



# Run Forest, Run!

## 5K • 10K / MAY 1, 2021

FOREST ACRES, SOUTH CAROLINA

Register Online at  
**RunForestRun.org**

### Race Start Times

The race is virtual and scheduled for May 1. However, you can run the race at any time. Record your time on Strictly Running's Google document anytime between April 25 and May 8.

### The Lowdown

A men's and women's cut shirt will be available, and you can choose which option you'd like. The shirts run small. Please order up two sizes for the women's shirt and up one size for the men's. Tshirt exchange will not be available.

### Course Description

Although the race is virtual, you are still welcome to come run the race courses.

Both 5K & 10K courses are USATF certified  
10:5SC18019DW // 5K: SC18050DW

Course maps are available on our website. 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 / 10K / 1 Mile Run-Walk

**\$25** registration fee for all races

Runners can have their shirt and goodie bag mailed to them for an additional \$8 mailing fee. This option can be selected during registration. An in person pickup will be available at Strictly Running at a later date. Please follow our Facebook page and website for more details on the in person pickup.

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