

"The Home Run"

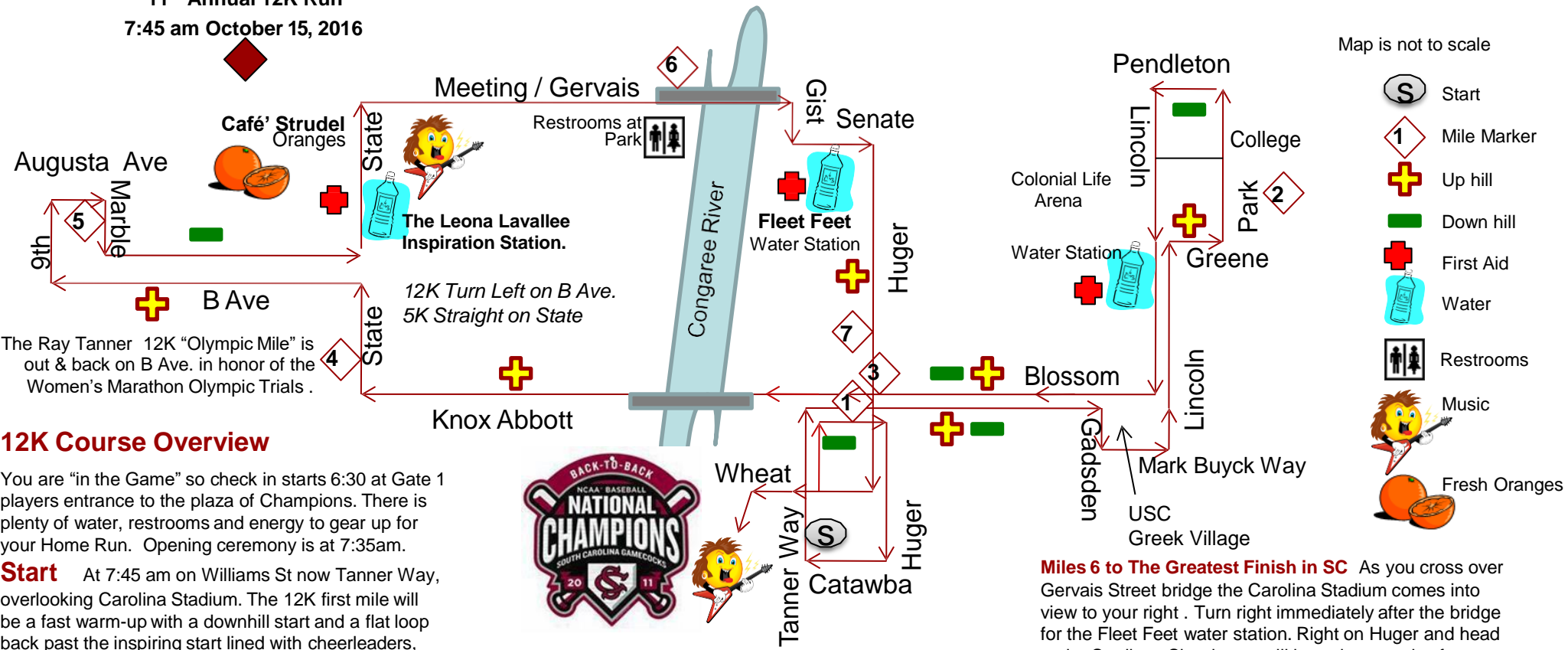


RAY TANNER

FOUNDATION
11th Annual 12K Run

7:45 am October 15, 2016

USATF Sanctioned Event and
Certified Course
SC10075B



Map is not to scale

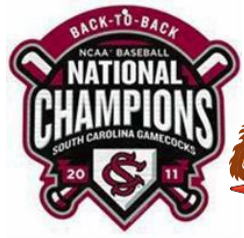
- Start
- Mile Marker
- Up hill
- Down hill
- First Aid
- Water
- Restrooms
- Music
- Fresh Oranges

12K Course Overview

You are "in the Game" so check in starts 6:30 at Gate 1 players entrance to the plaza of Champions. There is plenty of water, restrooms and energy to gear up for your Home Run. Opening ceremony is at 7:35am.

Start At 7:45 am on Williams St now Tanner Way, overlooking Carolina Stadium. The 12K first mile will be a fast warm-up with a downhill start and a flat loop back past the inspiring start lined with cheerleaders, fans, 5K runners waiting for their start and of course USC mascot Cocky.

Miles 1-3 Following your mile warm-up we head East on Blossom and get the heart rate up with a climb over the RR bridge. On the down side of the bridge you run through USC Greek Village then up Lincoln to the Colonial Life Arena. Make a right on Green to left on Park. At the two mile mark you turn left on Pendleton and begin over a mile downhill run. Turn left on Lincoln for first water station. Turn right on Blossom and you will notice the hill over the RR tracks is actually easier going West as you crest the top feeling strong.



Miles 3-6 You will have the 5 K runners and walkers in site now – keep to the right lane on the Blossom Street bridge and be sure to take in the view of the Congaree River. After the bridge up a quick hill on Knox Abbott to a right on State Street where you will enter the Ray Tanner Olympic mile. Celebrate as you run along the famous Blue Line marking the course of the 1996 Women's Marathon Olympic Trials. The 12K and 5K courses split here – you go left up – yes "UP" B Ave. Around the block at 9th Street then rejoice on 2 miles downhill to the finish. Be ready for the Leona Lavallee Inspiration Station and the Steel Drum Band. It will be one of the highlights of your day. Followed on State St by Café' Strudel fresh oranges.

Miles 6 to The Greatest Finish in SC As you cross over Gervais Street bridge the Carolina Stadium comes into view to your right . Turn right immediately after the bridge for the Fleet Feet water station. Right on Huger and head to the Stadium. Shortly you will hear the sounds of our new Party Zone on Wheat St and the finish line announcer. Turn left into the tunnel entrance of the ball park. **You must have your bib visible to the USC police and security as you enter the stadium.** Yes the cheers, cameras and banners are for your Home Run down the 3rd base line and across home plate. Today you are running in the footsteps of Back to Back National Champions! At the finish line you will receive your **10th anniversary commemorative 12K finisher medal and a special thank you gift.** Hotdogs, snow cones, fresh fruit, our famous PB&J sandwiches and sweet tea await you as you recover, tour the stadium, dance to the Band and cheer on the Kids Fun run which will be followed by the awards ceremony. **The 12K course closes at 9:15.**