



# January 28<sup>th</sup>, 2023

## 7<sup>th</sup> Annual 5K & 1 mile “Fun Run”

*Ranked one of the top 20 races in SC!*

3700 Devine St. | Columbia, SC | 29205

### Packet Pick-Up for Pre-Registered Racers:

- FRIDAY, JANUARY 27<sup>th</sup> (11am– 6pm) at Strictly Running (2515 Devine Street), or
- SATURDAY, JANUARY 28<sup>th</sup> (7am) on race day at the school.

### 5K & Fun Run Course Descriptions:

The 5K start line is behind St. Joseph Catholic Church/School (on the corner of Bonham & Blossom streets). The race loops through the historic Shandon neighborhood and finishes behind the school on Blossom Street. The one-mile Fun Run is an out and back course that begins/ends on Bonham Street.

### Saintly Info:

- The 5K is a certified course.
- The race is part of the Columbia Running Club Tour de Columbia.
- For the safety of all, please no dogs.
- A portion of the race proceeds will go to the St. Vincent de Paul Food Pantry.
- Rain or shine, the race will go on!
- USATF Certificate # SC14012DW

### Race Start Times:

- 5K starts at 8:00 AM
- One Mile Kid’s Fun Run starts at 8:45

**For more information, please contact: Katie Livingston at [katieryan912@hotmail.com](mailto:katieryan912@hotmail.com) or call Saint Joseph Catholic School at (803) 254-6736.**

### 5K Pre-Registration:

- \$30 fee per person for 5K (regardless of age).
- One free “Fun Run” registration is included with every paid 5K entry.
- All 5K runners will receive a race t-shirt if they register BEFORE January 6<sup>th</sup>, 2023.
- Runners who register after January 6<sup>th</sup>, 2023 are not guaranteed a race t-shirt.

### 5K Day-Of-Race Registration:

- \$35 fee per person for 5K (regardless of age).
- Race t-shirts are not guaranteed.

### One Mile Fun Run: (for children ages 10 and under)

- \$10 fee per person for the Fun Run.
- PLEASE NOTE that one free Fun Run registration is included with each paid 5K entry.
- All who finish the Fun Run will receive a Finisher’s Medallion.
- Fun Run participants are not provided a t-shirt, however you can purchase a race shirt for an additional \$20.

### 5K Awards:

CASH AWARDS will be given to the:

- Top three male and female overall finishers
- Top male and female Masters (40 – 49 years old) and Grand Masters (50+ years old)

Hand-crafted, student-made, awards will be given to the top three male and female finishers in each age group:

- 6 years old and younger
- 7 - 8 years old
- 9 - 10 years old
- 11 - 12 years old
- 13 - 14 years old
- Every five years ages 15 through 70 and older

All registrations must be completed on-line by visiting: [www.strictlyrunning.com](http://www.strictlyrunning.com)