



SCNA & SCNF 5K Run/Walk

Celebrating Nurses' Month

Columbia, SC

9:00am, Saturday, May 18, 2024

Get your running/walking shoes prepared to join us for a 5K run/walk in celebration of Nurses' Month.

SCNA & SCNF 5k starts and finishes at 4801 Forest Drive, First Citizens Bank

Come set a new PR in honor of our great Nurses! Columbia has an average high temp of 80F and a low of 46F, which are ideal temps for a great race.

**Registration:**

Register online at <https://www.strictlyrunning.com/gpuilreg-8l.asp?uRaceId=4380>.

On February 1<sup>st</sup>, prices will begin at \$30. On May 1<sup>st</sup>, prices increase to \$35.

Race day registration will be \$35.

## Timing

SCNA & SCNF 5K will be timed by Strictly Running (<https://www.strictlyrunning.com/>).

## Awards

An awards ceremony will be conducted at approximately 10:00 am to recognize top finishers in both races in these categories: In male and female divisions:

- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place overall
- 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> place age groups: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60- 69, 70+

Participants who register before **May 1<sup>st</sup>** will receive a T-shirt

## Race Day Schedule:

- **7:45am-8:45am:** Same Day packet pickup and race day registration
- **8:00am:** Vendors/Sponsors arrive to set up
- **8:30am:** Start gathering runners and make an announcement to head to the start line
- **8:45am:** Thank everyone for coming (National Anthem, Course Rundown, etc)
- **9am:** 5k Starts
- **10am:** Awards Ceremony

## Packet Pick up:

**Friday, May 17, 2024**, 10am-6pm at Strictly Running

**Saturday, May 18, 2024**, 7:45am-8:45am at 4801 Forest Drive (race location)

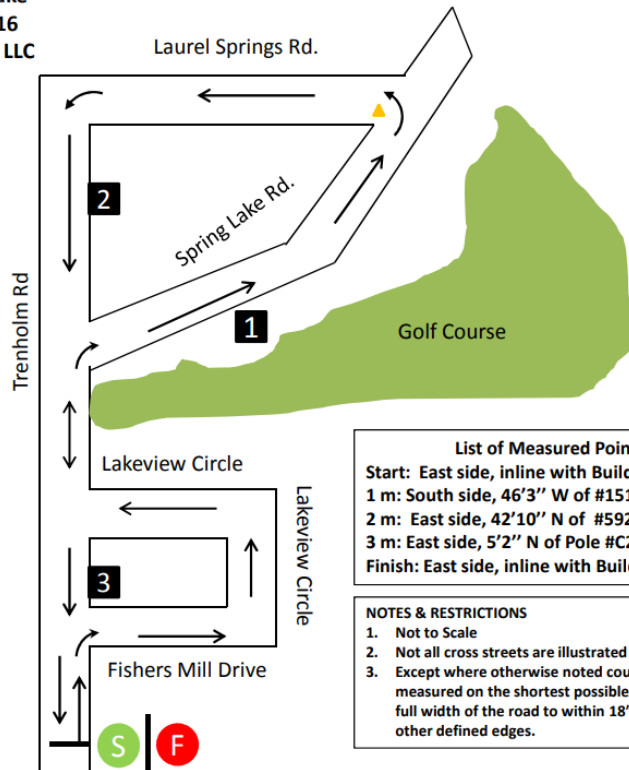
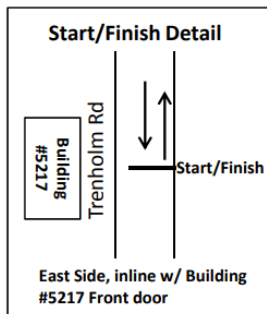
## Course Map:



**Cold Winter's Day Tren 5k**  
 Measured by: Selwyn Blake  
 Measured Date: 11/25/16  
 Designed by : iSMBJude, LLC



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



**List of Measured Points**  
 Start: East side, inline with Building #5217  
 1 m: South side, 46'3" W of #151 Front Door  
 2 m: East side, 42'10" N of #5922 Mail Box  
 3 m: East side, 5'2" N of Pole #C2963  
 Finish: East side, inline with 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.