

DAYBREAK 10 Miler & 5K  
Participant's Guide



Presented by:



Strictly Running 803-799-4786 Email: [gstrictlyrunnin@sr.cc.com](mailto:gstrictlyrunnin@sr.cc.com)





## HELLO PARTICIPANTS!

Welcome and thank you for participating in the DAYBREAK 10 Miler & 5K.

We at Strictly Running are honored that you have chosen to partake in our race, and have an incredible event in store for you. Please take a moment to read through the information within this Guide to ensure your event experience is as enjoyable as possible.

Event day offers a 10 mile, 5K, or 1 mile race option. The 10 mile course goes through a very scenic “Paradise of Nice Neighborhoods” including Shandon, Kilbourne Park, Lake Katherine, and Heathwood. The 5K course runs through Devine Street neighborhoods and Shandon. Join us for refreshments and snacks after the race at our Parking Lot Party behind Strictly Running to celebrate a great day of racing!

The DAYBREAK 10Miler, 5K, and Adult 1 Miler will benefit our charity program this year, the National Multiple Sclerosis (MS) Society. Proceeds will help fund cutting-edge research, drive change through advocacy, facilitate professional education, and provide programs and services to help people with Multiple Sclerosis (MS) move their lives forward.

Strictly Running would like to send a special thank you to the City of Columbia, the businesses along Devine Street, and the surrounding neighborhoods for accommodating our racers. We are very appreciative for all of the agencies, participants, volunteers, sponsors, and charities that make this race possible.

We are extremely excited to kick off this event and look forward to a great day of racing!

Sincerely,

The Strictly Running Team

Jordan Lybrand  
Ashley Hrubala  
Mark Connell  
Selwyn M. Blake

Mackenzie Johnson  
Brady Rafanan  
Alyssa Younker  
Gordon Heiser

Hannah Brightwell  
Ben Thoms  
Dan Castello  
Sarah M. Blake



National  
Multiple Sclerosis  
Society





TABLE OF CONTENTS

PACKET PICKUP

GENERAL RACE INFORMATION

COURSE DETAILS

COURSE MAP

Results & Awards

FAQs

PARKING MAP

THANK YOU TO OUR PARTNERS & SPONSORS



UNFORGETTABLE

FOR MORE INFORMATION

Please visit [www.strictlyrunning.com](http://www.strictlyrunning.com) or contact [gstrictlyrunnin@sr.cc.com](mailto:gstrictlyrunnin@sr.cc.com)

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## PACKET PICK UP

All participants must pick up their packet prior to the race start. To avoid lines and race morning delays, we encourage all participants to pick up their packet on site the day before the race.

Your packet includes: a bib number with timing chip, T-shirt, safety pins, and a few items from our sponsors.

Course maps will also be available at packet pick up.

Refreshments and snacks will be available; such as coffee and Silver Spoon Bake Shop goodies.

Time and Location:

Friday, April 13, 2018

7:00 AM - 6:00 PM

Strictly Running  
2515 Devine Street  
Columbia, SC 29205

Please Note:

- All participants must show a current photo ID.
- Participants may pick up for friends or family, however the friend's ID or confirmation email must be presented at Packet Pick Up.
- Bibs must be worn on the front of your running shirt or jacket. The bib number **MUST** be visible during the run. Do not cut, fold, or alter the bib.
- If picking-up for five people or more, please contact Strictly Running to make arrangements for Group Pick Up: [gstrictlyrunnin@sc.rr.com](mailto:gstrictlyrunnin@sc.rr.com)





## GENERAL RACE INFORMATION

### Event Location

Devine Street, Columbia SC

Start Line: 2515(1m), 2408(10m) & 2400(5k) Devine Street

Finish Line: 2515 Devine Street (Strictly Running)

### Schedule of Events

Saturday, April 14, 2017

6:00 AM	Race Day Registration Available
7:00 AM	Adult 1 Mile Start Time
7:15 AM	10 Miler Start Time
7:45 AM	5K Start Time
8:30 AM	Awards Ceremony Starts
9:30 AM	Deadline for Participants to Finish

### VIP Parking

Parking will be available on a first-come first-serve basis at the following establishments:

