

# "The Home Run"



## RAY TANNER

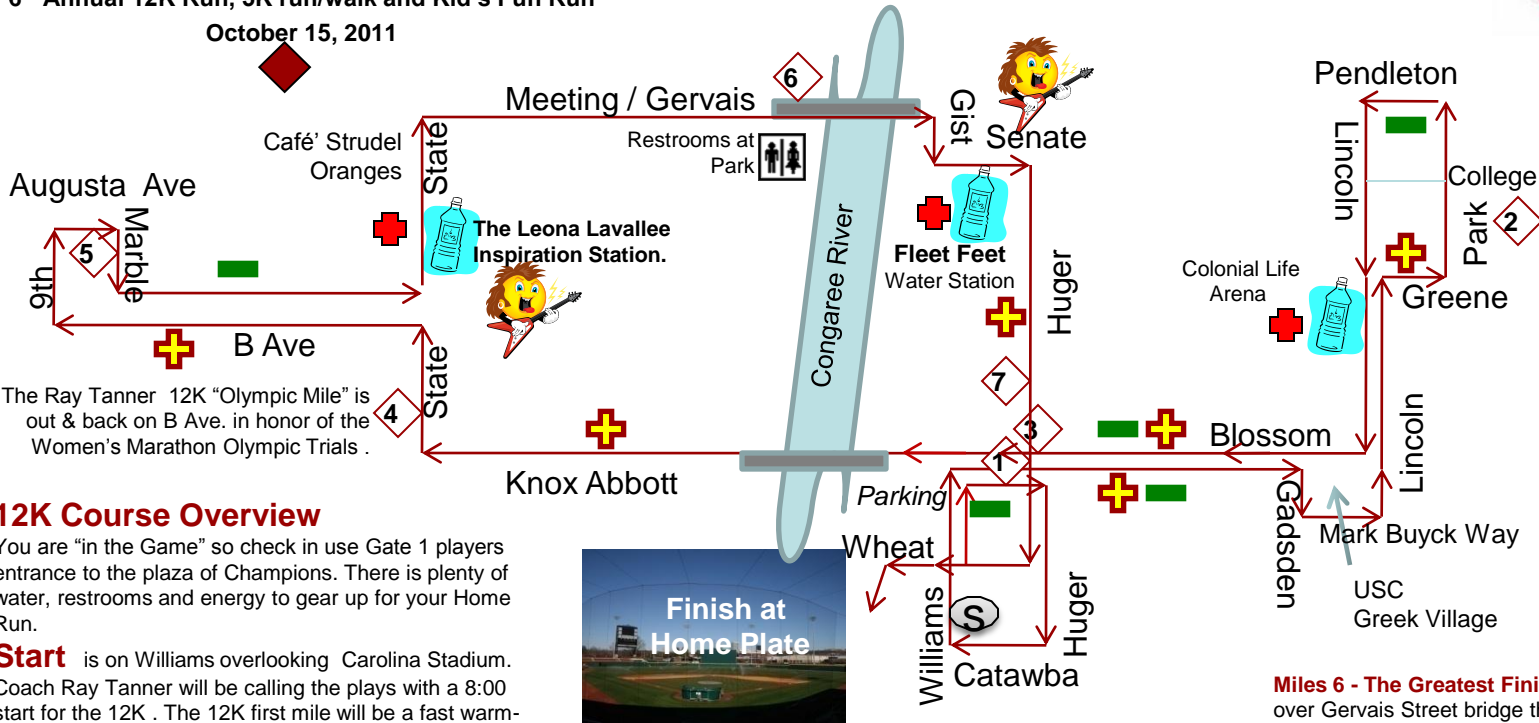
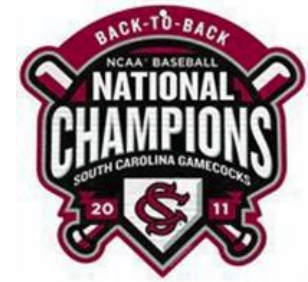
FOUNDATION

6th Annual 12K Run, 5K run/walk and Kid's Fun Run

October 15, 2011



### SC10075BS



Map is not to scale

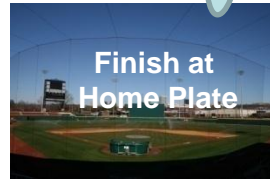
- Start
- Mile Marker
- Up hill
- Down hill
- First Aid
- Water
- Restrooms
- Music

### 12K Course Overview

You are "in the Game" so check in use Gate 1 players entrance to the plaza of Champions. There is plenty of water, restrooms and energy to gear up for your Home Run.

**Start** is on Williams overlooking Carolina Stadium. Coach Ray Tanner will be calling the plays with a 8:00 start for the 12K . The 12K first mile will be a fast warm-up with a down hill 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 for Columbia on Blossom and get the heart rate up with a climb up the bridge over the RR tracks. 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 down hill 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. Our steel drum band and spirited volunteers will take you 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. It will be one of the highlights of your day. Followed by Café Strudel fresh oranges.

**Miles 6 - 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 stop and our second band. Right on Huger and head to home plate. 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. 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! You will receive a commemorative 12K finisher medal. Hotdogs, snow cones, fresh fruit , our famous PB&J sandwiches await you as you recover, tour the new stadium and cheer on the Kids Fun run which will be followed by the awards ceremony.