



2026 Participant Guide

Welcome to the 53rd Anniversary of The Governor's Cup Road Race
which is presented by Lexington Health

Schedule of Events:

- FRIDAY, APRIL 10, STARTING AT LAUREL AND MAIN STREET
 - 6:15 P.M. - MAIN STREET MILE (OPEN AND ELITE)
 - 6:45 P.M. - KIDS' MAIN STREET MILE
- SATURDAY, APRIL 11, STARTING ON LINCOLN NEAR GREENE
 - 7:30 A.M. - HALF MARATHON
 - 7:45 A.M. - 5K RUN/WALK
 - 8:00 A.M. - FINISH LINE FESTIVAL

Thank you for supporting the Governor's Cup Road Race. We expect to meet the highest standards for competitive running events as our motto has always been, "Our events are managed by runners for runners." We appreciate your review and look forward to hearing from you.

Sincerely,
The Governor's Cup Road Race Event Committee

RUN THE CUP

Participant Information

PACKET PICK-UP

Packet Pick-up is Thursday, April 9 from **9 am - 6 pm** AND Friday, April 10, from **9 am - 4:30 pm** at Strictly Running located at 2515 Devine St, Columbia, SC 29205. Parking is available behind Strictly Running as well as street parking on Devine Street.

For **Kids' Main Street Mile and Main Street Mile Packet Pick-up** will move from Strictly Running to the event start area at 1830 Main St (between Laurel and Richland Streets) from **4:30 pm-6:30 pm on Friday, April 10**. Kid's packet pick-up and Main St Mile packet pickup will be closed between 3 - 4:30 pm on Friday, April 10 to allow for transition to the event area.

If you miss packet pick up on Thursday and Friday, then Half Marathon/5K can pick up packets beginning at 6:00 am on Saturday, April 12 at the start line.

Saturday, April 11, packet pick-up will be located near the starting line on Lincoln Street near Greene Street right by Colonial Life Arena from 6:00 am – 7:45 am. Please note if you arrive earlier than 6:00 a.m. we may not be set up quite yet and appreciate your patience.

Kids' Main Street Mile and Main Street Mile participants: Please note your packet pick-up location will change depending on the time of day you pick up. Packet pick-up will be held at Strictly Running which is located at 2515 Devine Street. This will take place Thursday, April 9 from 9:00 a.m. - 6:00 p.m. and Friday, April 10 between 9:00 am – 3 pm. **PACKET PICK-UP WILL MOVE!!!** If you plan to pick-up after 3 pm the location will change to Main Street United Methodist Church located at 1830 Main Street from 4:30 p.m. – 6:30 p.m.

***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.*

HALF MARATHON TIME LIMIT

The half marathon course has a **3-hour, 15-minute time limit** (14:53/mile). 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.

RACE TRANSFERS

If you need to change your race distance, please let Katie Miller know at the packet pick-up, 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. Contact info: Katie.Miller@governorcupsc.org.

AWARDS

Friday's award ceremony will begin as soon as the Kids Main Street Mile concludes at 7:15 p.m. near the intersection of Main and Laurel streets at the DJ Stage.

Saturday's awards ceremony for 5K will begin at close to 9:00 a.m. and awards for the half marathon will begin close to 10:15 a.m. Awards are located by the fountain at Colonial Life Arena during the Finish Line Festival.

Participant information

GUARENTEED SHIRTS

If you registered on or before March 26, your shirt size is guaranteed. Late registrants are first come first serve with shirt sizes, therefore please arrive early.

RAIN PLAN

The Governor's Cup Road Race, like most running events, is prepared to operate within a wide range of potential weather conditions. The Governor's Cup Event Committee maintains the right to delay, reschedule, modify, or cancel the event or components of the event. Decisions regarding any adjustments to the planned event will be announced, as early as possible, on the event website as well as via email and social media.

