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RACE WINNERS/ # FINISHERS

March and April (always check to verify date, time and location with the race)
compiled by Race Directors, the editor and other interested parties

Editorial intent: To have the winners names and times and finisher numbers for every race held in South Carolina, I don’t have all races yet

MULLET HAUL TRAIL RUN 10M 5M March 7 Charleston
RUN HARD MARATHON HALF MARATHON 5K March 7 Columbia
REEDY RIVER RUN 10K 5K March 7 Greenville
RUGGED MANIAC 5K OBSTACLES March 7 Mt Pleasant
JUSTIN BAKER 5K March 7 Yemassee
DANIEL ISLAND 5K March 14 Charleston
GET TO THE GREEN 10K 5K March 14 Columbia
SHAMROCK RUN 5K March 14 Hilton Head
CATCH THE LEPRECHAUN 5K March 14 Mt Pleasant
CHASE THE LEPRECHAUN 5K March 14 Pawley’s Island
SHAMROCK FLOWERTOWN RUN 10K 5K March 14 Summerville
BEAUFORT TWILIGHT RUN 8K 5K March 21 Beaufort
McLEOD CHALLENGE 10K 5K March 21 Florence
LITTLE RIVER BRIDGE RUN 8K 5K March 21 Laurens
PEACOCK STRIDES FOR BABIES 5K March 21 Mauldin
SENeca HALf MARAThON 5K March 21 Seneca
MILLIKEN EARTH Run 5K CROSS COUNTRY March 21 Spartanburg
WALHALLA ELEMENTARY SCHOOL 5K March 21 Walhalla
COOPER RIVER BRIDGE Run 10K March 28 Charleston
RACE FOR THE INLET 8K 5K March 28 Murrells Inlet
RESURRECTION Run 5K April 4 Columbia
RUN FOR YOUR LIFE 5K April 4 Newberry
TIGERS FOR TIGERS 5K                                  April 11       Clemson
PALMETTO HALF MARATHON 5K                             April 11       Columbia
FURMAN 5K CROSS COUNTRY                               April 11       Greenville
GRITS FESTIVAL 5K                                     April 11       St George
CLINIC CLASSIC 10K 5K                                 April 18       Camden
FALLEN HEROES 5K                                      April 18       Columbia
BFA FCA 5K                                            April 18       Greer
RACE FOR LITERACY 5K                                  April 18       Lancaster
COME SEE ME 5K HALF MARATHON                          April 18       Rock Hill
VIMM CHALLENGE 5K                                     April 18       Seneca
PROVIDENCE HEART & SOUL 5M                            April 25       Columbia
RUN FOR ADELA 5K                                      April 25       Sullivan’s Island
EARTH DAY HALF MARATHON 10K                           April 25       Traveler’s Rest
RICE RUN 5K                                           April 25       Walterboro
IMAGINE THE DIFFERENCE 5K (Alcohol Awareness)         April 25       Winnsboro
iFive:K DIGITAL CORRIDOR 5K                           April 30       Charleston

SOUTH CAROLINA ROAD RACE RANKINGS                    from Bill Marable February 7, 2015 update
2015 COMPLETED SC RACES                               compiled by CJ
UPCOMING 2015 RACES                                   lists from various sources
E-MAILS TO THE EDITOR                                 Wanted and welcome
ABOUT THE SC RUNNER’S GAZETTE                         Interesting and appreciated, thanks
                                                      What it is, why, getting back issues,
                                                      how to drop out etc.

EDITORIAL          CEDRIC JAGGERS

Sometime we get surprised and a little disappointed. I expected to get a lot of e-mails about the last
Gazette since there was a lot of content, but it didn’t turn out that way. Oh well, I appreciate the ones that come
in and maybe you will send in a comment about this issue.

This issue also has lots of good stuff. I think the Runners of the Year Selection is a big deal. You need
only look at some of the performances these folks turned in, and you know that it was a fine group of selectees.
Congratulations to Michael Banks, Caitlin Judd, Eric Ashton and Dian Ford. The vote total is listed, and a nod of
the cap is in order for all the fine runners who received votes. You can also see the list of all the previous
winners, and the names of all of us who voted this year. Thanks to Bill Marable for compiling this list and
sending it out.

