



Calling the Southeast's mightiest superheroes! Join us on April 20, 2019, for Jacoby's Shield Second Annual Superhero 5k Run/Walk & Family Stroll. Jacoby's Shield is a non-profit volunteer organization that heals the hearts of bereaved parents and siblings. Jacoby's Shield accomplishes its mission primarily through hosting Camp SHIELD family bereavement retreats. Camp SHIELD combines traditional fun camp activities with grief education and emotional support, facilitated by grief professionals and trained volunteers. The money being raised will help fund the retreats. Camp SHIELD will be held in the Fall of 2019.

This is a family and stroller friendly event. All are encouraged to wear your superhero gear.

#### Race Details

Date: Saturday April 20, 2019

Time: 7:00 - 8:15 am - Race Day Registration  
8:30 am - Superhero 5K Run/Walk & Family Stroll begins

#### Registration

\$25 – through Feb 28, 2019

\$30 – through March 31, 2019

\$35 – after March 31, 2019

Cost: Registered kids 10 and under will be timed.

*Registration includes a t-shirt for those who register on or before March 31, 2019*

Kids 10 and under free! (Registration is not required. Will not be timed. Will not receive a t-shirt)

Location: Saluda Shoals Park East  
6071 Saint Andrews Rd  
Columbia, SC 29212

Packet: Pickup will be Friday, April 19 at Irmo Family Chiropractic from 3 - 7 pm.  
Irmo Family Chiropractic  
1032-A Kinley Rd  
Irmo, SC 29063  
(803) 400-3299

Late Registration: Online registration closes on Thursday, April 18 at midnight.  
Late registration will be Friday, April 19 at Irmo Family Chiropractic from 3 - 7 pm, or on Race day from 7:00 - 8:15 am. Cannot guarantee t-shirts after March 31st.

Awards: Awards will be given to the top finishers in the following categories: 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+  
An award will be given for the best dressed superhero.

Timing: The race will be officially timed by Strictly Running. This will be a Tour de Columbia event.

Register for the race at <https://www.strictlyrunning.com>. Got questions? E-mail us at [info@jacobysshield.org](mailto:info@jacobysshield.org) or call us at 803-400-3299. To learn more about Jacoby's Shield, please visit [www.jacobysshield.org](http://www.jacobysshield.org). Our EIN is 81-4213837.