

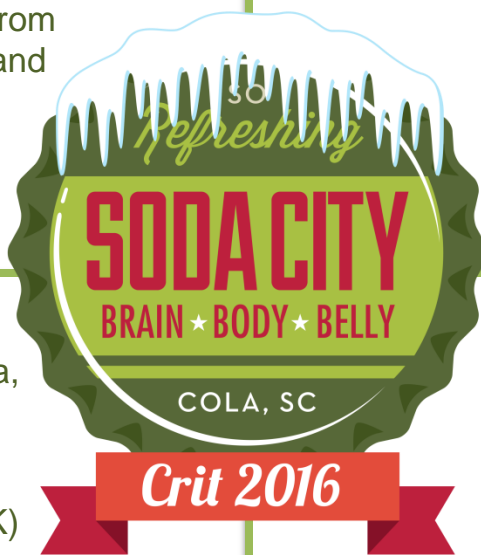
# Soda City Crit 2016 – Saturday, December 17<sup>th</sup>

## Soda City Crit – 5K races, food, fun & more!

Main Street Crit is partnering with Soda City to launch **Soda City Crit**, a unique event that promotes the revitalization of downtown and encourages families to lead healthy and active lifestyles. *Let's Move! Columbia*

### **Soda City Crit is much more than road races –**

The Crit's races bring elite-class runners from across the country, local runners, friends and families to downtown Columbia for this exciting event. The lap course is great for spectators to cheer for loved ones in the 5K and to see amazingly fast elite racers.



## Saturday Morning Festivities

Support the growth of downtown Columbia, promote wellness, and enjoy the fun stuff!

### **Schedule**

- 8am - Free fun run for kids under 10 (1K)
- 8:30am - Open 5K race (open to all)
- 9:30am - Elite 5K race (qualifiers only)
- 10:00am - Awards, celebration, go to Soda City!
- Soda City street market will be open 9am to 3pm

### **And don't forget all the other fun stuff!**

- Beer and food vendors available
- Cool t-shirt for all 5K participants
- Race medal for top 3 in each age group
- Music, Santa, shopping, and more!



## Crit Course Information

USATF certified 5K course is on closed-off streets of downtown Cola: Main, Taylor, Sumter, Laurel (repeat!). **Each lap is 1 kilometer** (a little more than a 1/2 mile)

- Kids fun run is a 1K lap with start and finish at **Mast General Store** (Start line: 1601 Main Street)
- 5K races are 5 full laps, plus a partial first lap



## Open 5K Registration

Race timing and finish line support by Strictly Running. Register online on their website: [www.strictlyrunning.com](http://www.strictlyrunning.com)

- \$35 if registered by Nov 1<sup>st</sup> (\$40 after)

## Elite 5K Registration

For qualifying runners, top ten finishers will receive a cash award (both men and women):

- 1<sup>st</sup> \$500, 2<sup>nd</sup> \$400, 3<sup>rd</sup> \$300, 4<sup>th</sup> \$200, 5<sup>th</sup> \$175, 6<sup>th</sup> \$150, 7<sup>th</sup> \$125, 8<sup>th</sup> \$100, 9<sup>th</sup> \$75, 10<sup>th</sup> \$50
- Top prize doubles for setting SC state 5K records
- Elites must qualify with 5K result of sub 15:45 for men or 18:10 for women (posted in past 12 months)
- Email Steven Johnson to request entry/ verify qualifications: [sodacitycrit@gmail.com](mailto:sodacitycrit@gmail.com)