Congratulations are also due for Irv Batten. He was hired to be the first Deputy Director of the Cooper
River Bridge Run. Irv is a great runner and an old friend of ours, and I’m sure he’ll do a good job of helping
make and keep the Bridge Run the top race in the state.

Bill Marable sent out the Top Races in South Carolina list. It is always interesting to see his selections. I
added the town where the races were held and the number of finishers the race had to his list. The largest races in
SC list (which was in the last issue of the Gazette) is repeated in this issue in case you want to compare it to the
Top Races list. Do you think the largest races are always the best races? Think again.

Bill Marable also sent the updated list of South Carolina’s state records. Needless to say they were all run
on USATF certified courses. Records are made to be broken, and it is always interesting to see which ones have
been and which ones are still standing. Keeping up with things like this is a big job, and Bill deserves all of our
thanks for doing it.
Since it is early in the year, the list of fastest times at each distance has changed some since the last issue. Some of them are still pretty soft, but some of them will be tough for anyone to lower this year. With both the Cooper River Bridge Run and Reedy River 10k coming up in March, I’d be surprised if the 10k year’s fastest times were not lowered before the next Gazette comes out.

Ken Young does an extraordinary job of keeping up with national records and rankings for runners nationwide for the ARRS. Never heard of it? That’s the Association of Road Racing Statisticians. The national database is now online and you can find more information and a link to the site in this Gazette. Spend a few minutes there and you can find some South Carolinians. You might even recognize some names. It is worth the time and effort.

Are you looking for some different workouts to add to (and maybe help improve) your running? You can find the strangest things in Time Magazine. And that is where the workouts later in this Gazette were discussed.

Of course all the usual suspects are in this issue. Completed and upcoming race lists and of course the compendium of award winner/finisher lists for the races that I’ve had enough time and information to compile. The list doesn’t include all races, but I do try to check the upcoming races lists from all the various sources which are included in this issue, to make sure they are happening this year. You should of course always check to make sure a race is happening before going to it – sometimes races on my list get cancelled or rescheduled (think snow this year).

Has anyone noticed how worthless I think uncertified courses are? Of course not. But to try to make them stand out I’ve started trying to show uncertified courses in blue in the winners’ lists and completed races lists in the Gazette. Blue courses should make you feel blue. Well, actually uncertified courses are not worthless. They do show how and your performance that day compared to the other runners who were there that day. Understand that I’m not talking about cross country courses or the obstacle course/mud run things. Those ‘races’ are a whole different thing since they are designed to be a challenge not a road race. Uncertified road courses however are worth less than certified courses because since they are not measured to USATF standards and double checked, they can be any distance, though usually they are just a little short of the full distance.

But why should a race care if their course is certified or not? After all, if a race doesn’t advertise and use a certified course it means they can call it any distance they want to, so why not call it a 5k or 10k etc. since that is what runners have come to expect. It doesn’t matter if it is 3.01 miles instead of 3.1, or 6.1 miles instead of 6.21, after all everyone who is there will will that day will run the same distance for their race.

Okay. I’ll get off my satiric high horse. But if you ever plan to go after any kind of record – be it a state record or even a personal record, make sure you are running a USATF certified course and that the race plans to send the results and all the paperwork to USATF for recognition. You might be surprised at how few races bother to do it.

Nobody reads editorials so I feel safe talking about this here. Actually that is not entirely correct. Since the Gazette goes out to over 700 people (spread over 75 lists since my e-mail provider won’t let me send out files that they consider too large) I estimate that probably 10% (if I’m lucky) do read the editorial. But I still don’t feel good about having to admit that I can no longer run. It isn’t that I do not want to.

