



South Carolina  
**DEPARTMENT  
ON AGING**



## **South Carolina Department on Aging and Strictly Running Announce the 2026 Race for the Ages 5K**

The South Carolina Department on Aging (SCDOA), in partnership with Strictly Running, is excited to announce the **2026 Race for the Ages 5K**, taking place on **Saturday, November 7, 2026**, at **The Fields at Saluda Shoals Park** in Columbia, South Carolina.

Now in its **third consecutive year**, the Race for the Ages has become more than just a 5K—it is a community event dedicated to promoting healthy aging while supporting some of South Carolina's most vulnerable adults.

This year's theme, "**Age Strong, Live Long**," celebrates healthy aging and active living while raising awareness and critical funding for the **Vulnerable Adult Guardian ad Litem (VAGAL SC)** and **South Carolina Long-Term Care Ombudsman** programs. Proceeds from the event directly fund ongoing advocacy, protection of resident rights, and quality of life improvements for long term care residents and vulnerable adults throughout South Carolina.

Whether you plan to run, walk, volunteer, become a sponsor, or cheer on participants, we invite you to join us for this meaningful event. Participants will enjoy a professionally timed race on an official Strictly Running racecourse, opportunities to visit with community sponsors and exhibitors, and a family-friendly atmosphere where walkers, runners, and even pets are welcome.

**"Join us for the Race for the Ages 5K to help empower and protect our community's most vulnerable adults,"** Connie D. Munn, Director, South Carolina Department on Aging said. **"This event aims to create a positive impact and bring hope to those in need, championing dignity, safety, and support for South Carolina's vulnerable adults."**

## Event Details

**Date:** Saturday, November 7, 2026

**Time:** 8:00 a.m.

**Location:** The Fields at Saluda Shoals Park

**Address:** 6071 St. Andrews Road, Columbia, SC

**Hosts:** South Carolina Department on Aging and Strictly Running

## Why Participate?

Every registration, sponsorship, and donation helps provide support for vulnerable adults who have experienced abuse, neglect, or exploitation.

Funds raised directly benefit the **Vulnerable Adult Guardian ad Litem (VAGAL SC)** and **South Carolina Long-Term Care Ombudsman** programs by helping provide essential items and services, including:

- Clothing and shoes
- Blankets and comfort items
- Personal hygiene supplies
- Snacks and nutritional support
- Recreational and entertainment items that enhance quality of life
- Other emergency needs for vulnerable adults

## What to Expect

- A professionally timed 5K on an official Strictly Running racecourse
- A scenic, family-friendly course for runners and walkers
- Pets welcome
- Sponsor and exhibitor booths featuring community organizations and local businesses
- Music, activities, and opportunities to connect with organizations serving older and vulnerable adults

## **Sponsorship Opportunities**

Businesses and organizations are invited to support the Race for the Ages by becoming event sponsors or sponsoring individual race activities.

For sponsorship information, please contact:

**Desmond Harrison**

[DHarrison@aging.sc.gov](mailto:DHarrison@aging.sc.gov)

or

**Jasmine Scott**

[JDScott@aging.sc.gov](mailto:JDScott@aging.sc.gov)

Thank you for supporting South Carolina's older and vulnerable adults.

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**VAGAL SC**  
Vulnerable Adult Guardian ad Litem of SC



## **About the South Carolina Department on Aging**

The South Carolina Department on Aging (SCDOA) enhances the quality of life for older adults across the state by working with South Carolina's ten Area Agencies on Aging and a statewide network of community partners to provide services that help older adults remain independent, healthy, and engaged in their homes and communities.

## **About the Vulnerable Adult Guardian ad Litem (VAGAL SC) Program**

VAGAL SC is a volunteer-based program that trains and supports community volunteers who serve as court-appointed guardians ad litem for vulnerable adults who have experienced abuse, neglect, or exploitation. VAGAL SC volunteers advocate for the best interests of vulnerable adults throughout the legal process, helping ensure their voices are heard. Since 2011, the program has served more than 5,300 vulnerable adults throughout South Carolina.

## **About the South Carolina Long-Term Care Ombudsman Program**

Every resident in a nursing home or assisted living facility deserves dignity, respect, and high-quality care. The South Carolina Long-Term Care Ombudsman Program works to protect those rights. Long Term Care Ombudsmen independently investigate complaints and advocate for solutions—from quality of care and proper transfers to preventing abuse, neglect, and exploitation. Long Term Care Ombudsmen are dedicated to ensuring every resident's voice is heard.