

RUN THE CUP 2020

Feb 21 & 22, 2020 • GovernorsCupSC.org



2020 Participant Guide

Welcome to the 48th 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.

Columbia's Running Festival kicks off on Friday, February 21 at 1312 Main Street where several hundred kids participate in the Kid's Main Street Mile. After kids and families participate in this fun run, we shift gears to our open and elite adult Main Street Mile.

On Saturday, February 22, the Half Marathon begins at 8:00 am and the 5K Run/Walk will follow at 8:20 am. Both races will provide a fun, challenging, and scenic course that includes historic areas and will include entertainment with 22 Spirit Corps locations on the course. Our finish area includes music, food, vendors, and activities leading up to our award ceremonies and post-race celebration.

It is also great to know that The Governor' Cup Road Race 5K has been selected to be the 2020 RRCA Southern Regional Champion. The Half Marathon has also been selected as the 2020 RRCA State Championship.

Governor's Cup Road Race is pleased to announce that we will be donating a portion of our proceeds back to Girls on the Run. Girls on the Run inspires girls to recognize their inner strength and celebrate what makes them one of a kind.

Sincerely,
The Governor's Cup Road Race Event Committee

Participant Information

PACKET PICK-UP

- Packet Pick-up will be at the Marriott on Friday, February 21 located at 1200 Hampton Street between 10:00 a.m. – 7:00 p.m.. **NO RACE DAY REGISTRATION.**
- On Saturday, February 22, you may pick up packets from 7:00 to 8:00 a.m. at the Marriott.

Kids Main Street Mile participants: Packet Pick-up on Friday, February 21 from 10:00 a.m. – 4:00 p.m. at the Marriott located at 1200 Hampton Street and from 4:30 p.m. – 6:00 p.m. at the First Citizens Plaza located at 1230 Main Street.

5K and Half Marathon packet pick-up will remain at the Marriott until 7:00 p.m. on Friday, February 21.

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. *For packet pick-up*, The Columbia Marriott offers on-site parking at the Sumter Street Garage for \$1/hour up to \$10/day.

There are several garages located around the city as well as street/metered parking. Availability will be on a first come, first served basis. The Park Street garage is available on Saturday and is the garage near the finish line. It is also \$1/hour up to \$10/day.

We highly recommend carpooling or taking an Uber/Lyft/Taxi as well as arriving at least 45 minutes prior to your race start to alleviate race stress!

HALF MARATHON TIME LIMIT

The half marathon course has a 3 hour, 15 minute time limit (14:53/mile). Because aid stations, volunteers and police will not be available to participants who fall below this pace, runners will be asked to leave the course for their own safety after the 3:15 hour mark. If participants choose to continue running after the course is closed, they do so at their own risk and will be asked by the Columbia Police Department to move off the streets.

WATER STOPS, BATHROOM AND MEDICAL SUPPORT

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

Water Stop 1 and Bathrooms: Past mile 1.5 (both 13.1 mile and 5k)

Water Stop 2: mile 2.9 (*new this year*)

Water Stop 3: mile 4

Water Stop 4 and Bathrooms: Past mile 6.5

Water Stop 5: Past mile 7.9 (*new this year*)

Water Stop 6, Bathrooms, GU and Medical: Mile 9

Water Stop 7 and Bathrooms: Past mile 10.2

Water Stop 8: Past mile 11.8

Water Stop 9: 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.

AWARDS

2020 Governor's Cup Road Race Half Marathon, 5k, and Main Street Mile Awards:

Overall top 5 male and female awards will be presented to both the Half Marathon and 5K runners.

Half Marathon - top 3 in following age groups for the Half Marathon for both male and female: 19 and under, 20-24, 25-29, 30-34, 35- 39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over.

5K - top 3 in the following age groups for both male and female: 14 and under, 15-19, 20-24, 25-29, 30-34, 35- 39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over

Main Street Mile- top 3 in the following age groups for both male and female: 14 and under, 15-19, 20-24, 25-29, 30-34, 35- 39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over

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

- Friday's award ceremony will begin as soon as the elite competition concludes at 7:20 p.m. in the First Citizen's Plaza
- Saturday's awards ceremony for 5K will begin at 9:30 a.m. and awards for the half marathon will begin at 10:30 a.m. located at the Finish Line Festival.

AWARDS, MEDALS AND T-SHIRTS AFTER THE RACE

Awards, Medals and 2020 t-shirts can be picked up at Queens Communication located at 1215 Anthony Ave, Columbia, SC 29201 (803) 779-0340. They will retain the unclaimed awards and medals until the end of March.

FINISH LINE FESTIVAL

- Come and enjoy a warm bowl of grits served and provided by Dupree Catering.
- We will also have bagels, fruit and pizza in our food tent.
- Merus Coffee will be handing out complimentary coffee.
- Sweetwaters will be handing out complimentary hot chocolate and cold brew.
- Need medical attention? Stop by the medical tent provided by Drayer Physical Therapy.
- Massages provided by Fuse Massage.
- ASTYM treatments provided by Core Astym.
- Fleet Feet will have a store open so make sure to bring your cash or cards!
- Don't forget to stop by the Selfie Station brought to you by the Columbia Fireflies.
- There will be a bag drop pick up table located at the corner of Senate and Park on the corner by the Hilton Columbia Center. Make sure to stop by there to retrieve your bag.
- 2019 and 2020 shirts will be on sale at the Bag drop table.
- Triple Crown winner? Make sure you get your triple crown medal at the finish line!

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.

If you are volunteering for the event, please make sure to stop by the Columbia Marriott on Friday, February 21 between 10 a.m. - 7:00 p.m. to get your volunteer shirt.

Please make sure your shirt is visible to participants, therefore please consider this when choosing your shirt size. We appreciate all that you are doing to help us with an incredible event!

RACE PHOTOS

Race photos will be available on the Governor's Cup website at www.Governorscupsc.org and on our Facebook page at @Governorscupsc the week after the race.

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.

Event Details and Course Maps

February 21

Main Street Mile: 6:30 p.m. (open) and 7:00 p.m. (elite).

Kids Main Street Mile: 6:00 p.m.

1312 Main Street

February 22

Half-Marathon: 8:00 a.m.

5K: 8:20 a.m.

1312 Main Street



Half Marathon begins at 8:00 a.m. and will close at 11:15 a.m.

The half marathon course ties Columbia to its sister cities on 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.



PRESENTED BY
**LEXINGTON
MEDICAL CENTER**

5K Course



The 5k begins at 8:20 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-Simons Cottage, South Carolina Governor’s Mansion, and The Vista.

PRESENTED BY



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)

SUPPORTED BY



Thank you Sponsors!

Presenting Sponsor



**LEXINGTON
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5K

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Kids Main Street Mile

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AND A
TRUCK.**

"Movers Who Care."



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