



SCNA & SCNF 5K Run/Walk
Celebrating Nurses' Month
Columbia, SC

9:00am, Saturday, May 18, 2024

Get your running/walking shoes prepared to join us for a 5K run/walk in celebration of Nurses' Month.

SCNA & SCNF 5k starts and finishes at 4801 Forest Drive, First Citizens Bank

Come set a new PR in honor of our great Nurses! Columbia has an average high temp of 80F and a low of 46F, which are ideal temps for a great race.

Registration:

Register online at <https://www.strictlyrunning.com/gpuilreg-8l.asp?uRaceId=4380>.

On February 1st, prices will begin at \$30. On May 1st, prices increase to \$35.

Race day registration will be \$35.

Timing

SCNA & SCNF 5K will be timed by Strictly Running (<https://www.strictlyrunning.com/>).

Awards

An awards ceremony will be conducted at approximately 10:00 am to recognize top finishers in both races in these categories: In male and female divisions:

- 1st, 2nd and 3rd place overall
- 1st, 2nd, and 3rd place age groups: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60- 69, 70+

Participants who register before **May 1st** will receive a T-shirt

Race Day Schedule:

- **7:45am-8:45am:** Same Day packet pickup and race day registration
- **8:00am:** Vendors/Sponsors arrive to set up
- **8:30am:** Start gathering runners and make an announcement to head to the start line
- **8:45am:** Thank everyone for coming (National Anthem, Course Rundown, etc)
- **9am:** 5k Starts
- **10am:** Awards Ceremony

Packet Pick up:

Friday, May 17, 2024, 10am-6pm at Strictly Running

Saturday, May 18, 2024, 7:45am-8:45am at 4801 Forest Drive (race location)

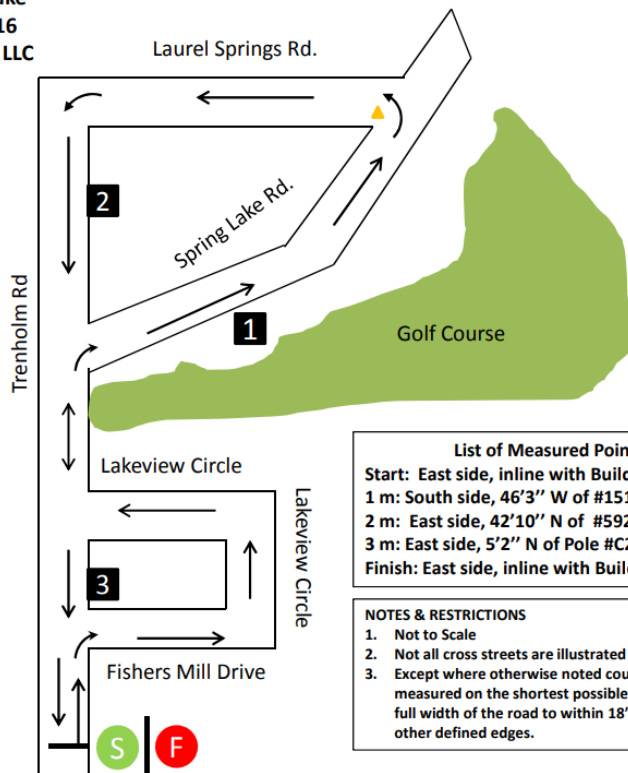
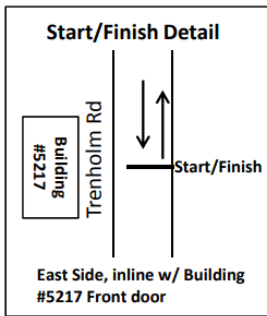
Course Map:



Cold Winter's Day Tren 5k
 Measured by: Selwyn Blake
 Measured Date: 11/25/16
 Designed by : iSMBJude, LLC



Elevation
 Start: 170 ft
 Finish: 170 ft
 Lower: 170 ft
 Highest: 270 ft



List of Measured Points
 Start: East side, inline with Building #5217
 1 m: South side, 46'3" W of #151 Front Door
 2 m: East side, 42'10" N of #5922 Mail Box
 3 m: East side, 5'2" N of Pole #C2963
 Finish: East side, inline with Building #5217

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.