The fact is I had to stop running due to extreme pain in my foot and ankle. I had been trying for another comeback and had the next to last thing the specialist (Dr. Cohen) could try done (he said there was a 50/50 chance it would hold) and it seemed to work. I had actually run a 5k (Great Pumpkin) and slowly built my mileage up and did my longest run (4 miles) at a 10 minute pace. But then it failed. It feels like somebody is hammering a nail though my ankle down into the tendon and ligaments on the bottom of my foot. Yes, it is due to the lingering problems caused by the car wreck back in April 2013. Dr. Cohen said the only thing left would be surgery which would be extremely painful, require me to be in a hard cast for 6 to 12 months due to my age and unable to drive since it is my right foot. On top of that there is only a 50/50 chance that the surgery would work. For those reasons, I’ve decided not to have the surgery. That means I’m not going to be able to run.
I have dreamed about running the past few weeks, but I can’t run. Kathy and I have cancelled our planned trip to the Bridge Run this year. If you know me, you understand how monumental and painful a decision that was. It will be the first time in the 38 years of the race that we haven’t been in Charleston for it. Even last year when I thought my foot was recovering since it was only mildly painful, I was at the finish line and got the results and did my “Tell Me About Your Bridge Run Article.” That can’t happen this year.

What will you do if you reach the point where you want to run but cannot? That is what I am working through now. The stationary bike has become a mandatory daily chore to try to limit the inevitable weight gain. I have the actual Schwinn bike I talked about in the last issue to ride if the weather ever gets reasonable.

I hope wherever you live that you haven’t had as much ice, snow, sleet and just plain old cold windy weather as we have had in the Up State this year. I plan to keep on keeping on with writing and doing the Gazette. Hey, maybe somebody will find something of interest in what I write. We’ll see.

This certainly isn’t the way I thought things would go. I had always thought, and even said that I would be running for the rest of my life unless accident or illness prevented it. Of course I thought there was only a small chance that would happen, or if it did I would be 85 or 90 years old. But like John Lennon said “Life is what happens while you are busy making other plans.” Kathy had to go through running withdrawal when Multiple Sclerosis attacked her body, so I’m sure I’ll get through (or at least used to) the ligament/tendon/ankle problems and keep on keeping on. I’ll just mention the unexpected pulmonary problems that came on after a particularly virulent flu bug or virus or whatever it was. The specialists are still doing tests on that. It is disconcerting when you wheeze if you dare to take a deep breath.

Enough whining. Life is a blessing and we should all make the most of it. I’m glad that I have run 785 races. I always thought I’d run at least 1,000 races, but that isn’t going to happen for me now. So make the most of what you have and live and enjoy life to the fullest.

Yes, below is a picture of the editor playing in the snow. We were forecast to get 3 to 6 inches this week, but got less than one inch here in Rock Hill. So much to the disappointment of my younger sister who lives in Tennessee – no snowman Katharine. February 28, 2015. CJ

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USATF SOUTH CAROLINA LONG DISTANCE RUNNERS OF THE YEAR
Bill Marable, USATF State Record Keeper

Michael Banks and Caitlin Judd have been chosen South Carolina Long Distance Runners of the Year by USA Track and Field for 2014. Also chosen were outstanding masters competitors Eric Ashton and Dian Ford.

Opening the year in January winning the Charlie Post Classic 15K in a state record time of 45:55, Michael Banks went on to break two more South Carolina records. This included the 12K at Festival of Roses in 37:08 and the half marathon at Governor’s Cup in 1:05:50. Taking this award for a second consecutive year the 28 year old Charleston resident won 14 of 16 races. He not only beat all other Palmetto runners in each event but all other American competitors. Big wins came at the Turkey Day 5K in 14:32, Reindeer Run 5K in 14:29 and Jailbreak 5K in 14:26. At the Cooper River Bridge Run 10K he ran 30:19 to place eleventh. Other fast times were 14:17 for 5K at the Rice Run and 29:55 for 10K at Bohicket Mariana.
He did all this despite dealing with exercise induced allergies for a number of years which caused him to stop running in the summer. Once it was found that one of his allergy medicines was the culprit he returned back to normal. In Massachusetts he began his running career as a high school freshman and was state indoor mile champion in record time of 4:11 his senior year. In college at Georgetown University he ran cross country and track earning All-Big East honors. While working on his masters at Georgetown in Sports Industry Management he served as assistant cross country and track coach. Running is in his genes as both his father and mother are hall of fame track runners at Virginia Tech. His mom, Lucy Hawk Banks, was the female winner of the 1979 Turkey Day 5K when she lived in Charleston. Three of his sisters ran for different colleges in the state of Virginia. He contributes Irv Batten, the Strictly Running Racing Team and his family for his running accomplishments. Currently he is the Admission Communication Coordinator at Charleston Law School. In winning this award he was selected over Eric Ashton, Ricky Flynn, Adam Freudenthal and Jay Upchurch.