**Bethel AME Church**  
819 Woodrow Street

**Devine Eyes**  
2421 Devine Street

**Publick House**  
2307 Devine Street

**Hand Middle School**  
2600 Wheat Street

Street parking will be available on a limited basis on the surround blocks of:

**Devine Street, Lee Street, Blossom, King Street, Queen Street, Woodrow Street, Preston Street, Heidt Street, Wheat Street & Maple Street**

Please refer to the Parking Map on page 13

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## **Personal Belongings**

Participants must ensure that anything carried onto the course remains in the athlete's possession. Please do not leave garbage, clothing, etc. on the course. Please respect the course and the City that allows the Event Organizers to use city parks and streets, thus allowing this event to flourish.

## **Conduct**

The DAYBREAK Adult Mile, 10 miler and 5k is a family-friendly event. Unsportsmanlike conduct during any portion of the race will not be tolerated and will result in disqualification.

## **Restroom Facilities**

Portable toilets will be available in the Strictly Running rear parking lot near the Start/Finish line.

## **Headphones**

Headphones, iPods or any personal audio devices are permitted but not recommended. Participants wishing to listen to headphones should keep the volume set on low to remain aware of the surroundings and hear any safety alerts.

## **Volunteers**

Please remember to thank the Volunteers. The race wouldn't be possible without the help of these generous people. There are still volunteer opportunities available. Ask friends or family to help make the race a success.

## **Spectators**

Spectators are welcomed and encouraged at the event. Spectators will be able to see participants at various points along the Adult Mile, 10 mile and 5K courses, specifically at the intersections of Devine & Woodrow St. and Blossom & Woodrow St. as well as at the Start/Finish Lines at Strictly Running. However, please be aware and courteous of local businesses.







## COURSE DETAILS

The DAYBREAK 10 miler and 5K are both championship events. This is the USATF Long Distance Race Championships in the State of South Carolina for 2017. Both courses are USATF certified.

The Start Line for the 10 miler is located at 2408 Devine Street, the start line for the 5k is located on 2400 Devine Street, near the Strictly Running store. The Finish Line for both races is at the Strictly Running store.

The 10 miler course is flat and fast with only 1 hill. It starts near the Strictly Running store on Devine Street. Runners will head East, turning on Woodrow street. They will loop back around to Woodrow Street again via King St. , Kiawah Ave., Maple St., and Burney Drive. Runners will then turn East on Blossom Street making a 7 mile loop around Lake Katherine on Shady Lane and returning to Strictly Running via Trenholm Road and Gervais Street.

The 5K course is also flat and fast with no hills. Runners start near Strictly Running heading East and turning on Woodrow Street. They will complete a loop that brings them back to Woodrow Street via King St., Kiawah Ave., Maple St., and Burney Drive. Once back on Woodrow, runners will head East on Blossom, turn North on Amherst St., then turn West back on Devine to the Finish Line at Strictly Running.

The Adult 1 Miler is very flat and fast with one turn and no hills. Runners will start at Strictly Running. Run an out and back course on Devine Street Only.

- The Police Department and Volunteers will help to monitor the course, the course will be marked with flour for each turn.
- For your safety and the safety of others, please be courteous and yield at all intersections.

**\*\*\*Due to safety reasons, there is a time frame for both races in which all participants will need to have finished by 9:30 AM.**

### Fluid Stations

Participants will be supported by Fluid Stations along the course. Each station will provide water and Gatorade. The stations will be at mile markers 3.5, 6, and 8.5

### Medical Support

Medical support can be found at the Medical Tent (located at the Finish Line), and will roam the venue and course.

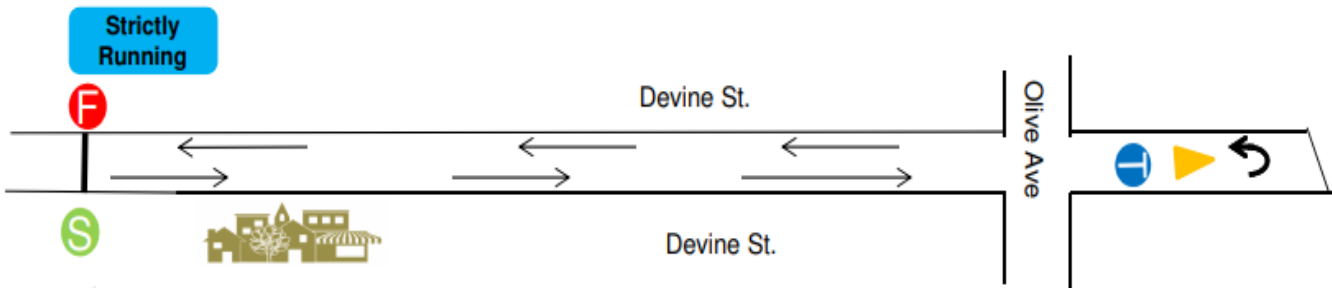
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7