DOGS AND STROLLERS

The Carolina Marathon Association discourages runners from participating with their dogs and strollers. however, any runners or walkers with dogs must have dogs leashed and will be required to begin at the back to not impede other runners. Baby strollers are welcomed in the walk and will be asked to start in the back of the pack. Please always be aware of other runners and walkers.

BAG DROP

There will be a bag drop at the start area. Bag will be dropped at Packet Pick-up location right by Colonial Life Arena (look for the balloons). We ask that no valuable or fragile items be left in your gear. This drop area is only for gear, and there is no guarantee on your items. We do not accept responsibility for loss or theft. Any items left unattended at the starting line and/or finish line will be picked up and donated.

AWARDS, MEDALS, AND T-SHIRTS AFTER THE RACE

Awards, Medals and 2026 t-shirts can be picked up at Strictly Running located at 2515 Devine Street, SC 29205 (803) 799-4786 They will retain the unclaimed awards and medals until April 30.

VOLUNTEERS

If you are volunteering for the event, please make sure to stop by Strictly Running at 2515 Devine Street on Thursday, April 10 from 9:00 a.m. - 6:00 p.m. and Friday, April 11 between 9:00 am. – 4:00 p.m. to get your volunteer shirt. We are still in need of course monitors for Saturday (6-10 a.m. and 7-11 a.m.). If you can donate your time, email Katie.Miller@governorscupsc.org. We are offering a free 2027 Race Registration for anyone interested in becoming a course monitor on Saturday, April 11.



Schedule of Events

Main Street Mile

Friday, April 10 at 6:15 p.m.

Half Marathon

Saturday, April 11 at 7:30 a.m.

5K Run/Walk

Saturday, April 11 at 7:45 a.m.



Cash Awards

Half Marathon Awards

- **Overall Finishers:** The top three male and top three female finishers will receive \$1,000, \$750 and \$500.
- **Masters Finishers:** The top three male and top three female finishers will receive \$400, \$200 and \$100.
- **Grandmasters Finishers:** The top three male and top three female finishers will receive \$250, \$200 and \$100.

5K Awards

- **Overall Finishers:** The top three male and top three female finishers will receive \$500, \$300 and \$200.
- **Masters Finishers:** The top three male and top three female finishers will receive \$200, \$150 and \$100.
- **Grandmasters Finishers:** The top three male and top three female finishers will receive: \$150, \$100 and \$50.

Main Street Mile Awards

- **Overall Finishers:** The top five male and top five female finishers will receive \$500, \$400, \$300, \$200 and \$100.

Total Prize Purse: \$13,500

*If an athlete should qualify for prize money in both the Overall and Masters division, they will collect whichever prize money award is larger, and not both. If such an instance occurs, the next athlete in the division will move up one spot and collect the prize vacated by the first runner.



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Water Stop Information

WATER STOPS, GU, PORT-O-JOHNS AND MEDICAL SUPPORT

There will be water and port-o-johns located at the start and finish lines as well as throughout the 13.1 mile and 5K courses.

Water Stop and Port-o-johns Stop 1: mile 1.9 (13.1 mile and 5k)

Water Stop and Port-o-johns Stop 2: mile 3.8

Water Stop and Port-o-johns Stop 3: mile 5.5 (GU at this stop)

Water Stop and Port-o-johns Stop 4: mile 7.5

Water Stop and Port-o-johns Stop 5: mile 8.5 (GU at this stop)

Water Stop 6: mile 10.5 (Gu at this stop)

Water Stop and Port-o-johns Stop 7: mile 11.7

There will be first aid kits at each water stop

There will be medical, police and EMS personnel throughout the course, as well as dozens of course volunteers keeping our participants and spectators safe.

SPIRIT CORPS ALONG THE COURSE

We have 7 entertainment groups stationed around the course to cheer on the participants. Thank you to all these groups for cheering on our walkers and runners!