Winning 12 of 20 races Caitlin Judd finished off the year in December running personal records in capturing her two best victories at Reindeer Run 5K in 18:02 and Kiawah Island Marathon in 2:54:55. The 31 year old physical therapist also scored wins at Beaufort Twilight 8K in 30:03, Rice Run 5K in 18:20 and Floppin’ Flounder 5K in 18:04. At the Cooper River Bridge Run 10K, the Charleston resident, was the top state runner placing 19th in 38:10. In other competitive events she placed fourth at Turkey Day 5K in 18:02, third at Jailbreak 5K in 18:36 and fourth at Governor’s Cup Half Marathon in 1:24:19. Outside of South Carolina she went to Eugene, OR and ran a 1:21:56 half marathon. On the lighter side she qualified and participated in the World Beer Mile Championship in Austin, TX where each runner is required to drink a beer for each of the four laps they run on the track. In high school her best sport was lacrosse and since age seven she has competed in equestrian. At Wake Forest University she was on the equestrian team for four years. She did not start running seriously until her senior year of college. In winning this honor a second straight year she praises her coach Irv Batten for her success and consistent improvement along with the support of Mark Bedenbaugh and the Strictly Running Racing Team. Those runners she won this award over were Erin Miller, Kenzie Riddle, Kimberly Ruck and Michelle Ziegler.

Despite tearing a quadriceps muscle in January which will permanently affect his running, Eric Ashton, was still able to totally dominate masters running in the state. The 46 year old, Columbia resident won the 40 plus division in 22 of 23 races losing only to two non-South Carolina competitors who were five years younger at the Cooper River Bridge run 10K. He still easily took the 45-49 age group in 33:11. Overall he won seven races participating in most of the Palmetto state’s most competitive events. Twice he broke the half marathon state age group record in the half marathon running 1:11:53 at Governor’s Cup and then five weeks later clocking a 1:11:28 at Kiawah Island. Currently he holds four records in the 45-49 age group with a total of eight overall. Fast times at the other distances were 15:45 for 5K at Reindeer Run, 25:36 for 8K at Snowman Run, 33:10 for 10K at Dam Run to Irmo and 39:34 for 12K at Ray Tanner Home Run. All this was accomplished while working a demanding job as an orthopedic physician assistant. This is his third masters title winning in 2008 and 2011 to go along with 15 open awards won over a 20 year period. This year he decided to give back to South Carolina running by forming an all female racing club called Excellent Athletics. This group is made up of eight of the top runners in the state which includes his wife Kathryn Cavanaugh. The other runners he beat out for this honor were Irv Batten, Larry Brock, Marc Embler and Dave Geer.

