



# Upcoming Races



Another great "Tour de Columbia" Points Event  
**"Rudolph's Rampage" Half Marathon & 10k**



**COLD WINTER'S DAY**



**Resolution Run 10K**

# Grits n Splits



## Race and Event Calendar



|                                  |   |
|----------------------------------|---|
| Saturday<br>December 11          | Deck the Hall Cross Country 5K, 9:00am<br>Heathwood Hall (3000 S. Beltline Blvd)                  |
| <b>Saturday,<br/>December 18</b> | <b>Rudolph's Rampage Half Marathon &amp; 10K, 9:00am</b><br><b>Harbison Forest SF (Trail run)</b> |
| Sunday,<br>December 26           | Cold Winter's Day 5K, 3:00pm<br>Forest Acres (corner of Trenholm & Country Club Dr.)              |
| <b>Saturday,<br/>January 8</b>   | <b>Resolution Run 10K, 9:00am</b><br><b>Sesqui State Park (Trail Run)</b>                         |
| Saturday,<br>January 8           | Harbison Trail 50K, 7:30am<br>Harbison State Forest   |

Tour Races are marked in **BOLD**

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*Do you have an interesting running story? Do you have a race experience you would like to share? Let us know!*

## Presidents Point: Coming Attractions

One of the best parts about seeing a movie at the theater is getting to see the previews for movies that are about to be released. These trailers are designed to grab your attention and create some advance buzz about the movies. Before these trailers were easily accessible on the internet, there were people who would buy movie tickets just to see the previews. We don't have huge production studios or the millions of dollars needed to create a trailer for your local multiplex, but we do have some coming attractions that you won't want to miss. (These have been modified by our editors so they are suitable for all audiences)

Premiering on February 5, 2011 will be the Super Bowl 10 Miler and 5K. The 10 mile distance is a daredevil adventure ride right along the anaerobic threshold. Your pace will fall right between your 10K and half marathon times and just above your 15K pace. South Carolina has had only a few 10 mile races in recent years. Greenville's Green Valley 10 mile race in February is the oldest, and Folly Beach's 10 mile beach run is the newest. Aiken had a great 10 mile race until just a few years ago when it died out, and the Super Bowl 10 Miler will be the first race of this distance in Columbia. Directed by the same group that put on the Labor Day race this past September in the North East, this race is poised to do well and attract a great crowd eager to run a new distance assuring a new PR! Don't miss out on your opportunity to run the first 10 mile race in Columbia!

Looking way out to March of 2012, it is the remake of the Columbia Marathon. This classic distance gets a new twist as the point to point course features many

of Columbia's favorite landmarks: the Lake Murray Dam, the Vista, 5 Points and a finish at the State House. It's been almost 10 years since a marathon was last held in Columbia and in that time the number of marathon runners has increased dramatically. This event created by independent film (or race) director Dan Hartley has already generated a lot of buzz around town. There will be a half marathon and other events tied into this event and you can get more information here:

<http://www.columbiascmarathon.com/>

The trouble with movie previews is that they can often entice you into seeing a poor final product as anyone who ever saw *Ishtar* can verify. There are a large number of details that a first time event must work through to make sure that everything happens seamlessly. Runners are very picky consumers and expect a certain level of customer service that is very difficult to attain without some previous experience as a runner or a race director. Both of these events will benefit from their unique distances, but the organizers have a lot of work to do to line up volunteers, sponsors and work with the various law enforcement agencies to secure a safe course for the participants. It takes more than a flashy web-site or a worthy cause to make a successful race. Let's hope these newcomers are up to the task.

Now, on to our feature presentation.....

**Rick Gibbons**



**You Gotta be in it to Win it!**

**Don't forget to renew your membership!**

**Don't let your "Tour" points go to waste!**

## Steve's Story: DQ—Disqualified

*"It just doesn't seem fair" Eve said. "It was the other driver's fault." "If it was anybody's fault," Denny said, "it was mine for being where I could get collected" ...because you are responsible for where you are and what you are doing there. From the book "The Art of Racing in the Rain" by Garth Stein*

I never thought of myself as a cheater. But the facts were the facts, and the DQ along side my name made it official. "From hero to zero" as the saying goes. It all my 11 years of racing I had never even gotten a 2 minute penalty for drafting, let alone a DQ. But in the heat of the moment, I made, what would be considered, "a poor choice". And I had to pay the piper.

