

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

**Columbia, SC**

**9:00am**

**Saturday, May 30, 2026**

The South Carolina Nurses Association (SCNA) is thrilled to announce the **Third Annual Nurse 5K**, happening on **May 30, 2026**, in beautiful **Forest Acres, South Carolina**—and this year promises to be our most inspiring yet!

Proceeds from the Nurse 5K benefit the **South Carolina Nurse Foundation**, directly supporting **nursing scholarships** that help educate and empower the next generation of South Carolina nurses.

**Registration:** Register online at <https://strictlyrunning.com/gpuilGroupTip.asp?uRaceId=4699&uGroup=Y>

\$35: February 1st- May 24<sup>th</sup>; \$40: May 25<sup>th</sup>- race day

Participants who register before **May 1<sup>st</sup>** will receive a T-shirt

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

**Packet Pick up:**

**Friday, May 29, 2026**, 10am-6pm at Strictly Running

**Saturday, May 30, 2026**, 7:45am-8:45am at **4801 Forest Drive, Columbia, SC 29206 (race site)**

**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:

- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place overall
- 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> 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