**DayBreak 1 mile**  
 Measured by: Selwyn Blake  
 Measured Date: 4/10/18  
 Designed by: Jordan Lybrand

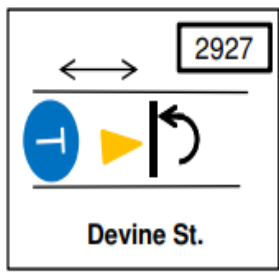


**Elevation**  
 Start: 276ft  
 Finish: 276ft  
 Highest:  
 Lowest: 276ft

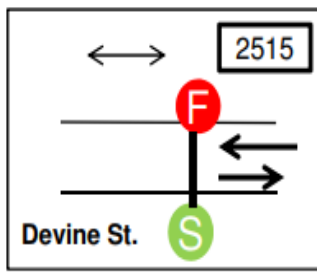
**List of Measured Points**  
 Start: S side 2515 Devine St.  
 Finish: N side 2515 Devine St.

- 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.
  4. ▲ = Cones

**Turn Around Detail**



**Start/Finish Detail**







DayBreak 10m  
 Measured by: Selwyn Blake  
 Measured Date: 2/19/17  
 Designed by: Jordan Lybrand

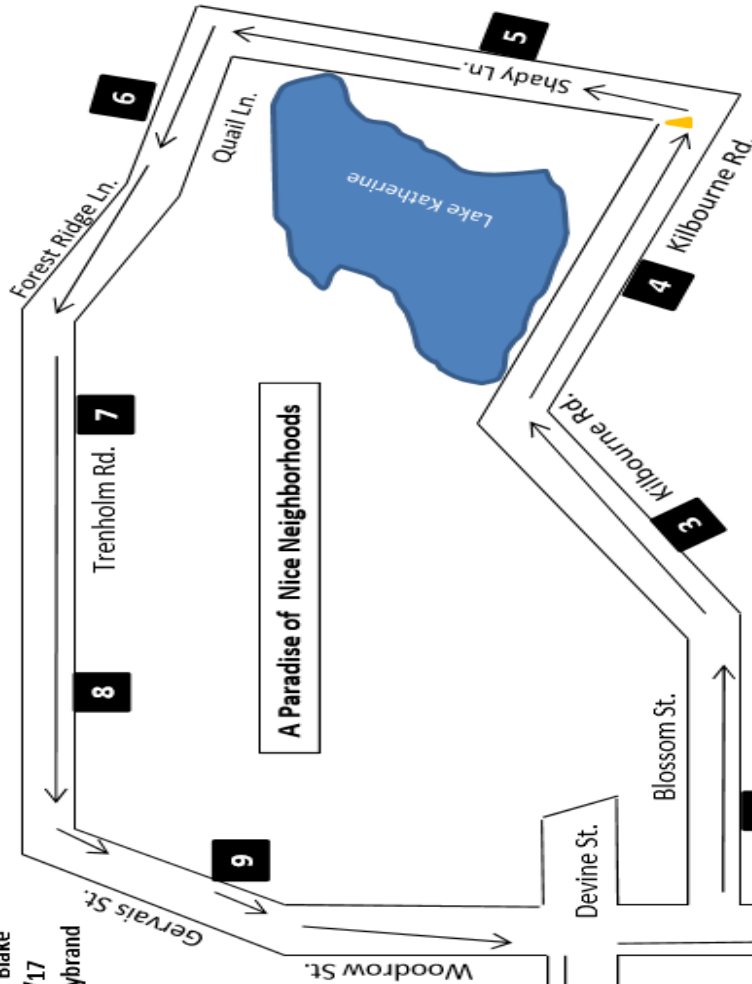
**Elevation**  
 Start: 270ft  
 Finish: 276ft  
 Highest: 370ft  
 Lowest: 175ft



