



# **DAYBREAK**

## **2022 Daybreak 10k, 5k and Before Breakfast Youth Run Participant Guide**

Thank you for registering for the 2022 Daybreak Run. We are so excited to see everyone on race day!

This year's race will be at Strictly Running (2515 Devine Street, Columbia, SC 29205). Course maps are included in the document below!



## Race Information:

**This year's event takes place on November 19<sup>th</sup>, 2022.** The 10k run begins at 8:00 am. The 5k run/walk will begin at 8:15 am and the Before Breakfast Youth Run at 9:00 a.m This event will be held rain or shine.

**Stay up to date on most recent event updates by following us on social media:**



**Packet Pick Up:** Early packet pick up is strongly encouraged.

**Packet pick up is available:**

Thursday and Friday, November 17th & 18th – 11a.m. to 5:30 p.m. at Strictly Running, 2515 Devine St., Columbia, SC29205

**Onsite registration and/or packet pickup will be available starting at 6:45 am.**

**10k and 5K participants** will receive an official race t-shirt (while supplies last), and a finisher medal.

**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.

**Water:** Bringing your own personal water is recommended. One water station will be located on the course. Water will also be available at the finish. Due to safety precautions, additional food or beverages will not be provided for this year's event.

**Bathrooms:** Portable toilets will be available in the Strictly Running parking lot behind the store. Additional handsanitizing stations will be available.

**Medical Support:** There will be medical, police, and EMS personnel onsite/nearby, as well as volunteers, to assist with keeping participants and spectators safe. They will be positioned throughout the course to help with any issues or concerns.



**Race Results:** Race results will be posted at [www.strictlyrunning.com](http://www.strictlyrunning.com)

**Awards:** All finishers will receive a finisher medal at the finish line.

5k Run/Walk and 10k: Top Three Overall Male and Overall Female finishers. Top 1 Masters/grand masters/veteran masters/senior masters male and female. Top 1 Male and Female in 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.

**Award Ceremony will start at 9:15 am  
(Overall winners not eligible for age-group awards)**

# Daybreak Run 2022 Charity Program:



National Multiple Sclerosis (MS) Society

Give now to help create a world free of Multiple Sclerosis (MS.) Your gift 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.

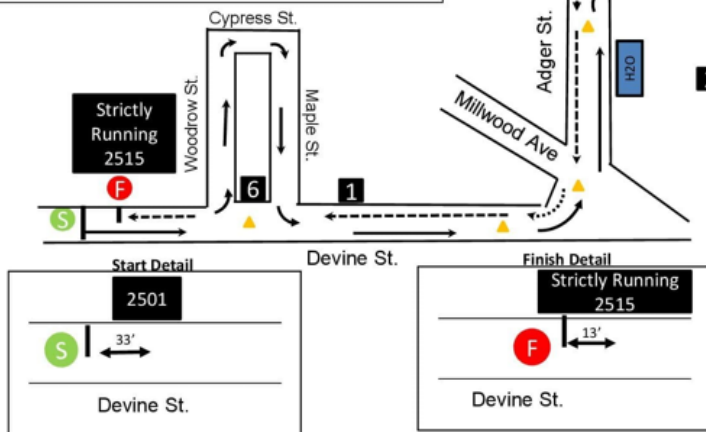
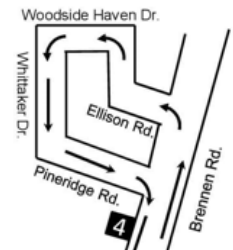
## Course Maps:



**Daybreak Run 10k**  
 Measured by: Matt Jensen  
 Measured date 4/14/2019  
 Designed by: ISMBJude, LLC

- List of Measured Points**
- Start:** N Side, 33ft W of 2501 Devine St. Front Door
  - 1 mile:** N side, In line with pole C-79850 on Devine St.
  - 2 mile:** W side, 15ft N of 7 Heathwood Cir. Front Door
  - 3 mile:** S side, 17ft E of 4332 Devereaux Rd. Front Door
  - 4 mile:** N side, in line with 1214 Brennen Rd. Front Door
  - 5 mile:** N side, 24ft W of 3412 Devereaux St. Front Door
  - 6 mile:** N side, 18ft E of 2712 Devine St. Front Door
  - Finish:** N side 13ft E of 2515 Devine St. Front Door

Elevation  
 Start: 274'  
 Finish: 276'  
 Lowest: 221'  
 Highest: 306'