With little sign of slowing down, Dian Ford, 59, won her age group in all 13 of her South Carolina races along with being the top masters finisher in eight and the overall victor in two. The Piedmont resident’s big age group wins came at the Cooper River Bridge Run 10K in 44:11; Reedy River Run 10K in 42:41; Red, White and Blue Shoes 5K in 20:42 and Run Downtown 5K in 20:41. Her fastest 5K was 20:21 at Parix Mountain Road Race. The Clemson alum set a new 55-59 state record of 33:34 for 8K at TreesGreenville Turkey Day. This gives her four records in that age group and a total of 13 records which ties her with Marge Hoffman for most by a female runner in the state. A mother of four children ages 23 to 33, she now has four grandchildren with two born during the past year. Two of her kids, Tom Ford and Sunday Davis, are her inspiration which makes her drive to run even stronger. Both of them won multiple races during the year and her sister Judy Walls is a top age group competitor. She would also like to thank Jeff Milliman at the Greenville Running Company for help with her shoes. After 37 years she retired this summer as a teacher and now does private tutoring. This is the sixth time she has taken this honor with her first in 1995. The other contenders for this award were Sarah Allers, Ruth Marie Embler, Darlene Knight and Susi Smith.

A runner must be a resident of the state and a United States citizen to be eligible for this award. Only distance events in South Carolina from 5 kilometers to the marathon are considered.
## VOTING RESULTS

### MALE
- Michael Banks: 106
- Eric Ashton: 11
- Adam Freudenthal: 5
- Jay Upchurch: 3
- Ricky Flynn: 1
- Matt Shock: 1

### FEMALE
- Caitlin Judd: 77
- Kimberly Ruck: 37
- Michelle Ziegler: 5
- Kenzie Riddle: 4
- Erin Miller: 3

### MALE MASTERS
- Eric Ashton: 66
- Marc Embler: 28
- Dave Geer: 25
- Irv Batten: 7
- Larry Brock: 2

### FEMALE MASTERS
- Dian Ford: 78
- Ruth Marie Embler: 16
- Sarah Allers: 12
- Darlene Knight: 11
- Susi Smith: 7
- Shannon Iriel: 3
- Joan Mulvihill: 1

### SOUTH CAROLINA RUNNERS OF THE YEAR

#### MALE
- 1986: David Branch, Travelers Rest
- 1987: Jeff Wentworth, Columbia
- 1988: Dave Geer, Clemson
- 1989: Rob Devlin, Columbia
- 1990: Rob Devlin, Columbia
- 1991: Steve Kartalia, Pendleton
- 1992: Steve Kartalia, Pendleton
- 1993: Eric Ashton, Columbia
- 1994: Eric Ashton, Columbia
- 1995: Selwyn Blake, Columbia
- 1996: Selwyn Blake, Columbia
- 1997: Eric Ashton, Columbia
- 1998: Eric Ashton, Mount Pleasant
- 1999: Eric Ashton, Mount Pleasant
- 2000: Eric Ashton, Columbia
- 2001: Eric Ashton, Columbia
- 2002: Eric Ashton, Columbia
- 2003: Eric Ashton, Columbia
- 2004: Orihthal Striggles, Columbia
- 2005: Eric Ashton, Columbia
- 2006: Eric Ashton, Columbia
- 2007: Eric Ashton, Columbia
- 2008: Eric Ashton, Columbia
- 2009: Orihthal Striggles, Elgin
- 2010: Neville Miller, Mount Pleasant
- 2011: Eric Ashton, Columbia
- 2012: Eric Ashton, Columbia
- 2013: Michael Banks, Charleston

