



GOVERNOR'S
CUP 1973
2024

 Lexington Medical Center



FRIDAY, APRIL 12 | SATURDAY, APRIL 13

2024 Participant Guide

Welcome to the 51st Anniversary of The Governor's Cup Road Race which is presented by Lexington Medical Center.

Schedule of Events:

- **FRIDAY, APRIL 12, 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 13, 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

RUN THE CUP

Participant Information

PACKET PICK-UP

Packet pick-up will be held at Strictly Running located at 2515 Devine Street. You can park behind the store or on the street. This will take place **Thursday, April 11** from 9:00 a.m. - 6:00 p.m. and **Friday, April 12** between 9:00 a.m. – 7:00 p.m.

Saturday, April 13, packet pick-up will be located near the starting line at the intersection of Sumter and Senate Street from 6:00 a.m. – 7:45 a.m. *Please note if you arrive earlier than 6:00 a.m. we may not be set up quite yet and appreciate your patience.*

Kids' Main Street Mile and Main Street Mile participants: *Please note your packet pick-up location will change depending on the time of day you pick up.* Packet pick-up will be held at Strictly Running which is located at 2515 Devine Street. This will take place **Thursday, April 11** from 9:00 a.m. -6:00 p.m. and **Friday, April 12** between 9:00 a.m. – 2:30 p.m. **PACKET PICK-UP WILL MOVE!!!** If you plan to pick-up after 2:30 p.m. the 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**, you may park behind Strictly Running or along the street at no charge. For downtown parking, garage uses the app- Passport for payment. There is 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 or 803-799-4786.

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.

GAMECOCK COMMUNITY SHOP

We are helping fill their pantry. Please consider donating items at Packet Pick-up. They will accept Bags of Rice, bags of beans, canned meat, snacks (granola bars, individual packs) pasta, pastas sauce, spices, canned fruit, canned vegetables. See what you have already in your pantry and consider donating!

RAIN PLAN

The Governor's Cup Road Race, like most running events, is prepared to operate within a wide range of potential weather conditions. The Governor's Cup Event Committee maintains the right to delay, reschedule, modify, or cancel the event or components of the event. Decisions regarding any adjustments to the planned event will be announced, as early as possible, on the event website as well as via email and social media.

DOGS AND STROLLERS

The Carolina Marathon Association discourages runners from participating with their dogs and strollers; however, any runners or walkers with dogs must have dogs leashed and will be required to begin at the back to not impede other runners. Baby strollers are welcomed in the walk and will be asked to start in the back of the pack. Please be aware of other runners and walkers at all times.

BAG DROP

There will be a bag drop at the start area. Bags will be transported to the corner of Park and Senate near the Hilton for pick up. We ask that no valuable or fragile items be left in your gear. This drop area is only for gear, and there is no guarantee on your items. We do not accept responsibility for loss or theft. Any items left unattended at the starting line and/or finish line will be picked up and donated.

SPIRIT CORPS

We have 10 entertainment groups stationed around the course to cheer on the participants. Thank you to all these groups for coming out and joining us!

VOLUNTEERS

If you are volunteering for the event, please make sure to stop by Strictly Running at 2515 Devine Street on **Thursday, April 11** from 9:00 a.m. - 6:00 p.m. and **Friday, April 12** between 9:00 a.m. – 7:00 p.m. to get your volunteer shirt. We are still in need of **course monitors for Friday and Saturday**. We are offering a \$10 target gift card per shift. We need help on Friday (5:30 pm-7:30 pm) and Saturday (6-10 am and 7-11am). **If you can donate your time, email Katie.Miller@governorscupsc.org**



2024 Award Plan

Overall Awards for Half Marathon and 5K:

Top 3 male and top 3 female

Top male and top female Masters

Top male and top female Grandmasters

Age Group Awards:

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, 70-74, 75-79 and 80 & over.

5K - top 3 in the following age groups 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, 70-74, 75-79 and 80 & over.

PRIZE MONEY PLAN

***TOP MALE/FEMALE IN EACH CATEGORY**

HALF-MARATHON: OPEN - \$1000, \$500, \$250

MASTERS - \$100

GRANDMASTER - \$50

TOP SC FINISHERS - \$200, \$100, \$50

MAIN STREET MILE: OPEN - \$250, \$150, \$50

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 streets 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 at *approximately* 10:00 a.m. Awards are located at the intersection of Park and Senate Streets during the Finish Line Festival.

AWARDS, MEDALS, AND T-SHIRTS AFTER THE RACE

Awards, Medals and 2024 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.



Water Stop Information

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.

Medical First Aid Station Mile Marks	Station #1 -- 1.75 Station #2 -- 3.1 Station #3 -- 5 Station #4 -- 6.25 Station #5 -- 8.5 Station #6--10 Station #7 --11 Station #8-12.25
Water Stop Mile Marks	Starting Line Station #1 -- 1.75 Station #2 -- 3.1 Station #3 -- 5 Station #4 -- 6.25 Station #5 -- 8.5 Station #6--10 Station #7 --11 Station #8-12.25
Port-o-john Station Mile Marks	Starting Line Location #1 -- 1.75 Location #2 -- 3.1 Location #3 -- 5 Location #4 -- 8.5
GU Station Mile Mark	Station #4 -- 6.25 Station #5 -- 8.5 Station #6--10
Goldfish Station Mile Mark	Station #6-10

Finish Line Festival

You won't want to miss all the exciting vendors we have in store for you this year!

