



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

Columbia, SC

9:00am

Saturday, May 24, 2025

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 First Citizens Bank- 4801 Forest Drive.

This is a mostly flat certified course, with one hill at the beginning to get your heart pumping. 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/gpuilreg81.asp?uRaceId=4553>.

Prices are \$30 until May 1, 2025. On May 1st, prices will rise to \$35.

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

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

Packet Pick up:

Friday, May 23, 2025, 10am-6pm at Strictly Running
Saturday, May 24, 2025, 7:45am-8:45am at 4801 Forest Drive

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+

Race Day Schedule:

- 7:45am-8:45am: Same Day packet pickup and race day registration
- 8:00am: Vendors/Sponsors arrive to set up
- 8:50am: Start gathering runners and make an announcement to head to the start line- have senior walkers line up in the back behind the runners
- 8:55am: Thank everyone for coming (National Anthem, Course Rundown, etc)
 - 9am: 5k Starts
 - 10am: Awards Ceremony