

# 50<sup>th</sup> ANNIVERSARY



Lexington Medical Center

# GOVERNOR'S CUP

**Friday, April 7**

**Main Street Mile and Kids Main Street Mile**

**Saturday, April 8**

**5K Run/Walk and Half Marathon**



**Dominion  
Energy**



South Carolina



Publix

## 2023 Participant Guide

[GovernorsCupSC.org](http://GovernorsCupSC.org)

Welcome to the 50th Anniversary of The Governor's Cup Road Race which is presented by Lexington Medical Center.

### Schedule of Events:

- Friday, April 7, Starting at Laurel and Main Street
  - 6:15 p.m. - Main Street Mile (Open and Elite)
  - 6:45 p.m. - Kids Main Street Mile
- Saturday, April 8, Starting at Sumter near Gervais Street
  - 7:30 a.m. - Half Marathon
  - 7:45 a.m. - 5K Run/Walk
  - 8:00 a.m. - Finish Line Festival

Thank you for supporting the Governor's Cup Road Race. We expect to meet the highest standards for competitive running events as our motto has always been, "Our events are managed by runners for runners." We appreciate your review and look forward to hearing from you.

Sincerely,  
The Governor's Cup Road Race Event Committee

# Participant Information

## PACKET PICK-UP

The packet pick-up location is at Mast General Store located at 1601 Main Street. You can access the entrance through the front doors located on Main Street. Parking is suggested at PJ Cannon Parking Garage located at 1227 Taylor Street (29201). This will take place on Friday, April 7 between 10:00 a.m. – 6:30 p.m.

On April 8, packet pick-up will be located near the starting line at the intersection of Sumter and Senate Street from 6:30 a.m. – 7:45 a.m.

**Kids' Main Street Mile participants:** *Please note your packet pick-up location which change depending on time of day you pick up.* Packet pick-up on Friday, April 7 from 10:00 a.m. until 3:30 p.m. at Mast General Store located at 1601 Main Street. Location will change to Main Street United Methodist Church located at 1830 Main Street from 4:00 p.m. – 6:30 p.m.

*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.*

## PARKING

Parking is available in metered spaces surrounding the Main Street and Vista areas. *For packet pick-up*, the recommended parking is at PJ Cannon Parking Garage located at 1227 Taylor Street (29201) OR Taylor Street garage located behind Mast General Store. Taylor Street garage uses the app- Passport for payment. There are also metered parking. Availability will be on a first come, first served basis. The Park Street garage is located near the finish line and is available on Saturday. It is \$1/hour up to \$10/day. We recommend arriving at least 45 minutes prior to your race start to alleviate race stress.

## HALF MARATHON TIME LIMIT

The half marathon course has a 3 hour, 15 minute time limit (14:53/mile). Aid stations, volunteers and police will not be available to participants who fall below this pace, runners will be asked to leave the course for their own safety after the 3:15 hour mark. If participants choose to continue running after the course is closed, they do so at their own risk and will be asked by the Columbia Police Department to move off the streets.

## RACE TRANSFERS

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 \$10 fee. There are no refunds or deferrals. Contact info: [gstrictlyrunning@sc.rr.com](mailto:gstrictlyrunning@sc.rr.com) or 803-799-4786.

## RACE RESULTS

Finish line results will be available at the Strictly Running tent at the finish line. They will also be posted after the race on our website [www.governorscupsc.org](http://www.governorscupsc.org).

## WATER STOPS, GU, PORT-O-JOHNS AND MEDICAL SUPPORT

There will be water and port-o-johns located at the start and finish lines as well as throughout the 13.1 mile and 5K courses.

Port-o-johns Stop 1: mile 1.6

Water Stop 1: mile 1.75 (13.1 mile and 5k)

Water Stop and Port-o-johns Stop 2: mile 3.1

Water Stop and Port-o-johns Stop 3: mile 5

Water Stop 4: mile 6.25 -GU

Water Stop, GU and Port-o-johns Stop 5: Past mile 8.5

Water Stop 6: mile 10 -GU and Goldfish (\*NEW)

Water Stop 7: mile 11

Water Stop 8: mile 12

There will be first aid kits at each water stop

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

## AWARDS

2023 Governor's Cup Road Race Half Marathon, 5k, and Main Street Mile Awards:

Overall top 5 male and top 5 female awards will be presented to all three races: the Half Marathon, 5K and Main Street Mile (open and elite) runners.