Strictly Running



<b>Start/Finish Detail</b>	Strictly Running #2515
SCE&G 536391	
<b>House #2408</b>	Goggle Location: 2408 Devine St. Columbia, SC 29205



**List of Measured Points**

Start: S side Devine St. inline Resident #2408  
 1m: S side Kiawah Ave, 15'7" E of Resident #2736  
 2m: S side Blossom St, 5'4" E of Resident #2901  
 3m: S side Kilbourne Rd, 57'5" W of SCEG Pole#5611  
 4m: S side Kilbourne Rd, inline Resident #4710  
 5m: E side Shady Ln, inline Resident Mail Box #1547  
 6m: N side Quail Ln, 11'10" W of Resident Mail Box #5011  
 7m: S side Trenholm Rd, 26'8" E of SCEG Pole# 571091  
 8m: S side Trenholm Rd, 69'1" E of SCEG Pole#22099  
 9m: S side Gervais St, 47' 9" E of Building #2710-B  
 Finish: N side Devine St. 29'11" E of SCE&G Pole #536391

**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.
4. = Cones





DayBreak 5k  
 Measured by: Selwyn Blake  
 Measured Date: 2/25/17  
 Designed by : Jordan Lybrand

List of Measured Points

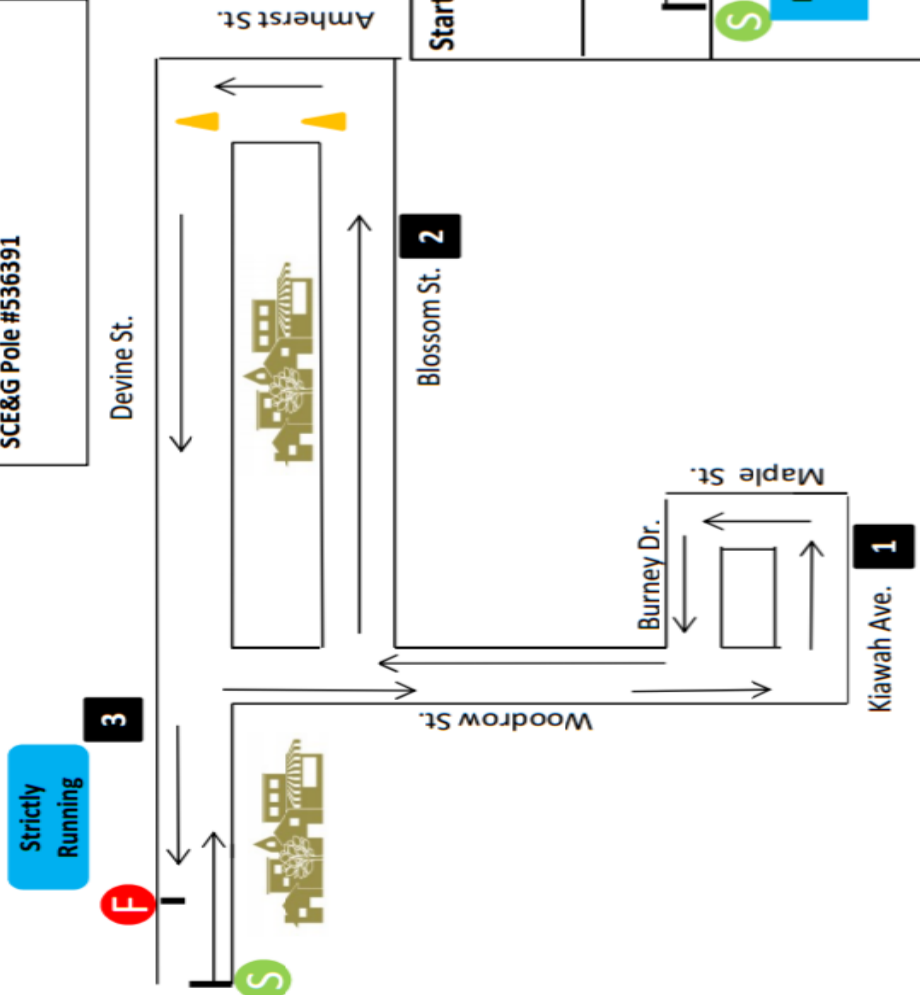
- Start: S side, 21'11" W of Building #2400
- 1 m: S side Kiawah Ave, 2'7" E of SCEG Pole# 371432
- 2 m: S side Blossom St, 7'8" E of Resident #2902
- 3 m: N side Devine St, 28'1" W of SCEG Pole# 8159
- Finish: N side Devine St. 29'11" E of SCE&G Pole #536391