- Boy Scout Troop
- USC Carolina Sound
- Christy Mills Dance Academy - Town Tappers
- Betty White Fan Club
- Presbyterian Community of South Carolina
- Doug Allen Trio
- Women's Club of Cayce

Finish Line Festival

2026 EXHIBITORS

- We will have snacks and fruit donated by Publix as well as pizza in our food tent.
- Need medical attention? Stop by the medical tent provided by Lexington Health.
- Beer provided by Craft and Draft (one complimentary drink ticket per participants with bib) non-participants please plan to purchase beer.
- Come Black Girls Run and Black Men Run to join their team.
- Stop by BlueCross BlueShield for some gear on health insurance and Medicare.
- StretchLab's methodology was designed to help you achieve your wellness goals through customized, assisted stretch sessions. No two bodies are the same, so neither is a session at StretchLab.
- ProMotion Rehab and Sports Medicine - At ProMotion Rehab and Sports Medicine, we're not just about helping patients recover—we're about transforming lives.
- Salerno Sports Therapy – Elite Sports Physical Therapy in Columbia!
- Beem Light Sauna -Wellness with Infrared Sauna & Light Therapy!
- Soda City Chiropractic -personalized chiropractic adjustments to help adults, families, and weekend warriors move better, feel stronger, and live pain-free.
- Midlands Technical College Massage School offering complimentary massages for all runners!
- Stop by Shock the Block 5K to join their race coming up on June 6.

BEER AT FINISH LINE

Craft and Draft will be supplying the beer at the Finish Line Festival. Volunteers at a neighboring table will be handing out one drink ticket per bib for you to receive your free drink. You must have your drink ticket with you prior to receiving your complimentary beer.

APPAREL FOR SALE

Please bring exact cash or pay via PayPal/Venmo/Zelle to purchase Governor's Cup hats (53rd Anniversary \$20) and previous year's hats for \$5 as well as 2025 shirts (\$5) at packet pick-up. While supplies last.

RACE RESULTS

Finish line results will be available at the Strictly Running tent at the finish line. They will also be posted after the race on our website www.RuntheCup.com.

PIZZA AT THE FINISH

Thank you to Dominion's for helping with the Finish Line Pizzas!

RACE PHOTOS

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

Course Maps and Event Details

April 10

Main Street Mile: 6:15 p.m. (elite and open)

Kids Main Street Mile: 6:45 p.m.

Intersection of Laurel and Main Streets

April 11

Half-Marathon: 7:30 a.m.

5K: 7:45 a.m.

