

RUN THE CUP 2025



GOVERNOR'S
CUP EST. 1973

Lexington Medical Center

FutureScholar
South Carolina's 529 College Savings Plan



APRIL 11 and 12

Register Online at
RunTheCup.com

2025 Participant Guide

Welcome to the 52nd Anniversary of The Governor's Cup Road Race
which is presented by Lexington Medical Center.

Schedule of Events:

- **FRIDAY, APRIL 11, 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 12, 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 10** from 9:00 a.m. - 6:00 p.m. and **Friday, April 11** between 9:00 a.m. - 7:00 p.m.

Saturday, April 12, 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. For more information visit <https://parking.columbiasc.gov/facilities/>

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. **If choosing a shirt size option was unavailable when you registered, please go back into your account and add the shirt size now.**

VOLUNTEERS

If you are volunteering for the event, please make sure to stop by Strictly Running at 2515 Devine Street on Thursday, April 10 from 9:00 a.m. - 4:00 p.m. and Friday, April 11 between 9:00 a.m. – 7:00 p.m. to get your volunteer shirt. We are still in need of course monitors for Saturday (6-10 am and 7-11am). If you can donate your time, email Katie.Miller@governorscupsc.org

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



2025 Award Plan

Cash awards will be presented to runners in the following categories in the Half-Marathon.

- Top 3 overall finishers for both Male and Female: \$1,000, \$750, \$500
- Top three masters finishers for both Male and Female: \$400, 200, \$100
- Top three grandmasters finishers for both Male and Female: will receive an award

Cash awards will be presented to runners in the following categories in the 5K.

- Top 3 overall finishers for both Male and Female: \$500, \$300, \$200
- Top three masters finishers for both Male and Female: \$200, \$150, \$100
- Top three grand masters finishers for both Male and Female: will receive an award

Cash awards will be presented to runners in the following categories in the Main Street Mile

- Top 5 overall finishers for both Male and Female: \$500, \$400, \$300, \$200 and \$100

Age Group Awards

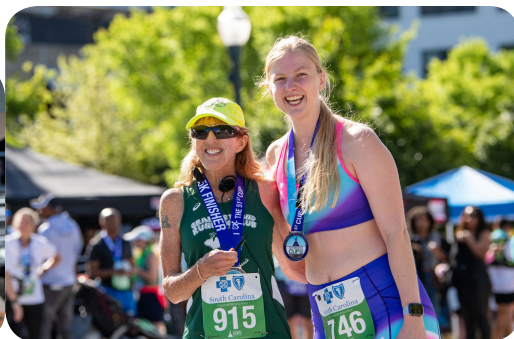
Awards will also be given to the top three overall finishers in each age category: 19 and under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 54-59, 60-64, 65-69, 70-74, 75-79 and 80+.

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*** 10:15 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 2025 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 30.



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 5: GU and Port-o-johns: Past mile 8.5

Water Stop 6: mile 10 -GU and Goldfish

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.

Spirit Corps: Girl Scout Troup #3375, Lexington Fun Day, USC Carolina Sound, Girls on the Run, Christy Mills Dance Academy, Doug Allen Trio, and Women's Club of Cayce.

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

2025 EXHIBITORS

- We will have snacks and fruit donated by Publix as well as Marco's pizza in our food tent.
- Need medical attention? Stop by the medical tent provided by Lexington Medical Center
- Beer provided by Craft and Draft (one complimentary to participants with bib) non-participants please plan to purchase beer.
- Come stop by Columbia Running Club, Black Girls Run and Black Men Run to join their team.
- Stop By BlueCross BlueShield for some great information.
- 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.
- Check out Powerhouse Columbia for some great cycling and HIIT Training.
- 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.
- Travling soon? Check out Ascent Performance.
- Check out the latest health trend by IceBox Cryotherapy.
- Great food provided by Pollard's Food Truck.
- See the latest Gamecock gear from Miss Cocky.
- Don't forget to stop by a new vendor this year - Somer Daze.

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 (50th Anniversary \$10) and New White hats this year for \$20 as well as 2024 shirts (\$5) at packet pick-up. While supplies last.

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.RunTheCup.com and on our Facebook page at @Governorscupsc the week after the race.