Elevation
Start: 260ft
Finish: 276ft
Highest: 305ft
Lowest: 276ft



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.
4. ▲ = Cones



SCE&G 536391 Strictly Running #2515 F	Devine Street 29'11"	Building #2400 S	Goggle Location: 2400 Devine St. Columbia, SC 29205
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Race Day will feature a Parking Lot Party behind the Strictly Running Store.

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A fun and festive addition for your entire family to enjoy after your race. Pineapples, grapes, strawberries, and cantaloupe will be provided by Senn Brother Produce. Beer will be available for those who are 21 years and older with valid I.D.

### Race Results & Awards

All Results will be available both on-site and online following the race. Visit the Results Tent for details. Please allow 10-15 minutes after crossing the Finish Line to ensure that results are correct. Later in the day, results will also be posted online at [www.strictlyrunning.com](http://www.strictlyrunning.com)

**Adult Mile:** Top 10 overall male and female finishers

**10 Miler & 5K:** Overall top (5) males/females in both the 10 miler and 5K. The overall top (3) males/females will be awarded in the 10 miler and 5k for each of the masters, grandmasters, senior masters, and veteran masters groups. The top (3) males/females in the 10 miler and 5k will be awarded in each of the following age groups: 2-10, 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, and 75& over.

### Race Photos

Race photos will also be available online at [www.strictlyrunning.com](http://www.strictlyrunning.com)  
All pictures are digital download and will only cost \$5.00 each.

### FAQs

**Q: What do I need bring to pick up my bib?**

**A:** Please present your photo ID and/or your email confirmation at Packet Pick Up.

**Q: Can I pick up bibs for a friend or family member?**

**A:** Yes, you must bring a copy of their photo ID and/or their email confirmation.

**Q: Can I register on race day?**

**A:** Yes, registration will be available on Race Day. All funds collected on Race Day will be donated to the National MS Society. The registration fees will be \$70.00 for the 10 miler, \$40.00 for the 5k Run/Walk, and \$30.00 for the Adult 1 miler. T-shirts are not guaranteed for runners who register on race day.

**Q: Will the race be timed?**

**A:** Yes, the 10 miler and 5K run/walk will be chip timed. Adult 1 miler will be

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11





gun timed. Your packet includes a B-tag timing chip, already affixed to your bib.

**Q: Will there be awards?**

**A:** Yes, please refer to the Race Results & Awards section on page 11 for the full list of awards that will be given.

**Q: Can I exchange my t-shirt?**

**A:** You can exchange your shirt until 4/06/2018 between 11:00am- 6:00pm. Bringing back your originally assigned shirt (unworn). Exchanges only available while supplies last.

**Q: Will there be Finish Line medals?**

**A:** Yes, all finishers will receive a medal.

**Q: How do I get a refund for the event?**

**A:** There will be no refunds given for any event. Proceeds will be donated to our charity program, The National Multiple Sclerosis Society.