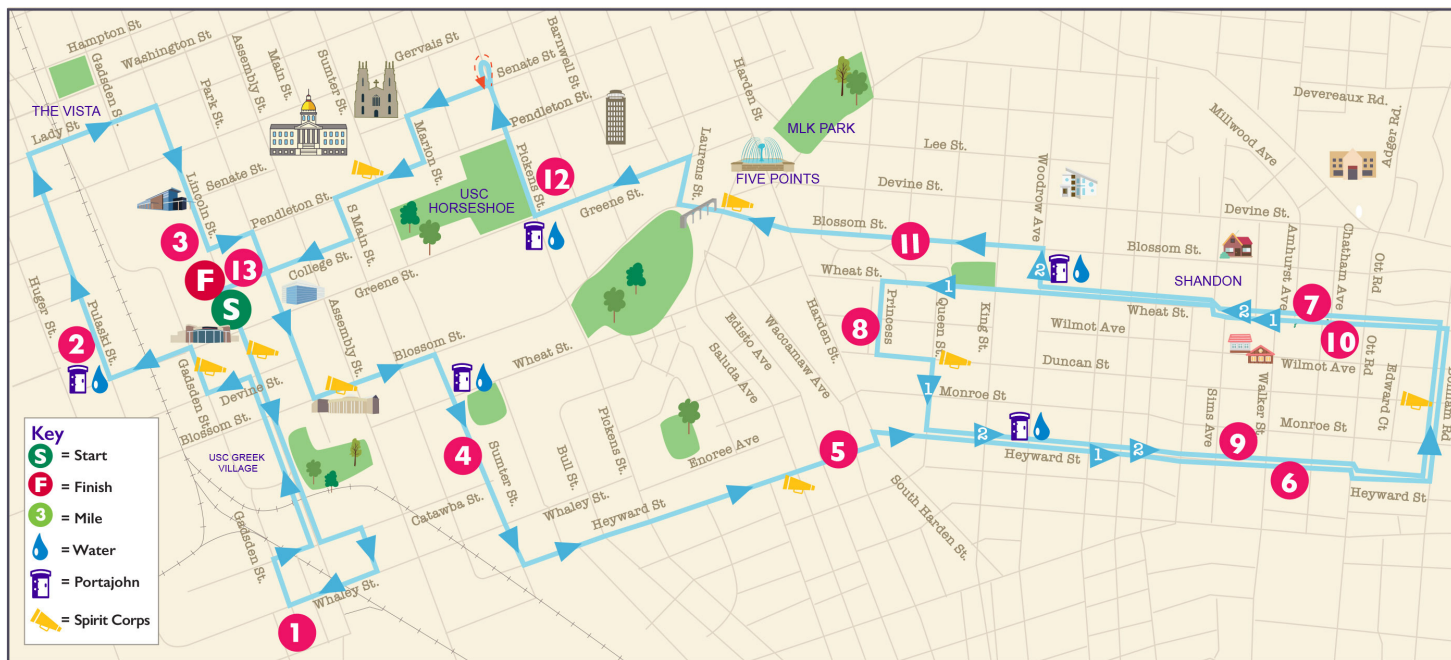
Lincoln near Greene Street in front of Colonial Life Arena



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Half Marathon Course Map



Half Marathon begins at 7:30 a.m. and will close at 10:45 a.m.

PRESENTED BY



Lexington Health



The 5k begins at 7:45 a.m.

The Governor's Cup 5K will start on Lincoln Street in downtown Columbia, right next to Colonial Life Arena. The 3.1-mile race will wind through the USC Greek Village and the historic streets of the Vista. Runners will be treated to sights of "old and new" as they navigate this flat and fast course. Best of all, the last quarter mile of the race is downhill and finishes at Colonial Life Arena.

The 5K event starts on Saturday morning, April 11, at 7:45 am on Lincoln Street, right next to Colonial Life Arena. The event finishes in same area as the START line.