The race was a reverse Triathlon. You run the 5K, bike the 10 miles and finish with a short (150 yard) swim. It was going to be a fun day with no concern about "racing". At least that was the plan, but for those of you who know me, it was a short lived plan.

Five minutes into the 5K I found myself in 5<sup>th</sup> overall within 20 yards of 2<sup>nd</sup> thru 4<sup>th</sup>. The overall leader had already checked out and left no forwarding address. We were racing for 2<sup>nd</sup>. We surged and faded repeatedly during the 5K, and finished in the same pack, emerging as a group on the bike.

The bike began with a long climb on this 2 lap course. It was a hilly course with many technical turns to boot. The rider with the best climbing and anaerobic ability, or would just punish himself more than the others, would be rewarded. I fall into the latter category. The four of us continued the surge and fading of the 5K as we rode the bike. Coming to the end of the 1<sup>st</sup> lap, two of us broke free and set sail. I was now 3<sup>rd</sup> overall, yo-yoing from 50 to 100 yards behind the guy in 2<sup>nd</sup> overall. My focus became only on him.

I threw everything but the kitchen sink at him and he knew it as he kept peaking back, looking to see if his last move dropped me. I would not give him

the satisfaction. As we charged into a turn I made the decision to brake way late to close the gap as he had slowed, and that proved to be my undoing. But more on that later.

The bike continued through the 2<sup>nd</sup> lap with my inability to close the gap for good, and we came screaming into the transition area. I had an odd sense something was not right from the look of the timer, but chose to ignore him and hope against hope that my rival might cramp during the swim. Half way through the swim it was evident he would not fade, and third was mine. Also at that point, I realized a DQ was entirely possible. Upon exiting the water, the look I got said it all. DQ was written all over his face.

I had no excuse nor had any argument. With a clear head, the race being over, I knew the infraction was mine and I had no one to blame but myself. The heat of the moment had ruled the day.

And what was the infraction? Cutting the bike section of the race course short. You see in Triathlon the athlete is responsible for knowing the course, regardless of what the volunteer says. In my case, the volunteer sent the guy I was chasing off course. And I followed in hot pursuit.

Only during the swim did the mind realize that we never saw the overall leader's bike in transition as we raced to the pool, nor did we see him on the side of the course nursing a failed bike. Then I didn't remember climbing the quarry hill twice. By the end of the swim it all added up. We were BOTH disqualified.

But I had to laugh. I had so much fun during that 5K and 8 mile bike (yep, supposed to be 10 miles...) doing everything I could to catch him, that it was a thrill. If I had been clear of mind, ignored the volunteer, gone straight and followed the course I would have soloed in 2<sup>nd</sup> overall with the knowledge my rival gotten hoodwinked. No fun in that! Nope, wouldn't change a thing.

## In the News: Race Director is Here to Stay

Since May of this year, when I decided not to run the Richmond Marathon because a once-in-a-lifetime opportunity fell in my lap, I have been referred to as “the new Governor’s Cup Race Director.” I must have heard it a million times. That’s kind of a heavy title, as the Governor’s Cup is one of the oldest road races in South Carolina and was one of the top three largest in Columbia (this year it became the largest road race in the history of Columbia ... no pressure on me as a first time race director).

In the months and weeks leading up to “the big day” I had been flooded with so many thoughts and emotions. I have run a number of road races over my 10 years as a runner and tried to remember what I liked and didn’t like about the races I ran, what worked and didn’t work, what my friends who ran the same races thought, etc. I have also been on the Providence Heart and Sole Race Organizing Committee for two years, serving as Expo Chair, and have worked with veteran race director Jeanna Moffett, as well as a solid race organizing committee who has pretty much remained the same committee members since the first Heart and Sole race nearly 10 years ago. They have it down pat and every year, they know exactly what to do.