Half Marathon - top 3 in following age groups for the Half Marathon for both male and female: 19 and under, 20-24, 25-29, 30-34, 35- 39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over.

5K - top 3 in the following age groups for both male and female: 14 and under, 15-19, 20-24, 25-29, 30-34, 35- 39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over

*\*See the list of awards at <http://governorscupsc.org/awards> and <http://governorscupsc.org/invited>.*

Friday's award ceremony will begin as soon as the Kids Main Street Mile concludes at 7:15 p.m. near the intersection of Main and Laurel street at the DJ Stage.

Saturday's awards ceremony for 5K will begin at *approximately* 9:00 a.m. and awards for the half marathon will begin approximately at 10:00 a.m. Awards are located at the intersection of Park and Senate Streets during the Finish Line Festival.

## HAT

If you signed up for a combo race (1 mile + either 5K or Half Marathon), then you will receive your blue, 50th anniversary Governor's Cup Road Race sports hat when you pick up your bib and shirt on Friday, April 7 at packet pick-up.

## AWARDS, MEDALS AND T-SHIRTS AFTER THE RACE

Awards, Medals and 2023 t-shirts can be picked up at Strictly Running located at 2515 Devine Street, SC 29205 (803) 799-4786 They will retain the unclaimed awards and medals until April 28.

## GUARENTEED SHIRTS

If you registered on or before March 26, your shirt size is guaranteed. Late registrants are first come first serve with shirt sizes, therefore please arrive early.

## FINISH LINE FESTIVAL

- We will have snacks and fruit donated by Publix as well as pizza in our food tent.
- Need medical attention? Stop by the medical tent provided by Drayer Physical Therapy.
- Massages provided by Midlands Technical College.
- Fleet Feet
- Craft and Draft (one complimentary to participants with bib) Non-participants please plan to purchase beer.
- Come stop by Columbia Running Club and join their team.
- There will be a bag drop pick-up table located at the corner of Senate and Park by the Hilton Columbia Center. Make sure to stop by there to retrieve your bag.
- 2023 shirts will be on sale at the bag drop table.
- Stop by to learn more about the Justin Pepper 5K
- Bring your appetite for Bubblicious Food Truck (waffles)
- Check out the BCBS Bus
- WTCB Radio
- Plenty of tents and heaters to keep you dry and warm if needed

## VOLUNTEERS

It takes an army of volunteers to make the Governor's Cup Road Race a reality! Our volunteers rise early on race day to ensure runner safety and set up for the event.

If you are volunteering for the event, please make sure to stop by Mast General Store at 1601 Main Street on Friday, April 7 between 10 a.m. - 6:30 p.m. to get your volunteer shirt. We appreciate all that you are doing to help us with an incredible event!

## RACE PHOTOS

Race photos will be available on the Governor's Cup website at [www.Governorscupsc.org](http://www.Governorscupsc.org) and on our Facebook page at @Governorscupsc the week after the race.

## SPIRIT CORPS

We have 9 entertainment groups stationed around the course to cheer on the participants. Thank you to all of these groups for coming out and joining us!

## BEER AT FINISH LINE

Please make sure to have your bib and your ID/driver's license so that you may receive the beer.

## 360 PHOTO BOOTH

Due to rain, Captial City Photos is not able to join us this year.

## APPAREL FOR SALE

Please bring cash or pay via PayPal to purchase Governor's Cup merchandise at packet pick-up. While supplies last as we have a limited supply. We have hats, pullovers and sweatshirts

## CHARITY

We are giving back a portion of our proceeds to Palmetto Place Children and Youth Services. They provides a safe and supportive environment for children and teens who have faced neglect, abuse, abandonment and/or homelessness. In 2022, we served 151 youth. To learn more about our mission, please visit [www.palmettoplace.org](http://www.palmettoplace.org).

## PIZZA AT THE FINISH

This year, pizza has graciously been donated by Marco's Pizza on Rosewood Dr.



