



Run Forest, Run!

5K•10K / APRIL 25, 2020

FOREST ACRES, SOUTH CAROLINA

Forest Lake Elementary School
6801 Brookfield Road • Columbia SC 29206

Register Online at RunForestRun.org

Race Start Times

The 10K will start at 8:00AM

The 5K will start at 8:15AM

The one-mile run/walk will kick off at 9:45AM

The Lowdown

The course is part of *Tour de Columbia*

Both 5K & 10K courses are USATF certified

10K: SC18019DW // 5K: SC18020DW

All registrations completed before April 17 are guaranteed a shirt

There will be both womens and mens shirts. Please note that the women's shirts generally run two sizes small and men's run one size small. Please take this in to consideration when you choose your size.

Course Description

Both the 5k and 10k start and finish at Forest Lake Elementary School located at 6801 Brookfield Road.

The courses wind through the picturesque Forest Acres neighborhood and consists of rolling hills, some very steep, as well as several bridges and lakes. Expect a challenging run!

Registration

5K

\$25 until 3/28/2020

\$30 3/29–4/27/2020

\$35 day of race

10K

\$30 until 3/28/2020

\$35 3/29–4/27/2020

\$40 Race Day

1 Mile
Run-Walk

\$15 includes shirt

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