



SATURDAY, SEPTEMBER 26, 2026 • 8:30 AM
FRIARSGATE PARK • 1712 CHADFORD ROAD, IRMO, SC 29063

► AGE GROUPS & REGISTRATION INFORMATION:

AGE GROUPS: 10 & under, 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+

Early Registration Price: \$30/person

Late Registration Price (starting August 1): \$35/person (t-shirt not guaranteed)

Day of Race Price: \$40/person (t-shirt not guaranteed)

All Participants will receive a finisher's medal. The top overall Male and Female in each category will receive an award.

The Race For Recreation 5K is a community road race hosted by the Richland County Recreation Commission at Friarsgate Park. Whether you're a competitive runner, a casual jogger, or prefer to walk the course, this event welcomes all ages of all fitness levels. Proceeds from this inaugural 5K will help fund our new youth eSports program, providing computers, technology, and STEM-based learning opportunities for local youth. Come run, walk, and move with purpose while supporting the next generation of innovation! For more information, please contact Rusty Painter, at Rusty.Painter@rcrc.state.sc.us.