Course Maps and Event Details

April 11

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

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

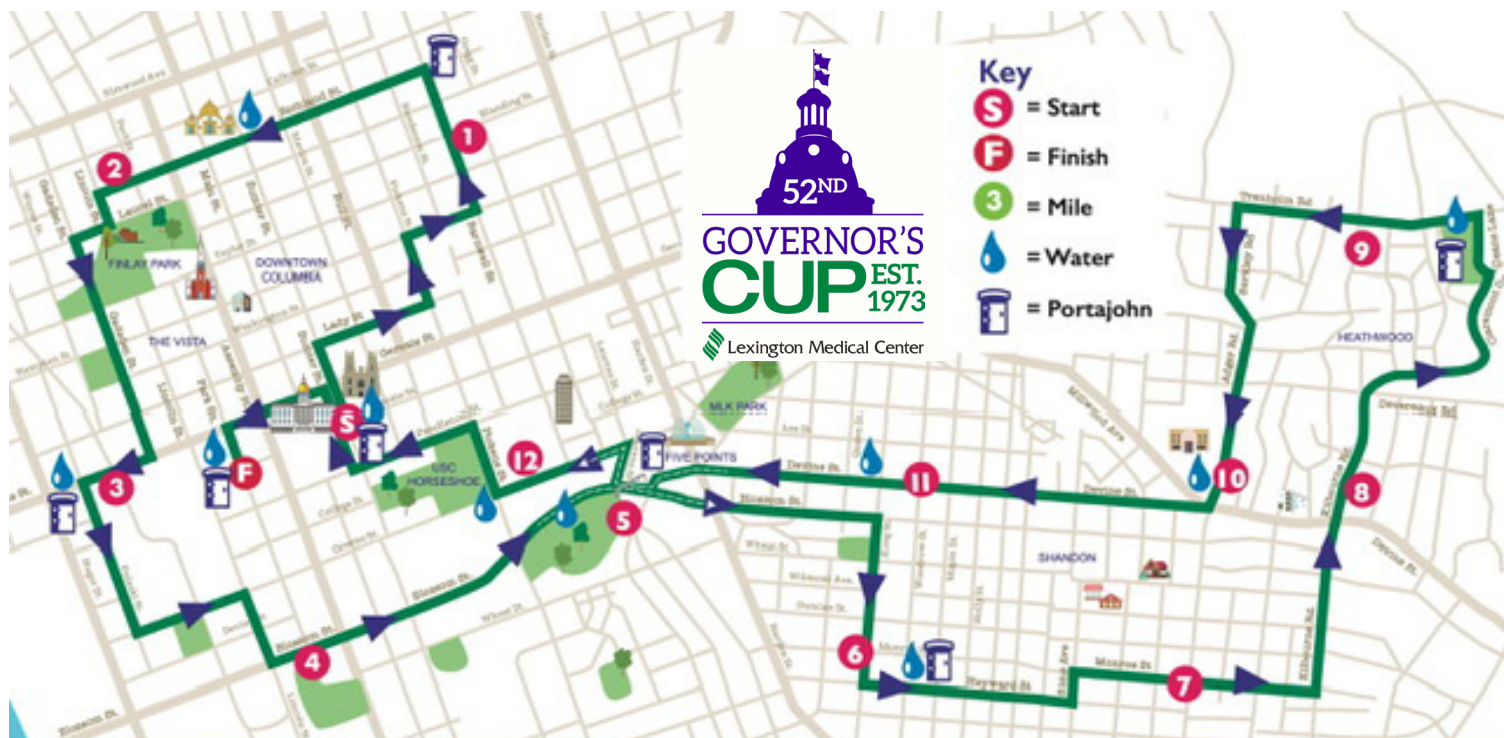
Intersection of Laurel and Main Streets

April 12

Half-Marathon: 7:30 a.m.

5K: 7:45 a.m.

