

# Running the Cup

Lexington Medical Center sponsored the 48th annual Governor's Cup Road Race on February 22. Hundreds of hospital employees ran the course as part of Team LMC.

The Lexington Medical Center Governor's Cup Road Race is one of the oldest continuously operated road races in the Southeast. The Carolina Marathon Association designed the courses to pass many notable sites and attractions in the Greater Columbia area.

"Before joining LMC, I was not a runner. Ten years ago and shortly after joining LMC, I ran my first half marathon — the Lexington Medical Center Governor's Cup Road Race. On February 22, I was so proud to be a part of Team LMC to run my 50th half marathon! I'm so proud to work for an organization that promotes a healthy community and sponsors the state's longest-running road race," said Aneesah Deen-Carlos, assistant director of Staff Development.

In addition to the 5K and half-marathon events on February 22, the Lexington Medical Center Governor's Cup Road Race included a Friday night Main Street Mile for elite and recreational runners on February 21. Kids also joined in the fun Friday night with the one-mile Kids Run.

