

Heart & Sole Women's 5 Miler 2026

8.04672km

Forest Acres, SC 29206

Measured Dec. 28, 2025

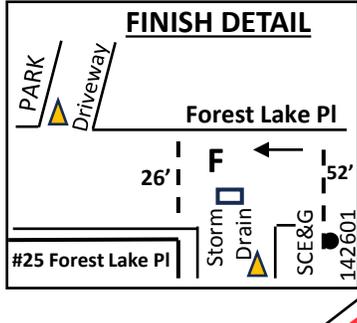
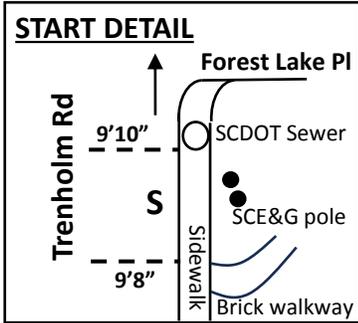
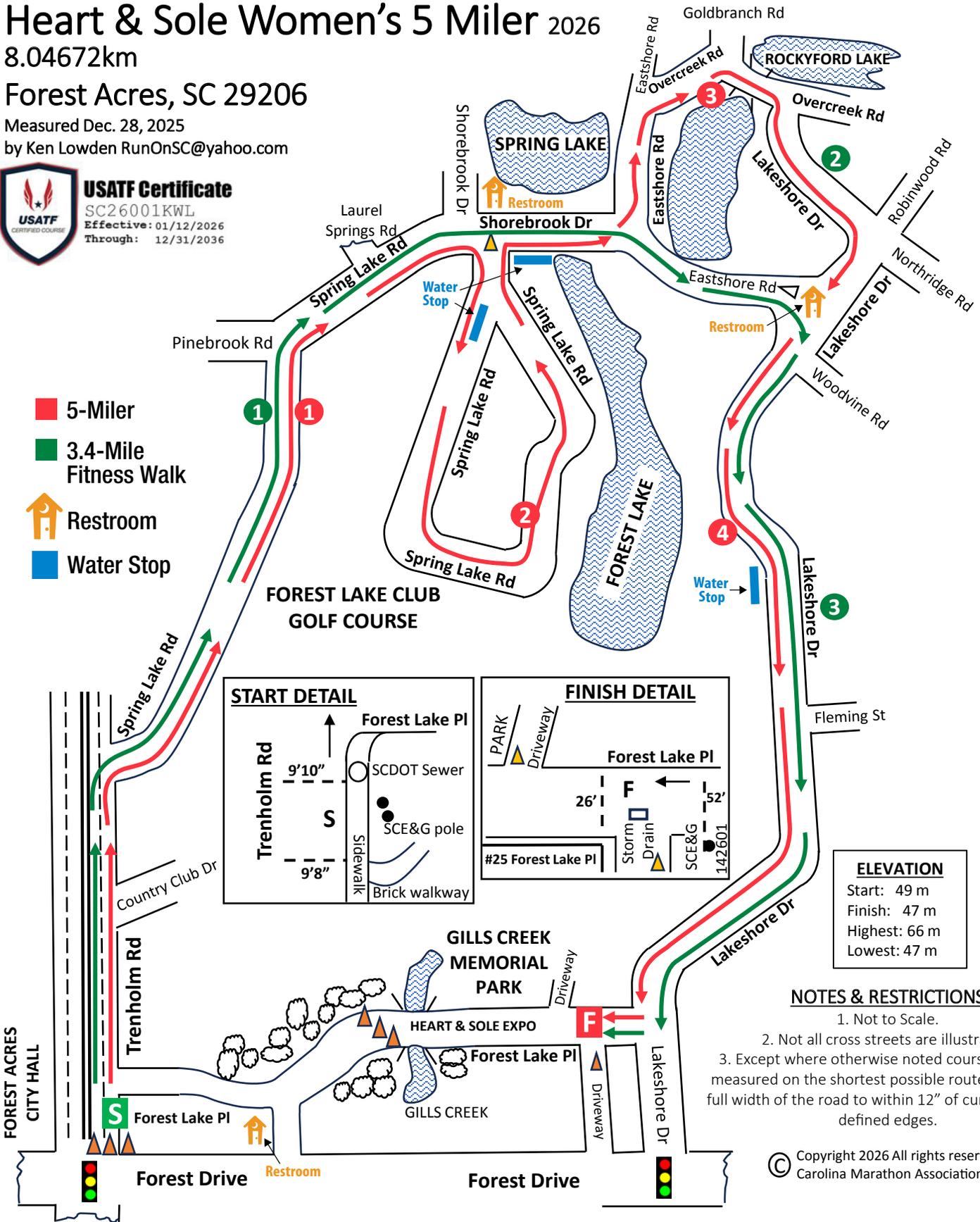
by Ken Lowden RunOnSC@yahoo.com



USATF Certificate

SC26001KWL
Effective: 01/12/2026
Through: 12/31/2036

- 5-Miler
- 3.4-Mile Fitness Walk
- Restroom
- Water Stop



ELEVATION

Start: 49 m
Finish: 47 m
Highest: 66 m
Lowest: 47 m

NOTES & RESTRICTIONS

1. Not to Scale.
2. Not all cross streets are illustrated.
3. Except where otherwise noted course has been measured on the shortest possible route (SPR) using full width of the road to within 12" of curbs and other defined edges.

© Copyright 2026 All rights reserved Carolina Marathon Association

S	Even with power pole & 9'10" S of SCDOT sewer access & 9'8" N of brick sidewalk.
1	At 225 & 75'5" S of SCE&G pole 323778.
2	At 550 & 14' E of brick walkway to front door.

3	7'10" W of fire hydrant at Overcreek & Goldbranch.
4	10'8"W of 5744 mailbox & center of driveway.
F	26' E of 25 Forest Lake Place, even with W side of storm drain & 52' W of SCE&G pole 142601.