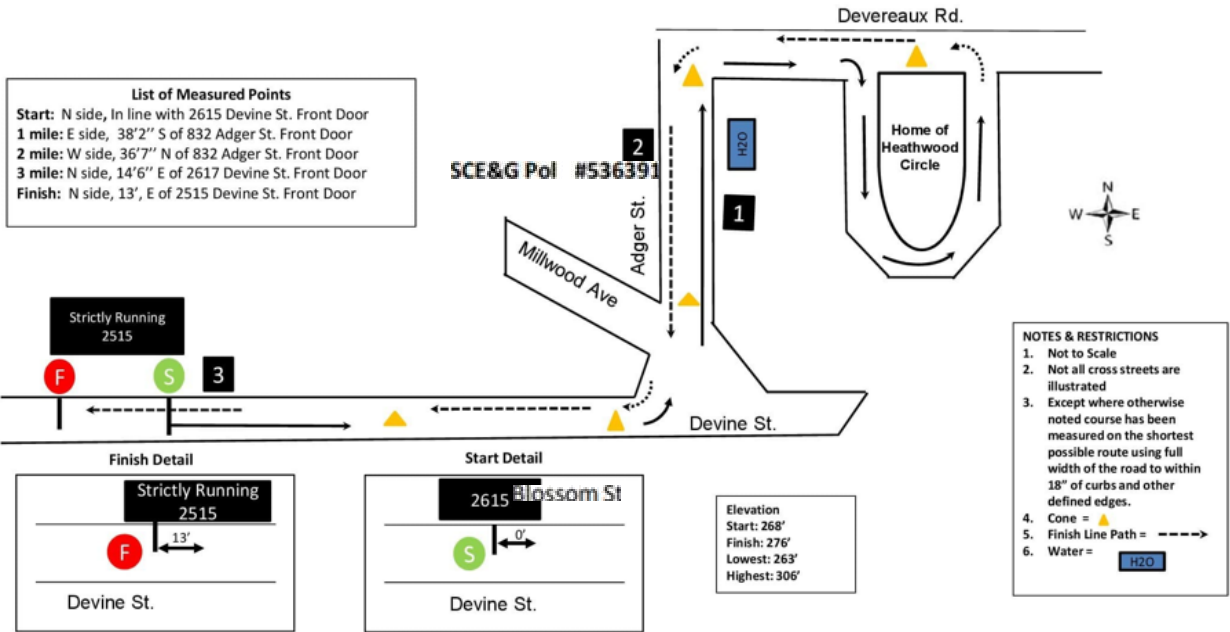


- NOTES & RESTRICTIONS**
1. Not to Scale
  2. Not all cross streets are illustrated
  3. Except where otherwise noted course has been measured on the shortest possible route using full width of the road to within 18" of curbs and other defined edges.
  4. Cone = ▲
  5. Finish Line = - - - - ->
  6. Water = H2O



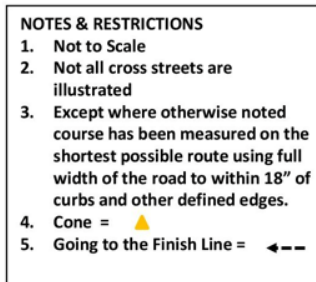
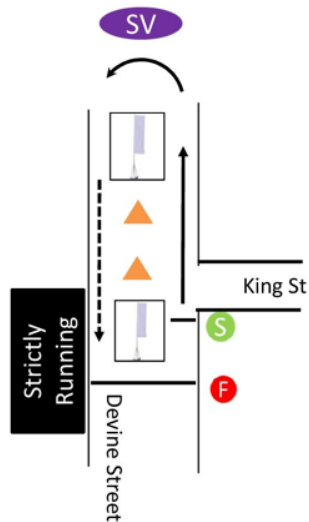


**Daybreak Run 5k**  
 Measured by: Matt Jensen  
 Measured date 4/14/2019  
 Designed by: iSMBJude, LLC



**Daybreak Run Youth Fun Run**  
 Measured by: Strictly Running  
 Designed by: iSMBJude, LLC

**Start/Finish Detail**



# A huge thanks to our Sponsors!

First Palmetto Bank



Devine Street



RRCA



Silver Spoon Bake Shop



USA Track and Field



The Salon On Devine



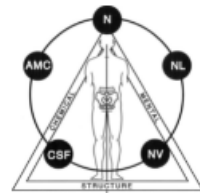
Unforgettable Jewelry



Graph-itti



Dr. Joshua A. Stevens  
Licensed Chiropractic Physician  
Certified Professional Applied Kinesiologist



EQ Fitness & Physical Therapy