But this was different than being a runner of a race, or even being Expo Chair for Heart and Sole. I knew very well this would be a big challenge. The Governor’s Cup has a long history full of ups and downs, good years and bad years, glory days and not so glory days. Regardless of all the choices the previous Governor’s Cup RDs have made that brought the Governor’s Cup to this point, one thing was certain: I was being referred to as “the new Governor’s Cup Race Director.”

This isn’t one of those things you mull over for a while or can be wishy-washy about. Before I said “yes,” I knew that if I was going to take this on I was going to jump in with both feet and not look back. And I did.

I won’t go into the details of what a wild and amazing ride this first years as Governor’s Cup Race Director has been. But I will say that in looking back I didn’t realize that when I agreed to take on that Race Director title I was really saying “I do” to the Gov’s Cup. It is a commitment, through thick and thin, through good times and bad.

But still, even though I heard it a million times and I knew it was me people were talking about when they said “the new Governor’s Cup Race Director,” I don’t think it really hit me until about 1 p.m. on race day when the Gov’s Cup Race Organizing Committee, representatives from the Carolina Marathon Association and the Columbia Running Club and I were all sitting at lunch post-race with Bill Rodgers at Pawley’s Front Porch. Toasts were made on the success of the race, and stories and laughs were exchanged.

I took a dazed moment among all the running chatter and thought quietly to myself with a smile on my face: there were a few hiccups and many things that can be planned better for next year, but no one got hurt, no one got lost, the weather was awesome, runners and walkers enjoyed the race, PRs were made, the crowd loved the food, Cocky, the music, and for about 5 hours the morning of November 13, 2010, 38 years after the first Governor’s Cup, people were still experiencing and enjoying Columbia’s Marquee Running Event, the Governor’s Cup.

“Ok,” I thought, “NOW I can call myself the new Governor’s Cup Race Director.”

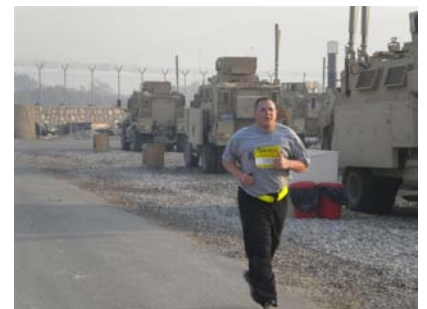
The Governor’s Cup Race Director could not have brought the Governor’s Cup at the level it was on Saturday without help of some very committed, hard-working volunteers: I can’t thank you enough Carl Klein (Course Manager), Mark Stout (Start/Finish Line), Leesa Stout (Awards), Jenn Covington (Kids’ Run), Joyce Welch (Race Entertainment), Drew Williams (Fittest Company Challenge), and Theresa Penny (Water Stops); the Car-

# In the News: Race Director is Here to Stay

olina Marathon Association Board of Directors (Governing Body/Race Organization/Bill Rodgers Sponsorship), Strictly Running (Race Timing/Registration/Packet Pick-Up/Race Promotion/ Bill Rodgers Sponsorship); the Columbia Running Club (Promotion/Bill Rodgers Sponsorship) and our amazing Partnering Title Sponsor, Lexington Medical Center, who went above and beyond sponsorship dollars and had a huge hand in many race decisions and promoting the Governor's Cup. Planning has already begun for the 39<sup>th</sup> Annual Lexington Medical Center Governor's Cup and, believe me, you won't want to miss out on this one! See you on November 5, 2011!

By Naomi Chiorazzi  
LMC Governor's Cup Race Director

## In Afghanistan too!



## Race Day!



## Kids Cup!



# From the Road: Highlights from the Tour de Columbia

## Reports by Pete Poore

### Race summaries by John Gasque

#### *Ray Tanner Home Run featuring 12k and 5k runs – Carolina Stadium Home of the USC Baseball Team and Home of the 2010 National Baseball Champions – Saturday October 16, 2010*

The Ray Tanner Home Run 12k & 5k lacked only one component on the morning of the race; a registration table. There was no need to have one. The race had *sold out* all 1300 slots prior to race day. That number was the maximum allowed by law enforcement to keep the course safe for runners in both races and walkers.

