

 Lexington Medical Center

GOVERNOR'S CUP

SOUTH CAROLINA'S *Running* FESTIVAL

Friday, May 17, 2019

Main Street Mile • Kids' Main Street Mile

Saturday, May 18, 2019

Half Marathon • 5K Run/Walk



Run the Cup! GovernorsCupSC.org


thestate.com

2019 Participant Guide

Welcome to the 46th annual Governor's Cup Road Race. The Governor's Cup is operated by the Carolina Marathon Association which has been conducting major running events in Columbia since 1977. South Carolina's Running Festival kicks off with our Expo on Friday, May 17, at 11:00 am. At 6:30 p.m. the excitement moves to the Main Street Mile and Kid's Main Street Mile.

On Saturday, May 18, the Half Marathon begins at 7:00 am and the 5K will follow at 7:30 am. Both races will experience a fun, challenging, and scenic course that includes historic areas and will encounter entertainment from more than 20 Spirit Corps locations along the course. Not to mention that both races are considered RRCA South Carolina State Half Marathon and 5K championships.

Our finish area includes music, food, vendors, and activities leading up to our award ceremonies and post-race celebration.

Governor's Cup Road Race is pleased to announce that we will be donating a portion of our proceeds back to Dream Riders. Dream Riders offers equestrian experiences to people with special needs so they may enjoy the sport both therapeutically and recreationally.

Sincerely,
The Governor's Cup Road Race Volunteer Committee

Frequently Asked Questions

PACKET PICK-UP

We encourage participants to pick up packets early to avoid race-day rush. We are not able to mail race packets in advance or after the event. If you are picking up your packet for the Kids Main Street Mile and Main Street Mile, pick up before 4:00 p.m. or at the starting line (Lady and Main Street) between 5:00 p.m. and 7:00 p.m..

Friday, May 17 | 11 a.m. to 7:30 p.m. Hilton Columbia Center, 924 Senate Street, Columbia, SC 29201.

Saturday, May 18 | 6 a.m. to 7:00 a.m. you can retrieve your packet at the corner of Main Street and Lady Street.

You may have a friend or family member pick up your packet. Please make sure they have the name you registered under and your bib number. Bib numbers will be sent via email to participants the week of the race.

RACE TRANSFERS

If you need to change your race distance, please let a volunteer know at the Packet Pick-Up, or contact Strictly Running in advance. You will not be charged to drop to a shorter distance; however, you will be charged the difference to move to a longer distance. Bibs can be transferred to another runner for an additional \$10 fee. There are no refunds or deferrals.

PARKING

Parking is available in metered spaces surrounding the Main Street and Vista areas. Due to the high number of events taking place near the Hilton on Friday, please use street parking when picking up your packet. There are also a number of parking garages nearby, including a garage at the corner of Sumter Street and Taylor Street which will be available all weekend and is located near the starting line. The Park Street garage will only be available on Saturday for a flat fee of \$10 (cash only) and is the garage near the finish line.

NEED A WAY BACK TO YOUR CAR? **BLUE BIKES!**

Use code **runthecup** (case-sensitive) and receive a discount off the monthly unlimited plan from \$20 to \$10.

HOW TO USE:

- Go to <https://www.bluebikesc.com/pricing/membership> or download the OfficialBlueBikeSC mobile app (more convenient way)
- Register for a "Monthly Membership"
- Enter promotional code: 'runthecup' (case-sensitive) at checkout. This will provide you with unlimited 45-minute trips.
- Download the OfficialBlueBikeSC app to unlock the bike, view the map, report issues, follow your ride, and more.
- Have fun and be safe!

WATER STOPS, BATHROOM AND MEDICAL SUPPORT

There will be water stops and bathrooms throughout the 13.1 mile and 5K courses.

Water Stop 1 and Bathrooms: Past mile 1 (both 13.1 mile and 5k)

Water Stop 2: mile 4

Water Stop 3 and Bathrooms: Past mile 6

Water Stop 4: Past mile 7

Water Stop 5, Bathrooms and Medical: Mile 9

Water Stop 6 and Bathrooms: Past mile 10

Water Stop 7: Past mile 11

Water Stop 8: Mile 12

There will be medical, police and EMS personnel throughout the course, as well as dozens of course volunteers keeping our participants and spectators safe.

VOLUNTEERS

It takes an army of volunteers to make the Governor's Cup Road Race a reality! Our volunteers rise early on race day to ensure runner safety and set up for the event. Be sure to thank your course marshalls and volunteers.

SPIRIT CORPS

We have over 20 entertainment groups stationed around the course to cheer on the participants. Thank you to all of these groups for coming out and joining us!

RACE RESULTS

Finish line tickets will be available at the Strictly Running tent at the finish line. They will also be posted after the race on our website (www.governorscupsc.org) or at www.strictlyrunning.com.

AWARDS

The Governor's Cup Road Race cash awards to overall male and female winners in the half marathon and cash to Open, Masters and Grandmasters. Cash is also given to Elite Open and Elite Masters.

Awards are presented to top Five Overall in Male and Female as well as in each age group. Finisher medals are given to 5K and 13.1 mile finishers. Triple Crown medals will be presented to those who completed the Run Hard Marathon or Half Marathon, ACE Run United Half Marathon and our Half Marathon.

Awards Ceremonys | 8:00 a.m. (Friday, Main Street Mile)

Saturday at 8:45 a.m. (5k) and 9:45 a.m. (half marathon)

**See the list of awards at <http://governorscupsc.org/awards> and <http://governorscupsc.org/invited>.*

NEW THIS YEAR: COSTUME CONTEST

Come dressed on Friday from head to toe in purple and green at the Kids Main Street Mile and Main Street Mile. The winner of the costume contest will be announced right before the awards ceremony begins.

RACE PHOTOS

Finish line photos will be available through Strictly Running. Race photos will be available on Facebook and our website the week after the race.

Event Details and Course Maps

May 17

Main Street Mile: 7:00 p.m. (open) and 7:30 p.m. (elite).

Kids Main Street Mile: 6:30 p.m.

1312 Main Street

May 18

Half-Marathon: 7:00 a.m.

5K: 7:30 a.m.

1312 Main Street



Half Marathon begins at 7:00 a.m. and will close at 10:15 a.m.

The half marathon course ties Columbia to its sister cities to the west side of the Congaree River, and it touches South Carolina State Museum, EdVenture, Gervais Street Bridge, West Columbia and Cayce, Guignard Brick Works, Blossom Street Bridge, USC's Strom Thurmond Fitness and Wellness Center, Shandon Neighborhood, Five Points, USC's Horseshoe, and South Carolina Capital Complex.



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5K Course



The 5k begins at 7:30 a.m.

The 5K touches Columbia's historic Main Street, South Carolina State House, Woodrow Wilson Family Home, Township Auditorium, Robert Mills House/Gardens, Hampton-Preston House/Gardens, Seibels House/Gardens, Mann-Simmons Cottage, South Carolina Governor's Mansion, and The Vista.

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South Carolina

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Kids Main Street Mile | 6:30 p.m.
Main Street Mile | 7:00 p.m. (open) & 7:30 p.m. (elite)

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5K

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