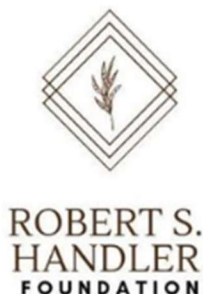




Get in the Pink 2019
Participant Guide
May 11, 2019
Thank you to our sponsors!



UNFORGETTABLE

Welcome and thank you so much for registering for Get in the Pink 2019.

Get in the Pink is an annual race in partnership with Share our Suzy (SOS.) SOS's mission is to raise money and resources to assist and support breast cancer patients from diagnosis to remission. In support of this cause, we encourage all our runners to wear lots of pink! This 10k and 5k is one of our favorite local races as well as one of our favorite courses. We are so excited for this year's race!

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 the agencies, participants, volunteers, sponsors, and charities that make this race possible.

Due to traffic and safety reasons, there is a time from for both races in which runners/walkers must be **off the course by 8:40 a.m.** This will offer 100 minutes (16'06 pace per mile) to complete the 10k and 90 minutes (28'00 pace per mile) to complete the 5k.

If you have any questions, please do not hesitate to contact us.



Share our Suzy Foundation, shareoursuzy@aol.com

Margaret Nevill, The Mad Platter, Event Director

Strictly Running, Director of Logistics and Timing
gstrictlyrunning@sc.rr.com

Event Details

Saturday, May 11, 2019
Strictly Running
2515 Devine St.
Columbia, SC 29205

Races

All races start and finish Strictly Running. Strollers are allowed in the run. Pets are allowed in the races.

Get in the Pink 10k

7 a.m.

(10k course map is located on page 5)

For your safety and the safety of others, please be courteous and yield at all intersections.

The Get in the Pink 10k takes runners down Devine St. through the beautiful Heathwood neighborhood. This fast and flat course is a classic neighborhood route which features beautiful homes, parks, and more! Runners begin by running up Devine, taking a left on Woodrow, a right on Cypress, and another right on Maple before coming back out onto Devine. Then, continue running up Devine before taking a left onto Adger St. to turn right onto Devereaux. Runners then loop around Heathwood Circle to come back out onto Devereaux and then turn left on Brennen Rd. Then, runners will make a loop by turning left onto Ellison, right onto Woodside Haven Dr, a left on Whittaker, and then another left on Pineridge. Turning right back onto Brennen Rd. Runners will return back on Devereaux and then onto Adger to finish on Devine in front of Strictly Running! **There is an hour and forty-minute time limit for the 10k! All runners must be off the course by 8:40 a.m.**

Get in the Pink 5k

7:10 a.m.

(5k course map is located on page 5)

For your safety and the safety of others, please be courteous and yield at all intersections.

This 5k course is fast and flat with no hills! Runners start by running up Devine St. before taking a left onto Adger St. Making a right onto Devereaux Rd. runners then loop around Heathwood circle to come back onto Devereaux Rd., then turning back onto Adger St., to finish on Devine St. **There is an hour and a half time limit for the 5k! All runners must be off the course by 8:40 a.m.**

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 surrounding blocks of:

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

Water Stops and Medical Support

There will be water stops throughout the 5k and 10k course. There will also be many refreshments after the race for participants and spectators to enjoy. The Police Department and Volunteers will help to monitor the course, the course will be marked with flour for each turn.

Water Stop 1: Adger Rd/Cassina Rd near mile 1.5

Water Stop 2: Devereaux Rd/Bryson Rd near mile 3.

There will be police officers and course volunteers keeping our participants and spectators safe.

Packet Pick-Up

We encourage participants to pick up packets early to avoid race-day rush. We are not able to mail race packets in advance or after the event. There will be no holding area for packets or personal items on race day.

Friday, May 10th, 2019

11 a.m. to 6 p.m.

Strictly Running

2515 Devine Street

Columbia, SC 29205

Saturday, May 11th, 2019

Beginning at 6 a.m.

Strictly Running

2515 Devine Street

Columbia, SC 29205

If you need to change your race distance, please let a volunteer know at the Packet Pick-Up, or contact Strictly Running in advance. Bibs can be transferred to another runner for an additional fee.

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.

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. (If interested in volunteering, contact Strictly Running @gstrictlyrunnin@sc.rr.com)

Spectators

Spectators are welcomed and encouraged at the event. Spectators will be able to see participants at various points along both the course. However, please be aware and courteous of local businesses.

Race Results

Live results will be available at the Strictly Running tent. They will also be posted after the race at www.strictlyrunning.com.

After Party

Post-race festivities will be occurring behind Strictly Running, in the parking lot. This is a fun addition to the race to enjoy with your friends and family after running! Many refreshments will be available such as fresh fruit provided by Senn Bros. as well as beer and other beverages. Beer will be available for those who are 21 years and older with valid I.D.

Awards

The Awards Ceremony will take place at Strictly Running at around 8:30 a.m.

Top 3 10k finishers: Cash prize \$150, \$75, \$50 Male/Female

Top 3 5k finishers: Cash prize: \$75, \$50, \$25 Male/Female

Top 3 overall male and female finishers.

Top Masters/Grand Masters/Senior Masters/Veteran Masters male and female finishers.

Top 3 males and females in the following categories: 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, 75 & Over

Race Photos

Race photos will be available through Strictly Running.

All photos are digital downloads and will be available for only \$5.00 each!