**Q: Can I transfer my registration to another person?**

**A:** You can transfer your registration to another person for \$10. This will only be allowed until 4/06/18.

**Q: Will there be any road closures?**

**A:** Yes, please review the chart below, as well as the Driving/Parking map on p.12

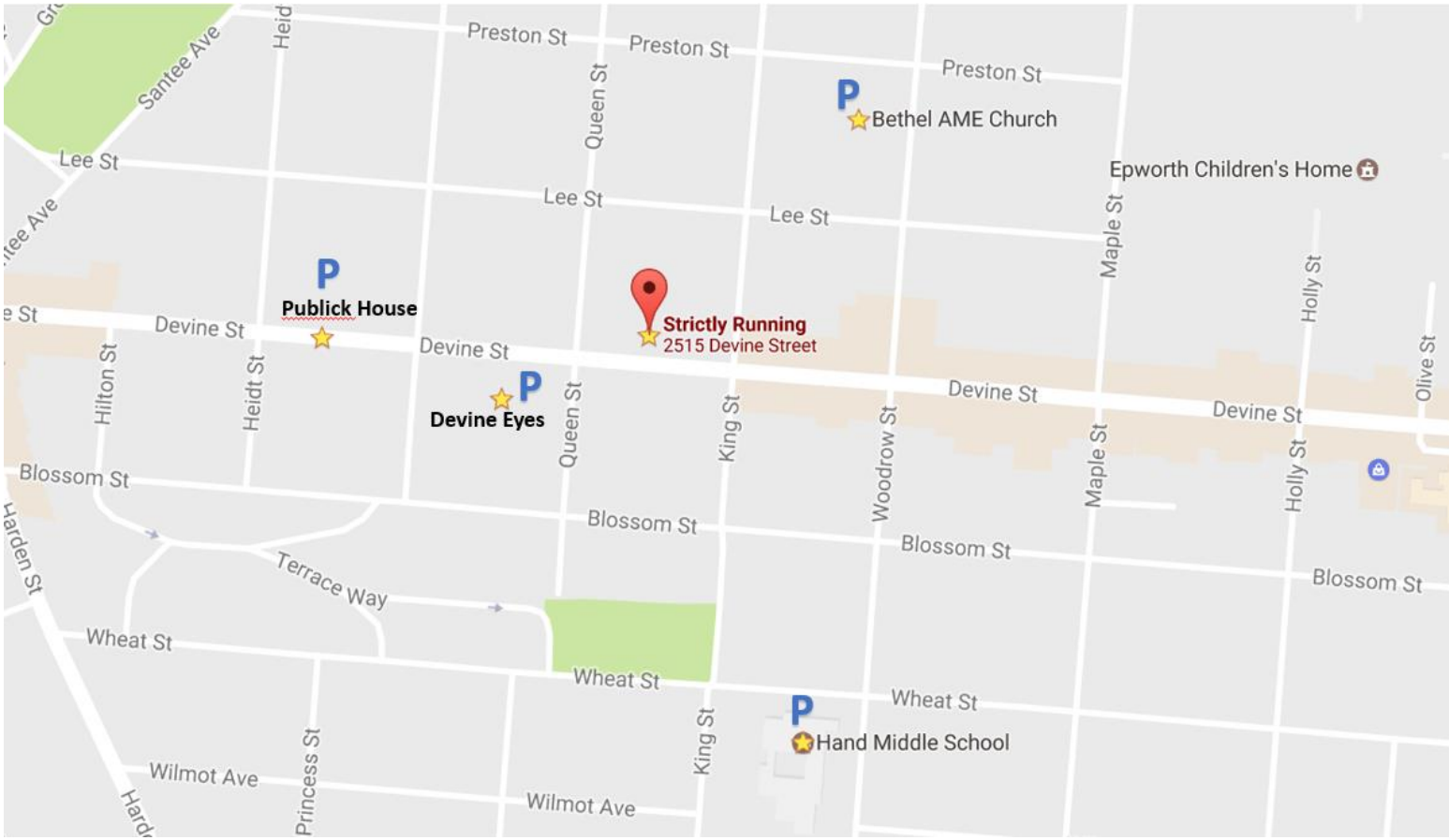
Street From to Road Closed (4.14.18)

<b>Devine St.</b>	Woodrow St. → Queen W. Bound	6:00am-10:00am
<b>Trenholm Rd.</b> (south side lane only)	Blossom St. → Rosewood	7:45am-9:30am
<b>Gervais St.</b> (south side lane only)	Trenholm Rd. → Woodrow St.	7:45am-9:30am
<b>Woodrow St.</b>	Blossom St. → Rosewood	6:45am-8:00am
<b>Woodrow St.</b> (west side lane only)	Gervais St. → Devine St.	7:45am-9:30am

❖ If there are any other questions on your mind please feel free to email us at [gstrictlyrunnin@sr.cc.com](mailto:gstrictlyrunnin@sr.cc.com)



# VIP Parking Map



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