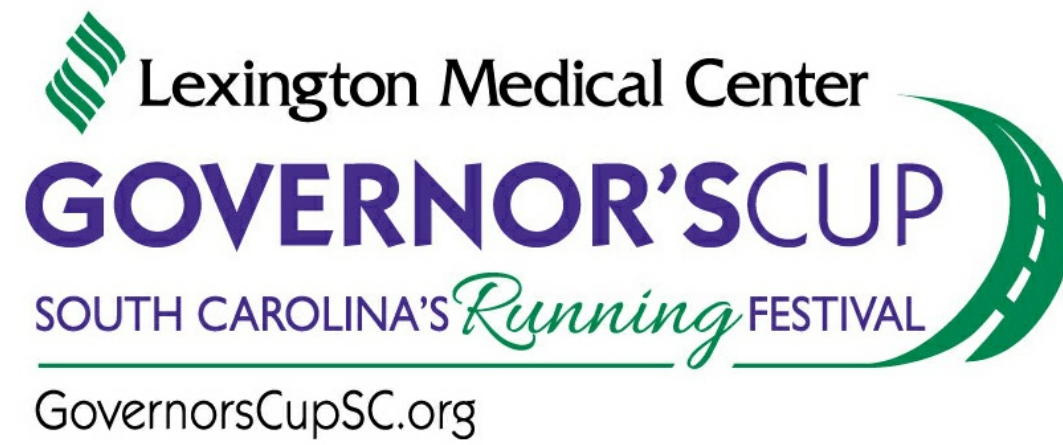


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Governor's Cup Road Race 2017; Registration is Open!

The Lexington Medical Center Governor's Cup Road Race will be held on May 19-20, 2017, and super early bird registration fees are now available through July 31, 2016. The following super low prices apply: Half Marathon \$40, 5K Run/Walk \$20, Main street Mile \$15, combo Half Marathon and Main Street Mile \$50, and combo 5K and Main Street Mile \$30. [Register now](#) at the lowest possible pricing.

2017 race information has been posted on our web site. If you have any questions about our 2017 events, please contact us at 803-960-6202 or govcupsc@gmail.com.

Governor's Cup 2016



Thank you to everyone who ran or walked in the 2016 Governor's Cup. A special thanks goes to those of you who took a few minutes to fill out our survey. Your responses help us put together the best possible events every year.

Many of you liked the fact that the race course includes historical landmarks, a visit to the west side of the river, scenic neighborhoods, and lots of shaded areas. You also praised our course support, the City of Cayce firefighters who cooled us down, and our Spirit Corps (25 locations on the course!).

"Running under the water from the firetruck!" shared Julia Norcia about her favorite aspects of the 2016 race. "I also like that it's in my hometown and I get to see so many people I know." Julia has run the Governor's Cup half-marathon for six straight years, has been a top runner in the Masters division for the past five years, and finished third in the Masters division this year. A part-time Lexington Medical Center employee, she finds that her half-marathon medal is "a reminder of the fun of a 'traditional' yearly event and a terrific employer." She is fine-tuning her speed work and plans to return to Governor's Cup in 2017 to run our 5K.



Julia Norcia (left) at 2016 Governor's Cup Road Race.



Meet Shawanna White: Governor's Cup Runner and Olympic Trials Marathon Hopeful

Columbia's Shawanna White finished the Lexington Medical Center's Governor's Cup half marathon on May 16, 2016 with a time of 1:22:55. This was easily the fastest time in her age group, but it also put her as the third overall female about a minute behind a rival SC competitor, Caitlin Batten. Over the years, Shawanna and Caitlin have gone head-to-head in races where the winner was determined by a final sprint to the finish, and both have gotten their share of the victories. Congratulations to both women for a great job at this year's Governor's Cup.

Flashback 20 years, Shawanna began running in her sophomore year at D.M. Therrell High School in Atlanta. Shawanna states she started running "because my high school coach saw me in the office one day and asked me to run track. I told him he would have to ask my grandma. She said yes, but only if he brought me home because it would be too late to ride the bus and there was no family car to be used." The coach agreed and she ran track and cross country in high school with best times of 2:23 in the 800, 5:25 in the 1600, and 12:04 in the 3200.

Shawanna had several scholarship offers and chose Division Two University of West Georgia because it was in Carrollton, Georgia, only about an hour away from her home. Shawanna was all conference in cross country all four years and finished second in her conference in her junior year. She graduated in 2004 from the University of West Georgia with a B.S. in Physical Education.

[Read more...](#)

Stay Hydrated in the Heat

By Deb Iovoli, MS,RDN,CSSD,LDN,

It's summertime! This time of year brings heat and humidity and the need to consume more fluids on a daily basis, especially when running or exercising. Dehydration certainly affects our training and racing performance. As little as two percent of body weight lost in fluids can impair performance.

Fluid balance is vital to normal cardiovascular and thermoregulatory functions (body temperature). Dehydration increases the risk of other heat illnesses, too, such as heat exhaustion and life-threatening heatstroke, especially in hot, humid weather or higher altitudes. Mild dehydration over time has been linked with increased cancer risk, reduced salivary gland function, kidney stones, and even fatal heart attacks.

[Read more...](#)

Governor's Cup Road Race Trivia

The first person who gets this correct will win a free entry to any 2017 Governor's Cup Event. **In order to win, you must post on our FB page the correct answer(s).** Here is your question:

What are all of the USATF qualifying standards for the men and women's Marathon Olympic Trials?



Carolina Marathon Association
1215 Anthony Ave.
Columbia, SC 29201

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