#### FEMALE
- 1986: Marcia Mansur, Columbia
- 1987: Nancy Grayson, Columbia
- 1988: Nancy Grayson, Columbia
- 1989: Nancy Grayson, Columbia
- 1990: Nancy Grayson, Columbia
- 1991: Maggie Kraft, Columbia
- 1992: Maggie Kraft, Columbia
- 1993: Kathy Kanes, Charleston
- 1994: Kathy Kanes, Columbia
- 1995: Mary Ellen Kelly, Columbia
- 1996: Mary Ellen Kelly, Columbia
- 1997: Mary Ellen Kelly, Columbia
- 1998: Tracy Center, Greenville
- 1999: Janice Addison, Columbia
- 2000: Janice Addison, Columbia
- 2001: Janice Addison, Columbia
- 2002: Janice Addison, Columbia
- 2003: Janice Addison, Columbia
- 2004: Anne Wyman Cipolla, Charleston
- 2005: Donna Anderson, Pawleys Island
- 2006: Maggie Chan-Roper, Shaw AFB
- 2007: Amanda Cannon, Fountain Inn
- 2008: Maggie Chan-Roper, Shaw AFB
- 2009: Sopagna Eap, Johns Island
- 2010: Kristi Arledge, Simpsonville
- 2011: Rives Poe, Charleston
- 2012: Amy McDonaugh, Irmo
- 2013: Caitlin Judd, Charleston
- 2014: Caitlin Judd, Charleston
MALE MASTERS
1986 - Michael McGuinness, West Columbia
1987 - Lansing Brewer, Camden
1988 - Bob Schlauch, Charleston
1989 - Lansing Brewer, Camden
1990 - Bob Schlauch, Charleston
1991 - Gerry Carner, Clemson
1992 - Bob Schlauch, Charleston
1993 - Bob Schlauch, Charleston
1994 - Bob Schlauch, Charleston
1995 - Dave Geer, Clemson
1996 - Mark Friedrich, Isle of Palms
1997 - Lansing Brewer, Camden
1998 - Gerry Carner, Clemson
1999 - Dave Geer, Clemson
2000 - Ervin Reid, Campobello
2001 - Avery Goode, Jr., Rock Hill
2002 - Ervin Reid, Campobello
2003 - Steve Annan, Mount Pleasant
2004 - Selwyn Blake, Columbia
2005 - Gerry Carner, Clemson
2006 - Tom Mather, Mount Pleasant
2007 - Steve Annan, Mount Pleasant
2008 - Eric Ashton, Columbia
2009 - Ed Hughes, Greenville
2010 - George Luke, Greenville
2011 - Eric Ashton, Columbia
2012 - Marc Embler, Folly Beach
2013 - Marc Embler, North Charleston
2014 - Eric Ashton, Columbia

FEMALE MASTERS
1986 - Margaret Wright, Folly Beach
1987 - Margaret Wright, Folly Beach
1988 - Gail Bailey, Charleston
1989 - Libby Neely, Fort Mill
1990 - Pat Rhode, Walterboro
1991 - Nancy Grayson, Columbia
1992 - Catherine Lempesis, Columbia
1993 - Catherine Lempesis, Columbia
1994 - Nonie Hudnall, Spartanburg
1995 - Dian Ford, Piedmont
1996 - Catherine Lempesis, Columbia
1997 - Catherine Lempesis, Columbia
1998 - Nonie Hudnall, Spartanburg
1999 - Betty Ryberg, Aiken
2000 - Marge Hoffman, Salem
2001 - Dian Ford, Piedmont
2002 - Marge Hoffman, Salem
2003 - Janice Addison, Columbia
2004 - Janice Addison, Columbia
2005 - Dian Ford, Piedmont
2006 - Dian Ford, Piedmont
2007 - Donna Anderson, Pawleys Island
2008 - Lisa Tolley, Seneca
2009 - Dian Ford, Piedmont
2010 - Susi Smith, Greenville
2011 - Kristi Arledge, Simpsonville
2012 - Ruth Marie Embler, Folly Beach
2013 - Ruth Marie Embler, North Charleston
2014 - Dian Ford, Piedmont

