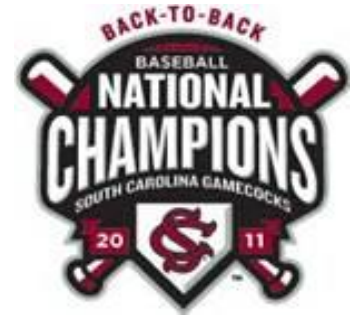


"The Home Run"

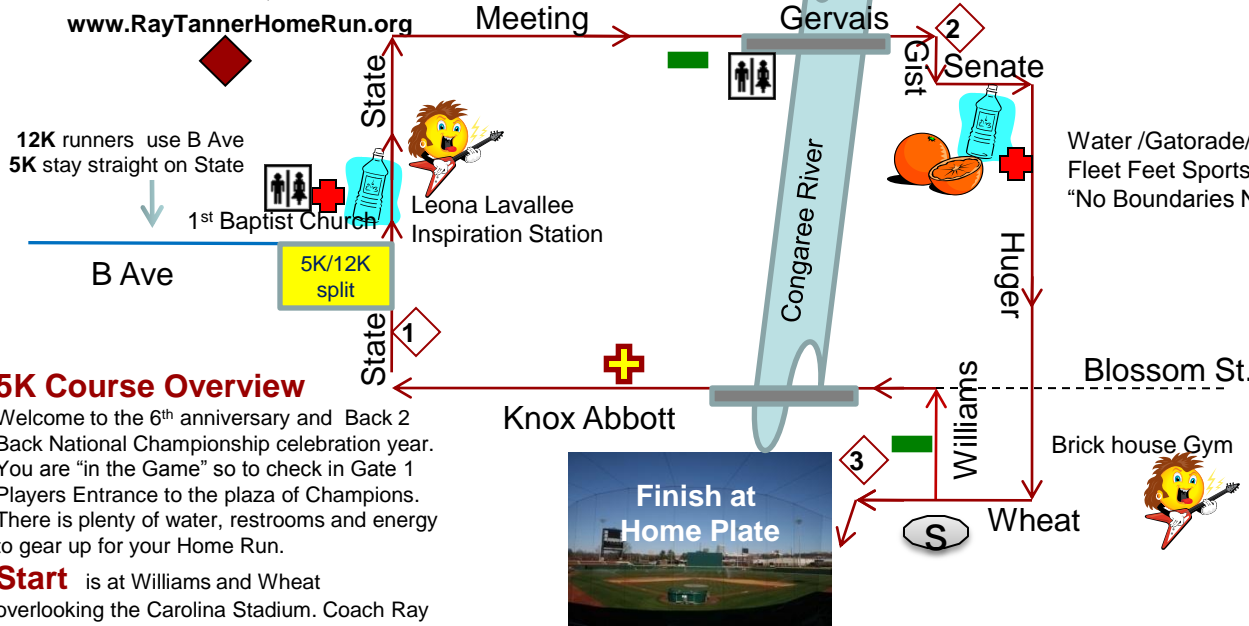
USATF Certified Course # SC10076BS



RAY TANNER
FOUNDATION

6th Annual 12K Run, 5K run/walk and Kid's Fun Run
October 15, 2011

www.RayTannerHomeRun.org



5K Course Overview

Welcome to the 6th anniversary and Back 2 Back National Championship celebration year. You are "in the Game" so to check in 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 at Williams and Wheat overlooking the Carolina Stadium. Coach Ray Tanner will be calling the plays with our opening ceremony at 7:50, 8:00 start for the 12K and 8:20 for the 5K. Cheering the 12K runners on at the start will take our energy up a notch. Then your down hill 5K start is lined with cheerleaders, fans and of course USC mascot Cocky.

Mile 1 Following our inspiring start we head for West Columbia on Blossom with scenic views off the Blossom St. bridge. **It is important to stay on the left until off the bridge as 12K runners will be on your right.** Get the heart rate up with a small hill then it's a right turn on State where shortly there is water to refresh us.

Miles 1-2 A band and very spirited volunteers on State St. welcome us to the famous Blue Line marking the course of the 1996 Women's Marathon Olympic Trials. The 12K runners split away from us for an uphill run on B Ave then back. No hill for us here. Bring out the Olympian in you – the 5K course is flat and fast now as you enter the Leona Lavallee Inspiration Station. This will be one of the highlights of the day for sure.

As we pass the unique W Cola storefronts we make a right on Meeting and head downhill to cross over the Gervais St. bridge. Looking right we can see the Carolina Stadium in the distance and picture success in our mind as we approach the 2 mile mark. We turn right on Gist St. for another spirited water stop sponsored by Fleet Feet with fresh oranges if you would like one. Then left on Senate and rock to our second band. With a right turn on Huger we head for mile 3 and our Home Run finish inside the stadium.

Water /Gatorade/Fresh Oranges
Fleet Feet Sports Columbia
"No Boundaries Now" Water Station

Map is not to scale.

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

The Greatest Finish in all SC As you cross over Blossom we hear the sounds of the finish line announcer. Turn right on Wheat St. to enter our new "Party Zone" then 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. You are running and walking in the footsteps of our back to back national champions. You will receive a commemorative 6th anniversary Back 2 Back National Championship medal for your 5K finish. 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. Enjoy your day. When you get in this game everyone wins.