I don't think anyone could have asked for a better day weather-wise. As I warmed up by jogging around the concourse of Carolina Stadium, I was mentally going over the 5k course that I would run later that morning. This course has no serious hills to worry about, with only a mild incline leading up to Huger Street and one on Huger itself.

The 12k and 5k are started separately with the 12k starting first after hearing from Coach Ray & Karen Tanner. Runners in that race take a two-block loop near the stadium and actually come back through the starting area before they head up Blossom Street toward the USC campus. It works out nicely since hundreds of 5k runners are standing along Williams Street adjacent to the stadium to cheer on the 12k runners as they clear the starting line for the second time.

We lined up for the 5k and also heard from Coach and Mrs. Tanner just before the start. The 5k takes you down Williams Street to a left turn on Blossom headed for Cayce. I didn't have a great start. I thought I was close enough to the starting line to get a good jump while staying out of the way of the faster runners.

Unfortunately I found myself behind a large crowd

of walkers who were very close to the starting line. I expected a little shuffling for a few yards before getting up to speed, but walkers don't shuffle. They just walk. Perhaps an announcement just before the start to ask walkers to move to the back of the pack would be a good idea next year.

As the 5k runners turned toward the Blossom Street bridge, the faster 12k runners were merging into the crowd as they were also crossing the bridge too. It was rush hour traffic on foot, but I think everyone made it across without losing too much time.

I turned onto State Street in Cayce and heard the faint sounds of the steel drums at the "Inspiration Station" which is one of the special attractions this race is known for. The Inspiration Station also marked the point where the 12k runners split off to follow that course, while the 5k runners continued on down State Street headed for the Gervais Street bridge.

As I approached the split in the course, I watched the 12k runners follow that path, and then I saw something I don't usually see. Jason Dimery, who would be the overall 12k winner, came blazing down the street on the 12k course, but in the opposite direction. He had already finished that loop. He turned the corner onto State Street just as I was going through the intersection.

I thought to myself, "Hey, you're only two miles from the finish and you're right behind the leading 12k runner!" Of course by the time I completed that thought...he was gone, long gone.

After crossing the bridge, making my way to Huger Street and then getting to the top of that little incline on Huger, I could see the lights of the stadium and everything left was either downhill or flat. So I stepped up the pace to reach the barn doors in the stadium that led to left field and home plate for the finish. The path in the outfield was lined with cheerleaders who urged you on, and WIS-TV's Sports Director Rick Henry was on the PA system welcoming all the runners to home plate.

# From the Road: Highlights from the Tour de Columbia

It was time to throw my chip in the bucket and grab a couple of hot dogs. What else would you have for a post-run meal at the home of the University of South Carolina 2010 National Champions!!

In the 12k Jason Dimery 28 took first place with a 42:20 with Amy McDonough 33 the first woman to cross the finish line with a 46:26 good for sixth place overall. Randy Finn 34 won the 5k with a 17:53 with Sarah McClean 47 the first woman to finish taking 12<sup>th</sup> overall.

There were 226 5k finishers last year with a much more than double increase to 566 for this year and on the 12k side there 259 finishers in 2009 with a big increase to 428 this year. Let sell this event out again next year when it is held on October 15, 2011!!!

## **Race to Read 8k – Lugoff – Saturday October 23, 2010**

This is not a new race but new to the tour. The race attendance was hampered by runs that day in Blythewood (100), Irmo (147) and an unknown number of runners who participated in a Governor's Cup preview run. There were 45 runners who crossed the finish line with Alex McDonald 35 winning with a 32:37 and Susan Alder 44 finishing as the first woman and 10<sup>th</sup> overall with a 39:51.

## **Bizarre Bazaar 5k – Spring Valley Presbyterian Church – Saturday November 6, 2010**

The Bizarre Bazaar 5k sponsored annually by the Spring Valley Presbyterian Church is normally the first race of the fall where I break out some warm-up clothes to fend off the morning chill. But this race got pushed back a little bit on the calendar this year and the cool temperatures on the morning of the Ray Tanner Home Run event brought out

the warm-ups in the middle of October.

