



The Ray Tanner Home Run 12K runners use B Ave. celebrating the Blue Line of the 1996 and 2000 Women's Marathon Olympic Trials.



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. Watching the 12K runners start then run back through all of us 5k runners and walkers at the start area will take our energy up a notch. Then our down hill inspiring start is lined with cheerleaders, fans and of course USC mascot Cocky.

Miles 1 Following our inspiring start we head for West Columbia on Blossom with scenic views off the Blossom St. bridge. Then get the heart rate up with a short hill. Then it's a right turn on State where shortly there is water to refresh us.

Miles 1-2 A band and very spirited volunteers on State St. welcome us to the famous Blue Line marking the course of the 1996 Women's Marathon Olympic Trials. The 12K runners split away from us for an uphill run on B Ave then back. No hill for us here. Bring out the Olympian in you – the 5K course is flat and fast now as you enter the Leona Lavallee Inspiration Station. This will be one of the highlights of the day for sure.

As we pass the unique W Cola storefronts we make a right on Meeting and head downhill to cross over the Gervais St. bridge. Looking right we can see the Carolina Stadium in the distance and picture success in our mind as we approach the 2 mile mark. We turn right on Gist St. then left on Senate for another spirited water stop sponsored by Fleet Feet with fresh oranges if you would like one. With a right turn on Huger we pass our inaugural State Credit Union sponsor and head for our first Home Run finish in the new stadium.

"The Home Run"

RAY TANNER FOUNDATION

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

Map is not to scale.

- Start
 - Mile Marker
 - Up hill
 - Down hill
 - First Aid
 - Water
 - Restrooms
 - Music
 - Fresh oranges
- USATF Sanctioned 5K event.
 Certification # pending

The Greatest Finish in the Midlands. As you cross over Blossom we hear the sounds of the finish line announcer, 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 5K 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.