PRESENTED BY



South Carolina

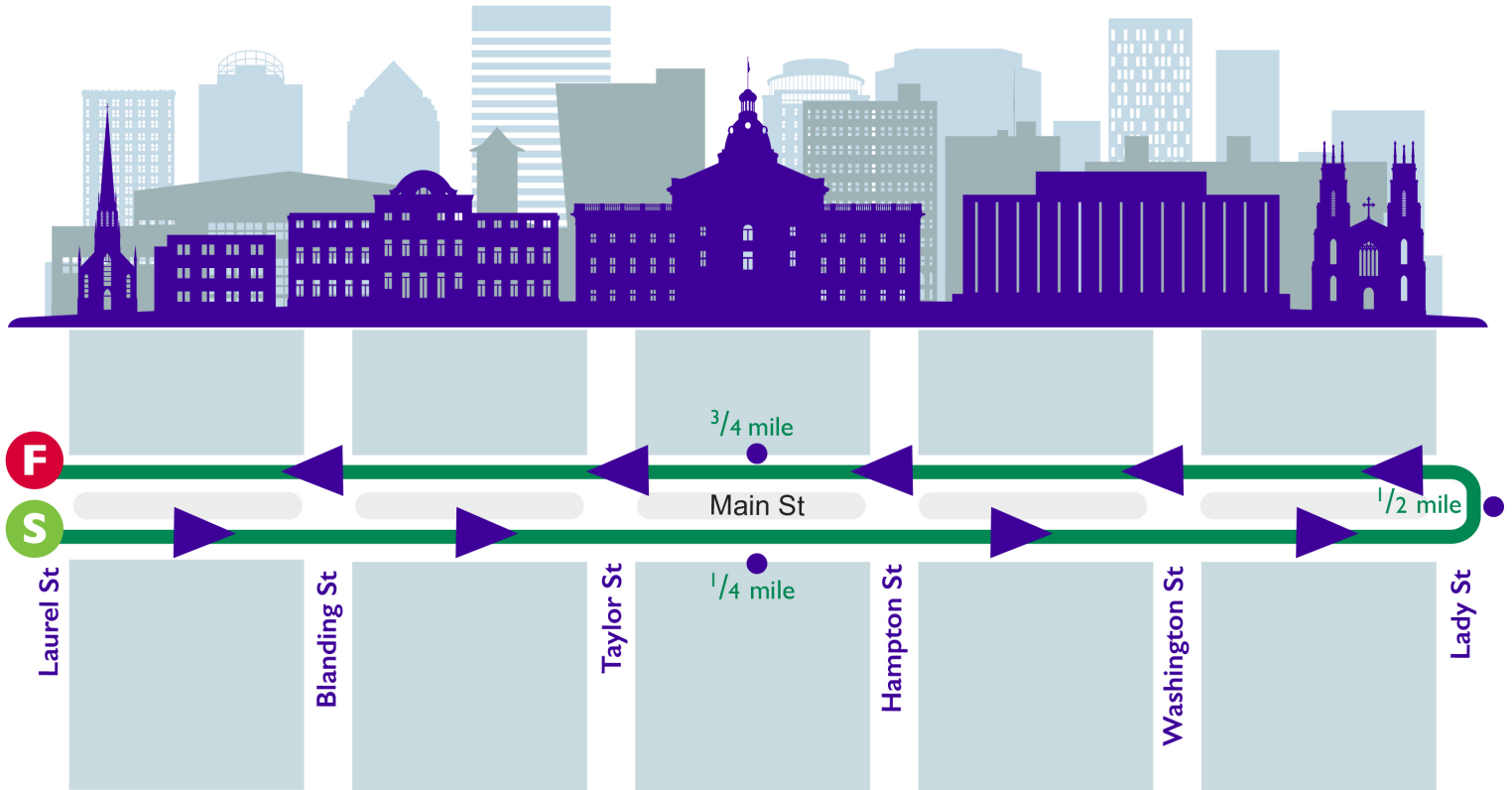




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Main Street Mile Course Map



Main Street Mile: 6:15 p.m. (elite and open)

Kids Main Street Mile: 6:45 p.m.