So it was chilly and daylight had not really broken yet when I pulled into the Spring Valley High School parking lot across the street from the church. The registration table was set up under a street light, otherwise the volunteers would have needed flashlights to check names and hand out bibs.

By the time I got checked in and walked back to my car, daylight had arrived. I paired up with Henry Holt to run some warm-up laps around the high school parking lot. I was also mentally going through the course which hasn't changed in years and there's no need to change it. I recalled John Gasque's reminder that the worst of the hills is near the end of the course.

We lined up for the start and took off at 8 a.m. We made the short run up Sparkleberry Lane, and then turned left down the long, long straightaway. I didn't run with sunglasses that day because the skies were a bit overcast.

As I was making my way down the long, straight section I was thinking that the sun would break out just as I made the next right turn which takes up an incline and if the sun is out, you can't see two feet in front of you, but the sun stayed tucked away behind the cloud cover.

The incline didn't hide though, but it's short and leads you to a right turn and another relatively long straight section where you can see the golf course on your left. I didn't see any duffers out that morning, but I did see something I've never seen before.

This second long straightaway takes you to a left turn that is essentially a run around the block to send you back down the straight stretch in the other direction. As I was moving down the stretch toward the turnaround point, I saw a runner off in the distance wearing a bib coming at me. At first I thought it was someone who had to drop out of the race to attend to an emergency. Then I realized this runner was moving way too fast not to be still in

# From the Road: Highlights from the Tour de Columbia

the race.

I watched as Jason Dimery flew by headed for the last part of the course. I've run this race many times and I was running at a normal pace for me that morning, but I've never seen any of the leaders run fast enough to pass me before I reached the turnaround. Oh, to be young again.

I ran on through the turnaround and proceeded on. I took the last and what I think is the toughest hill without too much trouble, and then ran back to the finish line. One of the better features of this course is that the last hundred yards or so are downhill, so it's easy to burn whatever you have left for the finish.

Attendance at this race seemed to be down just a little. This year some cycling events were added to the program which thinned out the awards ceremony even more as some runners became cyclists after the 5k.

In addition, this was the weekend of the New York Marathon. I don't know how many runners who would normally run in Columbia had gone to the Big Apple to run there. I do know that Teo Gamishev was going to run the five boroughs the next day, so things weren't quite as lively at the Bizarre Bazaar as they could have been.

Jason Dimery 28 won with a 17:22 and Kristin Schmitz 29 was the first woman to cross the finish line finishing with a 22:16 good for 22<sup>nd</sup> overall. There were 98 runners last year and 77 this year.

## Governor's Cup 1/2 Marathon and 8k – State House – Saturday November 13, 2010

I received an email early in the week before that Saturday's Governor's Cup urging me to go to Strictly Running for early packet pick-up. The email reported that 2257 runners had already signed up for the half-marathon and 8k.

I had taken advantage of the early registration period in August to get the discounted fee and not let signing up for the 8k slip through the cracks once fall came and life gets busier. So I dropped by the shop in the middle of the week as the email suggested.

I was given a bib that not only had a number but my first name printed on it as if I were an elite runner in the New York City Marathon. Then I was handed a chip that looked like a real chip, but was wafer-thin. I was told it was disposable and there was no need to turn it back in at the finish. Pretty cool.

On race day I got myself parked about halfway between the starting line on Gervais & Main Streets and the finish line in front of the USC Horseshoe on Sumter Street. Daylight hadn't broken yet, the car was warm and I had about an hour before the two races would start. A short nap would have been good, but I had visions of waking up to see people dismantling the finish line area. So I got out of the car to warm-up slowly by simply walking around the State House while mixing in some easy jogging down Main Street.

The half-marathon began at 7:30 and I stood in front of the Supreme Court building to watch. Marathoner Bill Rodgers was in town to promote running and was the starter for the 13.1 mile event. Once those runners cleared the starting area, I joined the crowd to line up for the 8k. I found a sunny spot down behind the pack to stand in while waiting for the start. It was a bit chilly and I was in shorts and a long-sleeved technical shirt.

