rd., in line with door of residence #325.  
**2 mile:** W side of Lakeshore Drive, in driveway to residence #5823.  
**3 Mile:** S side of Lakeshore Drive, in front of residence #5038.  
**Finish:** S side of Forest lake place, 5'3" E of East edge of building #25 Forest lake place; 2'10" W of W edge of storm drain.

USATF Certificate# **SC15025DW**  
 Effective Dates: April 11, 2015  
 Thru December 31, 2025

**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.

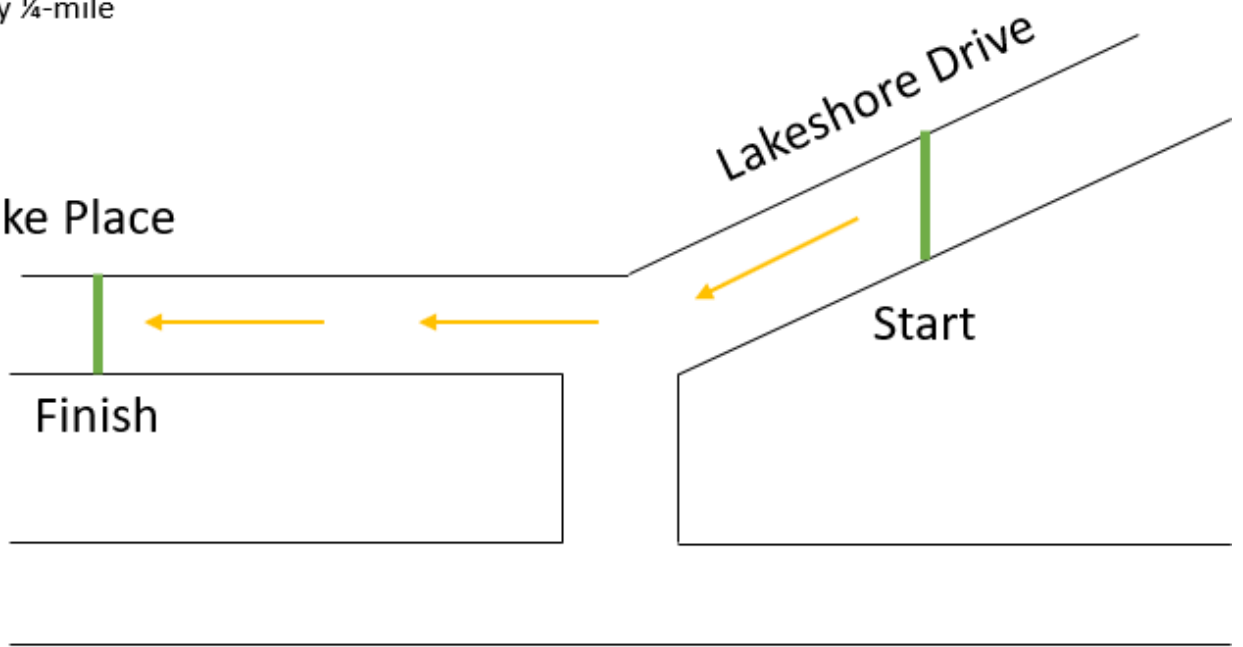


# Labor Day Youth Fun Run

## Course Map

Approximately ¼-mile

Forest Lake Place



Forest Drive

# A huge thanks to our Sponsors!

First Palmetto Bank



Devine Street



RRCA



Silver Spoon Bake Shop



USA Track and Field



The Salon On Devine



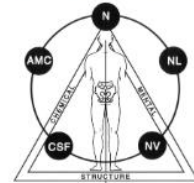
Unforgettable Jewellery



Graph-itti



Dr. Joshua A. Stevens  
Licensed Chiropractic Physician  
Certified Professional Applied Kinesiologist



Smart Home Hero