# Event Details and Course Maps

April 7

**Main Street Mile:** 6:15 p.m. (elite and open)

**Kids Main Street Mile:** 6:45 p.m.

Intersection of Laurel and Main Streets

April 8

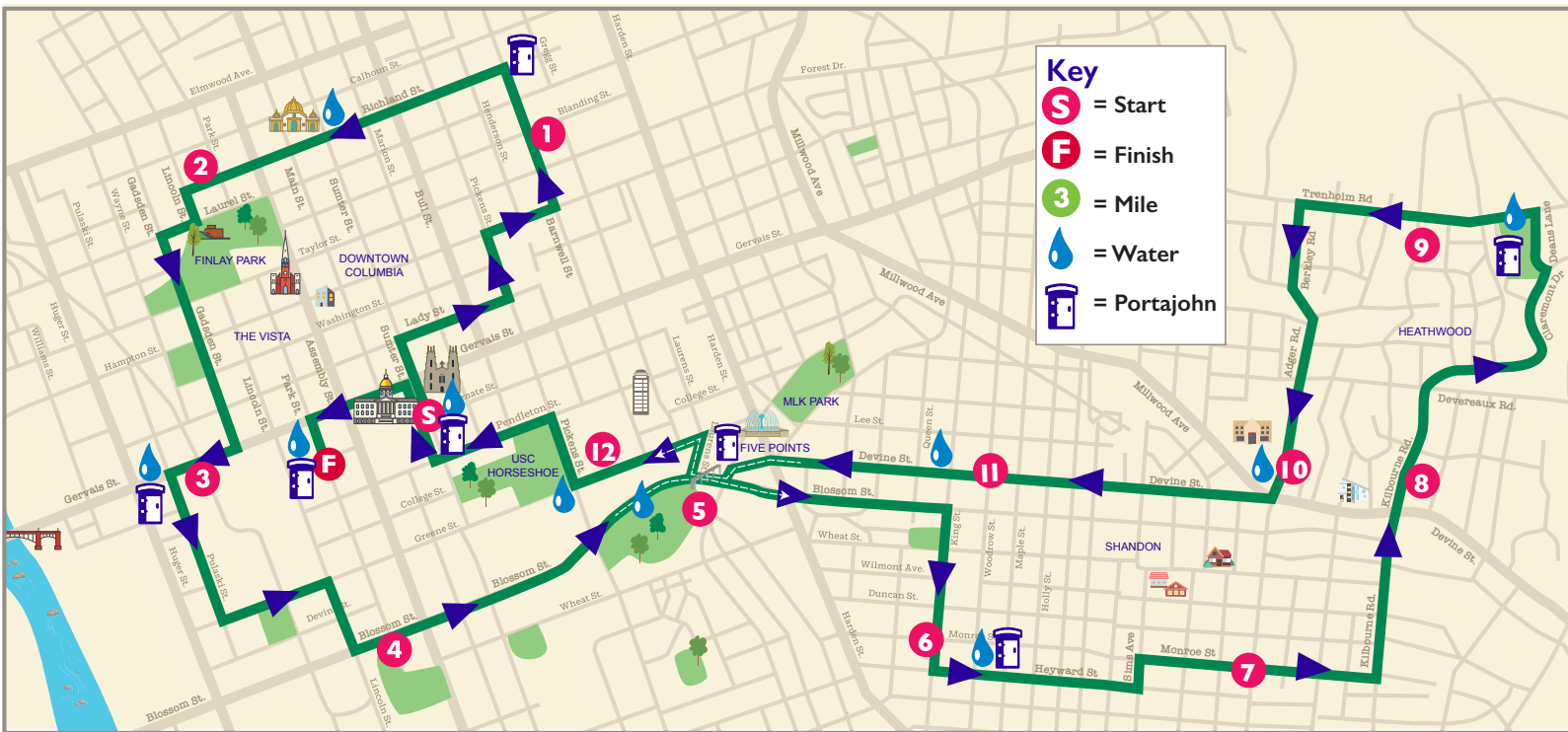
**Half-Marathon:** 7:30 a.m.

**5K:** 7:45 a.m.

Sumter Street near Gervais Street



## Half Marathon Course Map



Half Marathon begins at 7:30 a.m. and will close at 10:45 a.m.

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**LEXINGTON  
MEDICAL CENTER**



## 5K Course Map

The 5k begins at 7:45 a.m.

The 2022 Governor's Cup 5K will start on Sumter Street at Senate Street in the shadows of the historic South Carolina Statehouse. The 3.1 mile race will wind thru the tree covered, downtown streets of Columbia. Runners will be treated by sights of the Township Theatre, Finley Park and the Governor's Mansion. The course is relatively flat and fast leading to a finish in Columbia's Vista.

