



2024 Labor Day 5k Participant Guide

Thank you for registering for the 2024 Labor Day 5k & Youth Fun Run. We are so excited to see everyone on race day!

This year's race will be at First Citizen's Bank (4801 Forest Dr, Columbia, SC 29206) 5k starting at 8:30am. Course maps are included in the document below!



Race Information:

This year's event takes place on September 2nd at First Citizen's Bank (4801 Forest Dr, Columbia, South Carolina 29206). The 5k run/walk begins at 8:30 am, followed by the 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:

Saturday, August 31st – 12:30 pm – 5:30 pm at Strictly Running, 2515 Devine St., Columbia, SC
29205

Sunday, September 1st - 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), a finisher medal, and another exclusive prize!

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: 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, 70-74, 75 & over

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 2024 Charity Program:



National Multiple Sclerosis (MS) Society

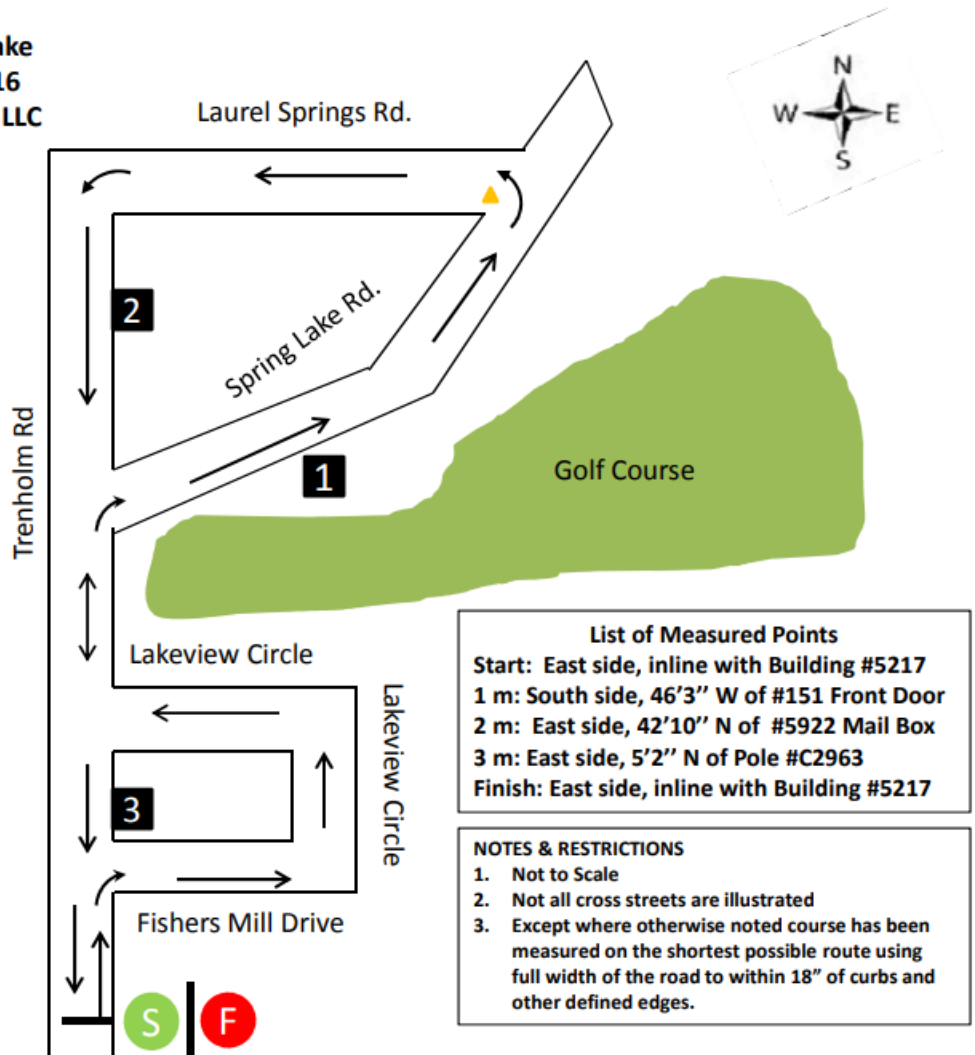
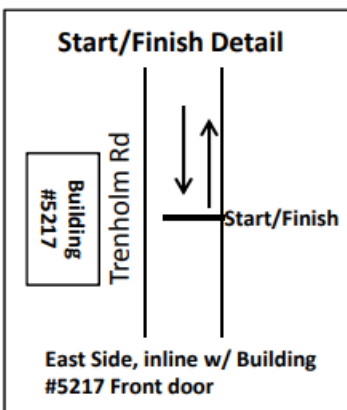
Give now to help create a world free of Multiple Sclerosis (MS.) Your gift will help fund cutting-edge research, drive change through advocacy, facilitate professional education, and provide programs and services to help people with Multiple Sclerosis (MS) move their lives forward.