- 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 Lexington Medical Center
- Free Massages provided by Midlands Technical College.
- Beer provided by Craft and Draft (one complimentary to participants with bib)
- non-participants please plan to purchase beer.
- Bierkeller will have cool merch.
- Come stop by Columbia Running Club and Black Men Run to join their team.
- Cool down with Ken's Famous Italian Ice.
- Tight Muscles?? Traci with BodyWorx has just the touch.
- Pop by REI-COOP Columbia for your sporting good needs!
- Let those muscle stretch out by visiting Stretch Lab.
- We will have IV Infusions for those needing to rehydrate.
- Looking for a new and fun outfit? Stop by Lac'ds Boutique
- Your Furry Friends want you to stop by DogDaze Pet Care/Boarding
- Need some PT?? Stop by ASCENT Physical Therapy and EQ Physical Therapy
- 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.
- 2024 shirts will be on sale at the bag drop table.

BEER AT FINISH LINE

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

APPAREL FOR SALE

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

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.

PIZZA AT THE FINISH

Thank you to Marco's Pizza on Rosewood Drive for helping with the Finish Line Pizzas!

RACE PHOTOS

Race photos will be available on the Governor's Cup website at www.Governorscupsc.org and on our Facebook page at @Governorscupsc the week after the race.

Course Maps and Event Details

April 12

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 13

Half-Marathon: 7:30 a.m.

5K: 7:45 a.m.

Sumter Street near Gervais Street



2024 HALF MARATHON COURSE MAP

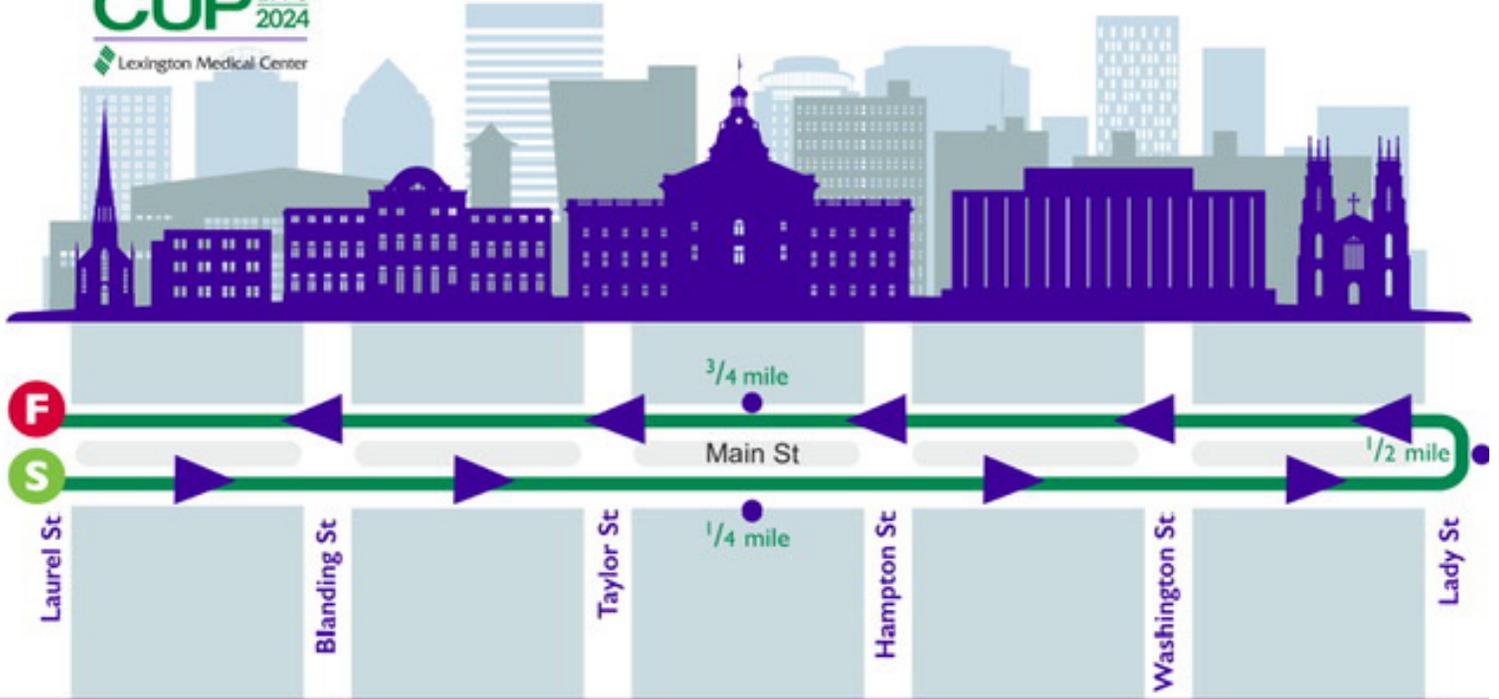
RUN THE CUP

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





2024 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
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**Kids Main Street Mile
Sponsored By**



THANK YOU 2024 Sponsors

Presenting Sponsor



5K Sponsored By



Overall Main Street Mile Sponsored By



Kids Main Street Mile Sponsored By



Packet Pick-up Sponsor



Special Thanks to



April 12-13
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