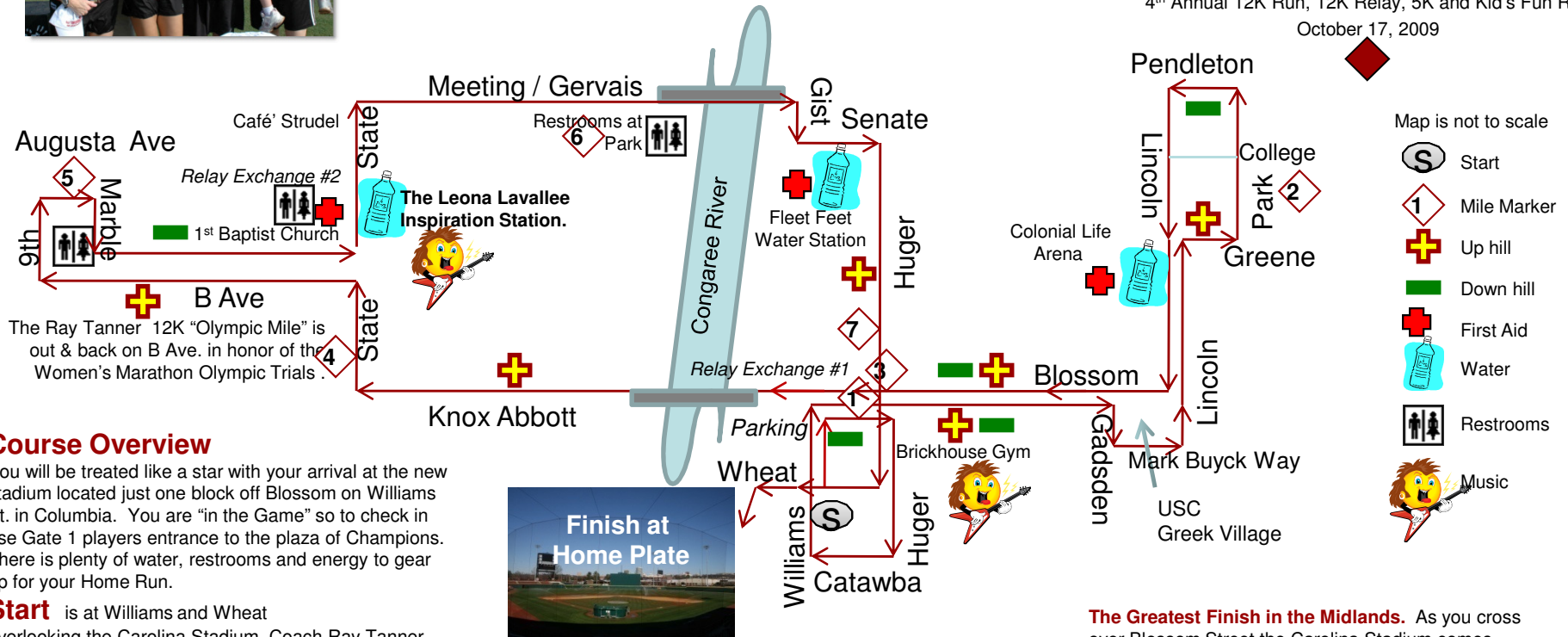




12K "Twin Bridges" Course Wins - Many thanks to dozens of runners who test ran and provided the feedback needed for us to design this unique and fun course. Modifications may be made after final measurement for USATF certification to achieve our Home Plate finish. Final course map will be posted by Aug 15, 2009.



4th Annual 12K Run, 12K Relay, 5K and Kid's Fun Run
October 17, 2009



Course Overview

You will be treated like a star with your arrival at the new stadium located just one block off Blossom on Williams St. in Columbia. You are "in the Game" so to check in use Gate 1 players entrance to the plaza of Champions. There is plenty of water, restrooms and energy to gear up for your Home Run.

Start is at Williams and Wheat overlooking the Carolina Stadium. Coach Ray Tanner will be calling the plays with a 8:00 start for the 12K and 8:20 for the 5K. The 12K first mile will be a fast warm-up with a down hill start and a flat loop back past the inspiring start lined with cheerleaders, fans, 5K runners waiting for their start and of course USC mascot Cocky.

Miles 1-3 Following your mile warm-up we head for Columbia on Blossom and get the heart rate up with a climb up the bridge over the RR tracks. On the down side of the bridge you run through USC Greek Village then up Lincoln where the music for motivation and your first water station. Make a right on Green to left on Park. At the two mile mark you turn left on Pendleton and begin over a mile down hill run. Turn left on Lincoln to take in the spirit of the music and water station again.

Miles 3-7 You will have the 5K runners and walkers in site now and be sure to take in the view off the Blossom Street bridge. After the bridge up a quick hill on Knox Abbott to a right on State Street where you will begin to hear the music at the entrance to the Ray Tanner Olympic mile. A band and spirited volunteers will take you up B Ave in honor of the famous Blue Line marking the course of the 1996 Women's Marathon Olympic Trials. Celebrate because you are running in the footsteps of Olympic champions. Around the block at 9th Street to escape some of the hill then rejoice on 2 mile downhill finish. Be ready for the Leona Lavallee Inspiration Station. It will be one of the highlights of your day.

The Greatest Finish in the Midlands. As you cross over Blossom Street the Carolina Stadium comes into view. Shortly you will hear the sounds of the finish line announcer as you turn right on Wheat St and left into the tunnel entrance to the ball park. Yes the cheers, cameras and banners are for your Home Run down the 3rd base line and across home plate. You will be handed a bottle of water and a commemorative award for your 12K finish and the first Home Run in the new Carolina Stadium. Hotdogs, snow cones, fresh fruit, our famous PB&J sandwiches await you as you recover, tour the new stadium and cheer on the Kids Fun run which will be followed by the awards ceremony.