Thank you to our partners and sponsors including The Mad Platter for making this race possible!



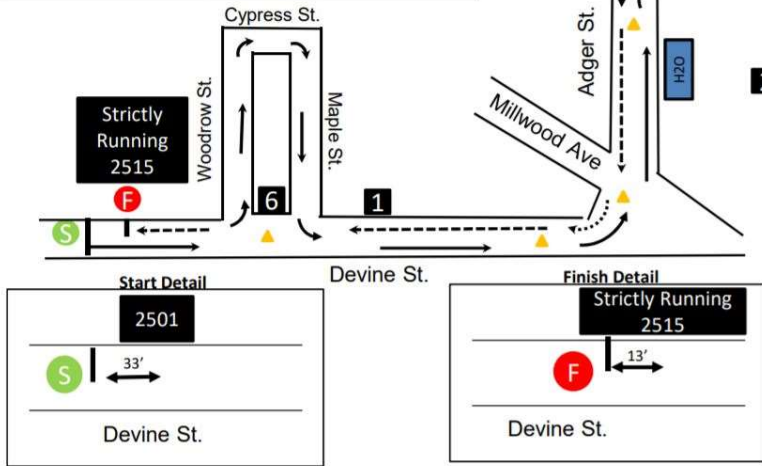
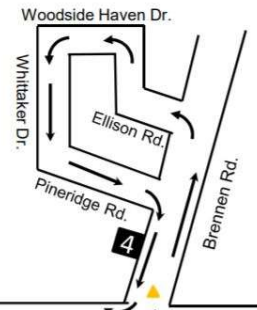
Get In The Pink 10k

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 =



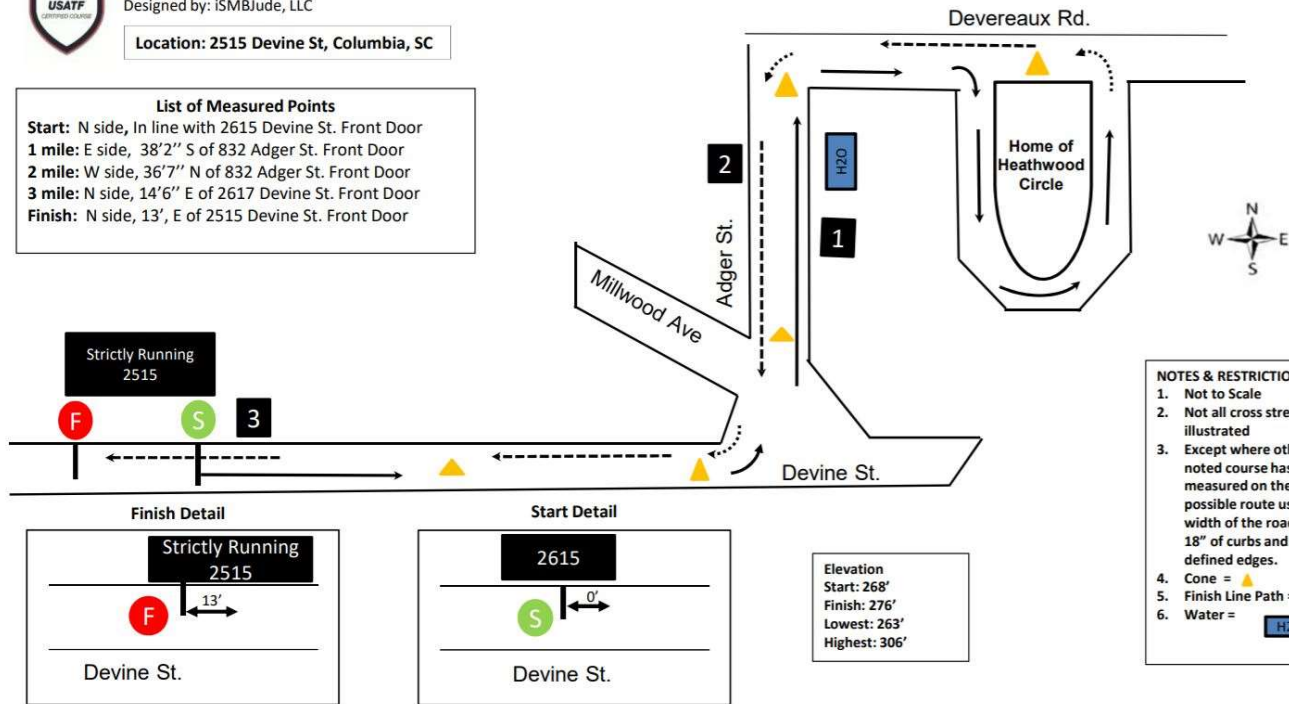
Get In The Pink 5k

Measured by: Matt Jensen
Measured Date: 4/14/2019
Designed by: iSMBJude, LLC

Location: 2515 Devine St, Columbia, SC

List of Measured Points

Start: N side, In line with 2615 Devine St. Front Door
1 mile: E side, 38'2" S of 832 Adger St. Front Door
2 mile: W side, 36'7" N of 832 Adger St. Front Door
3 mile: N side, 14'6" E of 2617 Devine St. Front Door
Finish: N side, 13', E of 2515 Devine St. Front Door



NOTES & RESTRICTIONS

1. Not to Scale
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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 Path =
6. Water =