Course Maps:



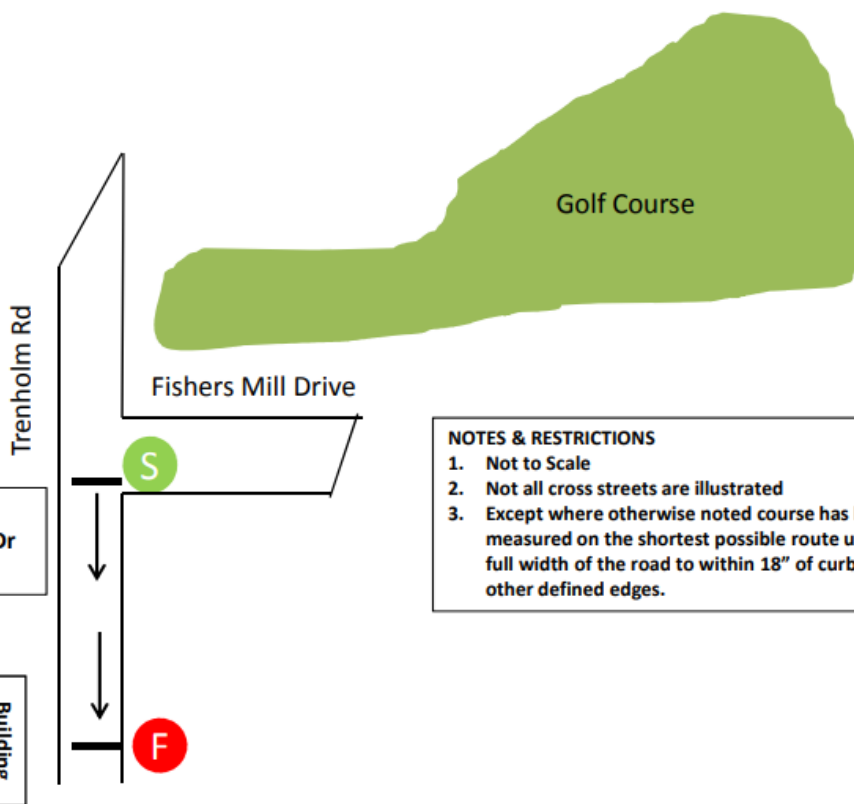
Labor Day Run 5k
 Measured by: Selwyn Blake
 Measured Date: 11/25/16
 Designed by : iSMBJude, LLC
 USATF # SC16070DW

Elevation
 Start: 170 ft
 Finish: 170 ft
 Lower: 170 ft
 Highest: 270 ft





No School Youth Run
Measured by: Selwyn Blake
Measured Date: 03/03/21
Designed by : iSMBJude, LLC



List of Measured Points
Start: East side, Trenholm Rd & Fishers Mill Dr
Finish: East side, inline with Building #5217

Building
#5217

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.