Sumter Street near Gervais Street



HALF MARATHON COURSE MAP

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



PRESENTED BY

**LEXINGTON
MEDICAL CENTER**

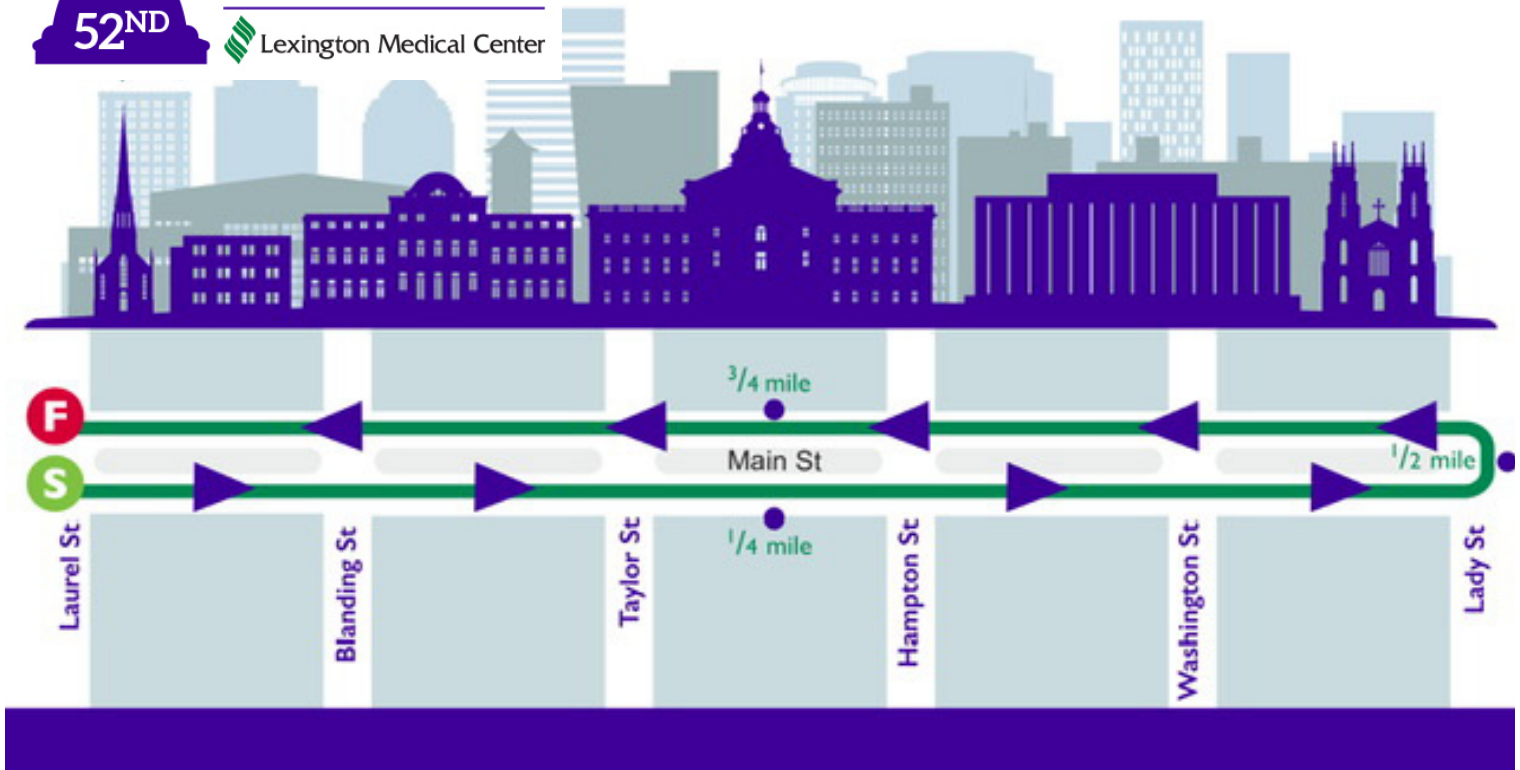




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Main Street Mile Course Map



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:**

FutureScholar 
South Carolina's 529 College Savings Plan



Parking information



SATURDAY
HALF MARATHON / 5K
PARKING MAP

April 11 - 12
www.RunTheCup.com

2025 Sponsors

Presenting Sponsor



5K Sponsored By



Overall Main Street Mile
Sponsored By



Kids Main Street Mile
Sponsored By



Finish Line Festival



Special Thanks to our
Partners:



**2025
EVENT
COMMITTEE**

Dawn Catalano, Spirit Corps
Kathryn Cavanaugh, Elite Athletes
Kerry Cordan, Kids Main Street Mile
Anna Gasperecz, PR/Media
Zach Jenkins, Logistics Manager
Katie Miller, Event Manager
David Nance, Finish Line
Roy Shelley, Race Operations Assistant
Mark Stout, Race Operations
Ronda Sanders, Awards
Brittany Sutton, Logistics Coordinator
Dody Yarborough, Spirit Corps