

TRIPLE CROWN ROAD RACE



5K ★ 10 MILE ★

Triple Crown Road Races

Aiken, South Carolina

7:30 am, Saturday, March 9, 2024

Join us March 9th for the 38th running of the Triple Crown Road Races!

The Triple Crown 10 Miler traverses a scenic course through the historic horse district of Aiken South Carolina, starting and ending at the Odell Weeks Activity Center. Flat, fast, and certified, 10 current state age group records have been set on this course. The Triple Crown 10 Mile Road Race is a great opportunity to test your race fitness or take the next step toward marathon distances. Aiken's average low and high temperatures in March are 43F and 71F respectively, ideal conditions for a fast time and pleasant post-race celebration.

Looking for a shorter distance? Complementing the flagship 10-mile event is a 5K. And a Virtual option is offered: complete 30 cumulative miles between February 3 and March 3.

Net proceeds from the Triple Crown Road Races will benefit the *Great Oak Equine Assisted Programs*, a local equine-assisted program that promotes the physical, emotional, and psychological health of individuals with special needs (www.greatoakeap.org).

Registration

Registration is entirely online at <https://www.strictlyrunning.com/> (no registration week-of, during packet pickup, or on race day). **Registration will close when the field size reaches 500 combined 10-Mile + 5K participants or March 3, whichever occurs sooner.** Register by February 18 to receive a complimentary race T-shirt.

10 Mile race	\$45 through December 31
	\$50 through February 18
	\$55 through March 3

5K race	\$30 through December 31
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\$35 through February 18

\$40 through March 3

30-Mile Virtual \$25 through February 18

Courses

The Triple Crown 10 Mile course is USATF certified (#SC16037DW). Although a portion of the race is run on unpaved streets through horse country, this course is flat and fast, and holds 10 state age group records. The course will be open from the race start at 7:30 am through 10:10 am (16 min/mi average pace). Signs will mark each intermediate mile.

The Triple Crown 5K course traverses paved roads and is also USATF certified (#SC21006DW), flat, and fast.

Water/aid stations will be located at approximate race distances of 2.5, 4.5, 6 and 8 miles. Most of the race will be run on back streets open to normal traffic.

Timing

The Triple Crown races will be timed by Strictly Running (<https://www.strictlyrunning.com/>).

Awards

An awards ceremony will be conducted at approximately 9:45 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+

T-shirts

Participants who register before February 18 will receive a T-shirt imprinted with the Aiken Triple Crown Road Races logo. Styles offered: straight-cut (unisex, men's) and fitted (women's). Sizes: XS, S, M, L, XL, XXL.

Race Day Schedule

6:30 – 7:10 am	Day-of packet pickup.
7:30 am	Start of the 10-Mile and 5K races
9:45 am	Awards ceremony
10:10 am	Road courses close

Packet pickup

Friday, 5:00 – 7:00 pm, Alley Downtown Taproom (214 The Alley SW, Aiken)

Saturday/race day, 6:30 – 7:10 am, Odell Weeks Activity Center (1700 Whiskey Rd, Aiken)

Logistics

The start and finish lines and race-day registration are located adjacent the Odell Weeks Activity Center, 1700 Whiskey Rd, Aiken, SC 29803 Aiken SC. Indoor and portable restrooms will be available.

Runner safety rules

For the safety of all participants, runners may NOT bring any of the following items onto the race courses:

- Strollers / baby joggers
- Animals / pets
- Skateboards
- Skates
- Bicycles
- Any item deemed a safety hazard by a race official

Runners must be able to respond to traffic conditions and directions from race officials. Therefore, headphones and personal music players are strongly discouraged.

Photography

Race photography by One-Eyed Dog Studios.

Race results

Race results will be posted online soon after results are available from the timing service and certified by officials.

Facebook updates

Follow us on Facebook for periodic news and updates: “Triple Crown Road Race” (@triplecrownrr, <https://www.facebook.com/triplecrownrr>).

Questions?

Contact the race organizing committee at triplecrownroadrace@gmail.com.