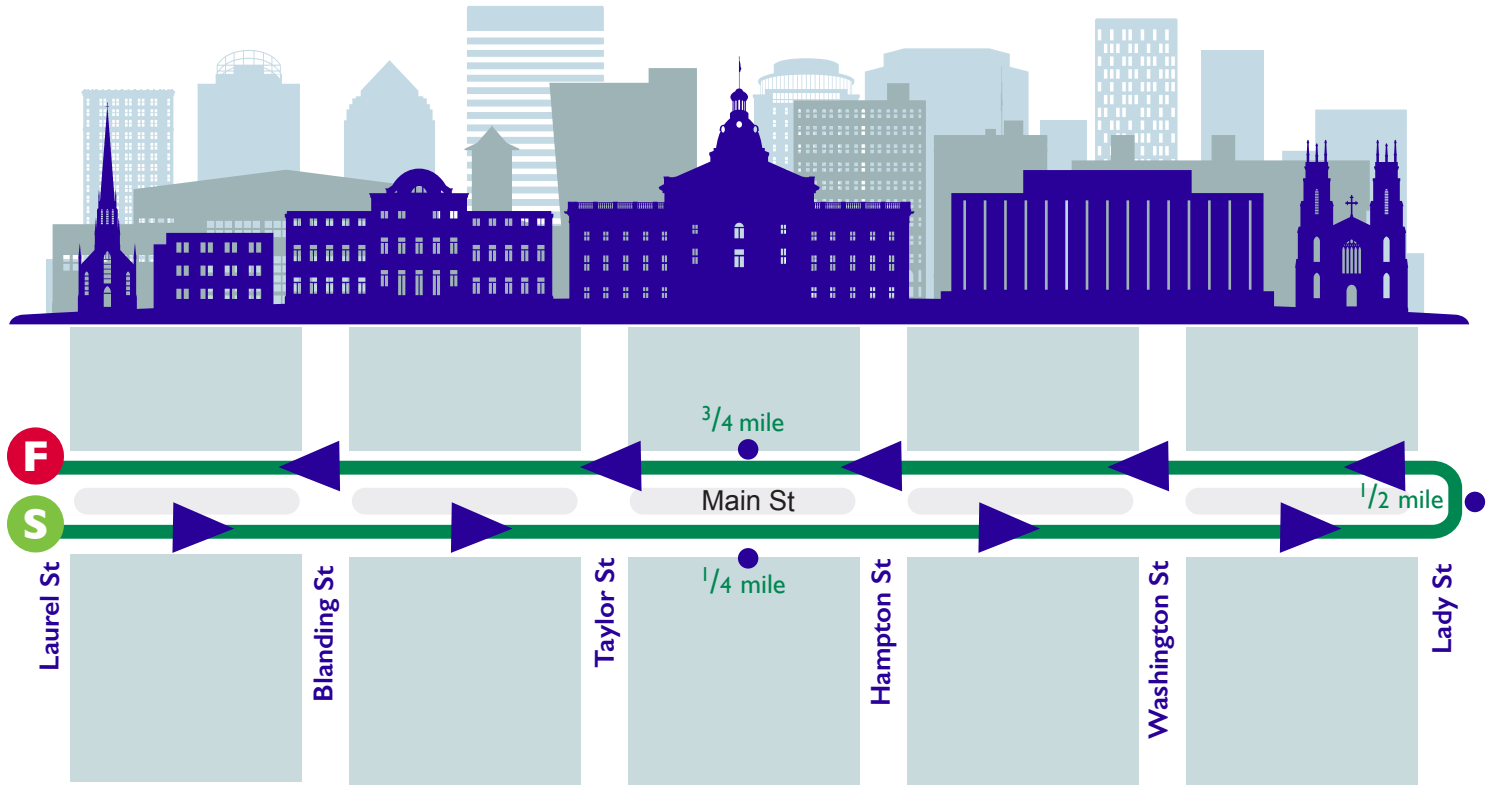
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*BlueCross BlueShield of South Carolina  
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Blue Cross and Blue Shield Association*



# Main Street Mile Course Map



Main Street Mile: 6:15 p.m. (elite and open)  
 Kids Main Street Mile: 6:45 p.m.

Overall Main Street Mile  
 Sponsored By:



Kids Main Street Mile  
 Sponsored By:





# Thank you to our 2023 Sponsors!

*Presenting Sponsor:*



*5K Sponsored By:*



*Overall Main Street Mile  
Sponsored By:*



*Kids Main Street Mile  
Sponsored By:*



*Packet Pick up Sponsor:*



*Balloon Sponsor:*



*Special Thanks to:*



# April 7-8, 2023 [Governorscupsc.org](http://Governorscupsc.org)