When the 8k started, we were running in the shade down Gervais Street and I had thoughts of my warm-ups tucked away in the car as the morning chill hung on. But by the time I reached Pickens Street and broke into the sunshine those thoughts went away.

I was keeping up with the pace I wanted to set and everything in general was going well. Somewhere on Millwood Avenue just before the turn onto

## From the Road: Highlights from the Tour de Columbia

Devine Street I was glad my warm-ups were in the car and not on me. I also noticed a fleece-lined nylon jacket had been tossed to the side of the road along with some long-sleeved cotton shirts to keep it company. Must have been newbies who overdressed.

I was still running fairly well on Devine Street. I recall passing the “Kicks” shoe shop and a little voice in my head saying, “if you were running the Get in the Pink run, you’d be finished.” I ignored the voice and continued enjoying my run.

A couple of blocks past Kicks, a Columbia Police officer was controlling traffic at the intersection. I heard a voice crack on her radio that said “the runners have reached Shady Lane & Milford.” I’m not familiar with that intersection but I know where Shady Lane is, and that gave me visions of being passed by the lead half-marathoners, but that didn’t happen.

Further on down Devine just above Five Points, the little voice piped up again saying, “if you were running the Get to the Green race, you’d be finished.” This time I told the little voice to shut up and leave me alone.

As I wound through Five Points proper, I started to think about “The Hill” on Blossom Street. But my thoughts were not of fear, just preparation. In my mind, “The Hill” doesn’t start until I pass a park bench on Blossom at Pickens Street just below the tall women’s dorm on the USC campus.

When I reach that point, it’s time to start shortening my stride but keep up the pace. There was a band playing on the opposite side of Blossom Street so someone among the race organizers must also think “The Hill” starts there and provided some live music to help us all get to the top.

I was pretty satisfied with my strategy because I was still maintaining my pace and still enjoying the run. A couple over to my right was running at about the same pace. The female was making it but she was suffering. Her male companion was en-

couraging her every step of the way, but she would respond with comments like, “my legs are falling off.” I tried to tune her out and draw off her partner’s encouragement.

Somewhere near the right turn onto Sumter Street, I felt a little tug at the top of my left hamstring. It was not painful, just a little message to let me know it was feeling a little tight. I got up on my toes a little more and that actually seemed to work to relieve the tightness.

The dirty little secret about “The Hill” on Blossom Street is that it doesn’t stop on Blossom. The right turn onto Sumter is an incline too. It’s not all that difficult by itself, but after conquering Blossom Street, the last thing you want to do is continue running uphill. The good news is that Sumter Street starts flattening out at about the rear of Longstreet Theatre. The better news is that the finish line is only a half-block away.

Once I crossed the line, I was thankful that I didn’t need to bend over to remove my chip, and I walked past the refreshment tables loaded with bagels, energy bars, bananas and bottles of water. The tables were manned by eager young volunteers who filled your arms with these treats even if you weren’t reaching for them.

I finished 5<sup>th</sup> in my age group, but I stuck around to watch friends pick up their age group awards. Then I passed the kids’ races which were going on further up Sumter Street as I walked to my car. I had enough running for one day. It was time to let younger legs carry on.

Matthew Whitis 42 won the ½ Marathon with a 1:14:06 with Danielle Crockford 29 the first woman to cross the finish line with a 1:24:03 good for 10<sup>th</sup> overall and Eric Ashton 42 ran the 8k and won with a 26:20 while Susi Smith 51 was the first woman and 16<sup>th</sup> overall with a 32:43.

Continuing a pattern from last year there were big numbers gained in the ½ Marathon, 671 in 2009 and 931 in 2010, and the 8k, 488 in 2009 and 615

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in 2010. Saturday November 5, 2011 is the date for next years Governor's Cup. For planning purposes USC is away that Saturday playing Arkansas.