Parking information

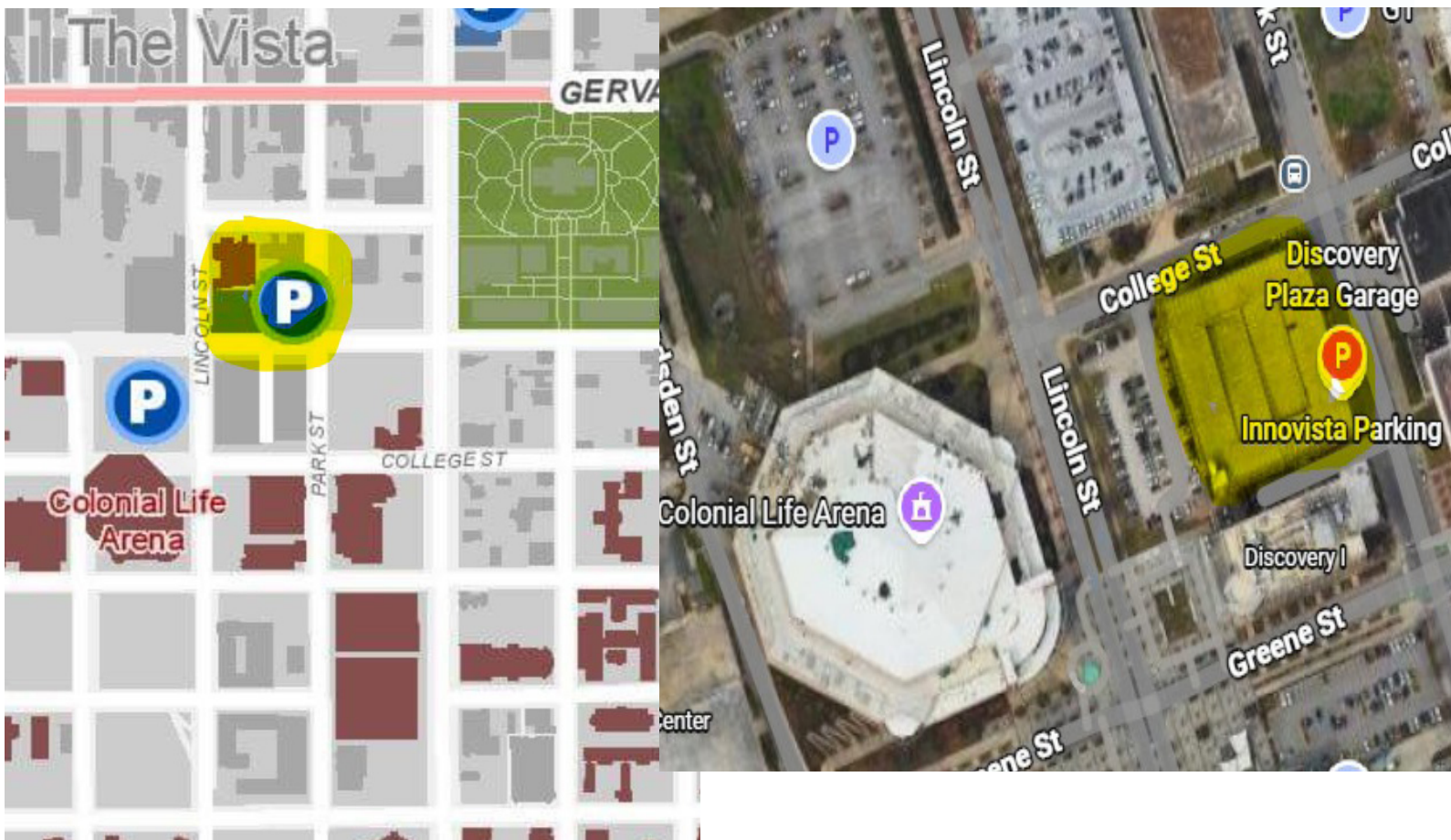
Parking is located at nearby garages or street parking (very limited on Saturday).

The parking garages that are in walking distances are:

The Discovery Garage located at 821 Park St, Columbia, SC 29201 and is \$2 per hour.

The Park Street Garage located at 1007 Park Street, Columbia, SC 29201. The Park Street Garage (all City of Columbia Garages) are free the first hour. Then it is \$3 for the second hour, \$1 for the 3rd hour. With a max daily rate of \$15.

Metered Parking/Passport Parking is available and is free on Saturdays. If you park there on Friday, you will need to



April 10-11
www.RuntheCup.com

2026 Sponsors

Presenting Sponsor



5K



Hospitality



Finish Line Festival



Special Thanks to our Partners:



2026
EVENT
COMMITTEE

Kerry Cordan, Kids Main Street Mile
Alana Garrick, Administrative Liason
Zach Jenkins, Logistics Manager
Grace Macintyre, Administrative Liason
Katie Miller, Event Manager
David Nance, Finish Line
Roy Shelley, Race Operations Assistant
Mark Stout, Race Operations
Ronda Sanders, Awards
Brittany Sutton, Logistics Coordinator