## Coming Up

By the time you read this there will be two tour races left in 2010;

December 18 - Rudolph's Rampage ½ Marathon – Harbison State Forest

December 26 – Cold Winters Day 5k – Forest Acres

This will be your final chances to get tour points for this year. Our ever growing awards dinner will be in January so if you are in a tight age group or overall point race make sure you run these events. Also make sure you are a member of the Columbia Running Club by December 31 so you can qualify for end of the year awards. Details on the awards dinner will be coming soon.

Remember for most races you can download flyers or register on-line at [www.colarunclub.com](http://www.colarunclub.com) and [www.strictlyrunning.com](http://www.strictlyrunning.com)

Until the time I will see you From the Road.

## 2011 RRCA SC State Cross Country Championship

# Resolution Run 10K

**At Sesqui State Park**

**January 8, 2011**

The *2nd Annual Resolution Run 10K* is a fund-raising event planned by the Richland Northeast Cross Country and Track Teams. Chosen as the Road Runners Club of America SC Cross Country Championship race for 2011, the race will take place on the 10K off-road bike trail at Sesquicentennial State Park in Columbia. The Resolution Run is also part of a new five-race trail series called the *Carolina Trail Championship Series*.

### Events Schedule

|  |          |
|--|----------|
| Packet Pick-up & Race-day Registration | 8:00 am  |
| 10K Run                                | 9:00 am  |
| 3.5 mi Walk                            | 9:05 am  |
| 10K Awards                             | 10:20 am |

### Open 10K Awards & Age Groups

*Cash Awards* will be presented to the 1st, 2nd & 3rd overall Male and Female, and 1st Overall Male and Female Masters winners.

*State Championship Plaques* will be presented to Male & Female Open, Masters, Grand Masters and Senior Grand Masters winners

*Age Groups Awards* will be presented to the top three finishers in each age category: 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, and 70+.

All runners will be eligible for *Tour de Columbia* points.

All registered 10K Run and 3.5mi Walk participants will be eligible for terrific door prizes.

### Driving Directions

From I-20: take exit 74, turn left onto Hwy 1 (Two Notch Road), travel 3 mi, park will be on the right.  
From I-77: take the Hwy 1 (Two Notch Road) exit, go N on Hwy 1 for 1.5 mi. Park will be on the right.



Registration Fees Save \$2.50 on mail-in fees below by registering online @ [StrictlyRunning.com](http://StrictlyRunning.com)

| Event           | By 12/31 | Race Day | No T-shirt option |
|-----------------|----------|----------|-------------------|
| 10K Run         | \$25     | \$30     | \$20/25           |
| 10K Student fee | \$15     | \$20     | \$10/15           |
| 3.5 Mile Walk   | \$20     | \$25     | \$15/20           |

All *pre-registered* participants are guaranteed a long-sleeve T-shirt.

The \$2.00 park entry fee for those 16 and over will be covered for participating athletes. All others should be prepared to pay at the gate.

### Contact Information

For additional information, call Ginger Belka, Head Cross Country Coach at RNHS @ 803-556-6295, email [gbelka@richland2.org](mailto:gbelka@richland2.org) or visit our website @ [www.mh.richland2.org/~gbelka/Resolution\\_Run.html](http://www.mh.richland2.org/~gbelka/Resolution_Run.html).

For more information about the exciting new *Carolina Trail Championship Series*, visit [www.mh.richland2.org/~gbelka/CTCS.html](http://www.mh.richland2.org/~gbelka/CTCS.html). For more information regarding the *Road Runners Club of America*, visit [www.rrca.org](http://www.rrca.org).

Join the **Columbia Running Club**  
 for a post-race social  
 at Sarah Blackwell's house  
 following Cold Winter's Day 5K  
**3846 Eureka St, Columbia 29205**  
**Please bring something to share**

**5th Annual**  
**RED NOSE RUN**



**Saturday, January 29, 2011**

**10K 8:00 a.m.**  
**5K 8:15 a.m.**

*All races start and end at Colonial Life Arena*  
**Register Now at**  
[www.StrictlyRunning.com](http://www.StrictlyRunning.com)



**All Proceeds Benefit Ronald McDonald House  
 Charities of Columbia, SC**

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