VOTERS
Janice Addison, Blythewood; Eric Allers, Columbia; Sarah Allers, Columbia; Dorothy Anderson, Kiawah Island; Steve Annan, Mount Pleasant; Tim Arthurs, Myrtle Beach; Eric Ashton, Columbia; Dee Atkins, Duncan; Scott Autrey, Easley; Chris Bailey, Charleston; Chad Balyo, Greenville; Michael Banks, Charleston; Irv Batten, North Charleston; Patricia Becker, Greer; Mark Bedenbaugh, West Columbia; Justin Bishop, West Columbia; Shirley Bissett, Johns Island; Selwyn Blake, Columbia; Anne Boone, Hollywood; Laura Boselowitz, Mount Pleasant; William Boulter, Charleston; Carol Bowers, Summerville; Jud Brooker, Irmo; Shirley Brown, Myrtle Beach; Laura Caldwell, Greenville; Gerry Carner, Clemson; Kathryn Cavanaugh, Columbia; Mike Chodnicki, Summerville; Anne Wyman Cipolla, Charleston; Lee Cone, Landrum; Wood Cornwell, Newberry; Fred Corpuz, Hilton Head Island; Heather Costello, Lugoff; Nancy Curry, Mount Pleasant; Jeremy Davis, Greenville; Rebecca Del Savio, Greer; Tami Dennis, Isle of Palms; Dirk DeWitt, Daniel Island; Richard Dobbins, Townville; Amy Ryberg Doyle, Greenville; Pam Drafts, Beaufort; Kellie Eaves, Anderson; Doreen Ebert, Little River; Frank Eichstaedt, Columbia; Marc Embler, North Charleston; Ruth Marie Embler, North Charleston; Norman Ferris, Columbia; Arnold Floyd, Hartsville; Debbie Flynn, Cross Hill; Dian Ford, Piedmont; Mark Friedich, Isle of Palms; Flora Fulton, Greenville; Dennis Funk, Greer; Dave Geer, Clemson; Philippe Giguere, Simpsonville; Chris Giordanelli, Simpsonville; Sue Glasgow, Simpsonville; Jane Godwin, Greenville; King Grant-Davis, Charleston; Anne Green, Pelzer; Trisha Griffin, Summerville; Joe Hammond, Greenville; Iris Hill, Charleston; Marge Hoffman, Greenwood; Catherine Hollister, Mount Pleasant; Henry Holt, Lexington; Ben Howell, Greer; Mary Howk, Columbia; Nonie Hudnall, Spartanburg; Shannon Iriel, Columbia; Cedric Jaggers, Rock Hill; Rick James, Ladson; Brian Johnson, Mount Pleasant; Larry Jourdain, Gaston; Caitlin Judd, North Charleston; Cherry Kent, Charleston; Lisa King, Columbia; Yuji Kishimoto, Central; Darlene Knight, Greenville; Kristin Krantzman, Charleston; Catherine Lempesis, Irmo; Lance Leopold, Simpsonville; Susan Lollis, Simpsonville; Ken Lowden, Columbia; George Luke, Greenville; Jim Madden, Goose Creek; Chuck Magara, Mount Pleasant; Siobhan Maize, Mount Pleasant; Karen Manning, Columbia; Geary McAlister, Rock Hill; David McCann, Charleston; George Meyer, Wellford; Clyde Mizzell, Charleston; Jan Mizzell, Charleston; Joan Mulvihill, Charleston; Rives Poe, Charleston; Eddie
Irv Batten has worn more hats in the local running community than anyone else, hands-down. He ran for Baptist College of Charleston in the 1980s. He coached cross-country and track for Summerville High School in 1990s. He owned and operated the On the Run running store in the 2000s, until closing it last summer. He’s served in various officer roles, including president, in the Charleston Running Club. He co-founded the Catch the Leprechaun run and has performed race management at dozens more. Throughout that 30-year span, he has been and still is, at the age of 51, one of the most competitive runners in the Low Country.

And now he has a new hat — as the first deputy director of the Cooper River Bridge Run. After a national search for a deputy to work full time and year-round with longtime Director Julian Smith, he and the Bridge Run board decided to stay local and hire Batten.

It was appealing to have someone local and who knew about running,” said Smith, who is 63, adding that Batten still has plenty to learn about the race. “He hasn’t done a mega race with a lot of moving parts,” Smith said. “For the first year, he’ll be shadowing me and seeing how everything works.”

While Smith said he will remain “very involved” in the race, he needs “to get a lot off my plate.” Bridge Run Board Chairman Harry Lesesne said the event has grown tremendously over the years and involves not only a national-level road race but also a major expo, kids run event, race director’s conference, pre-race dinners and, more recently, heightened security measures at all events.

“Not many people in the community realize the complications of putting on this event,” Lesesne said. “We want this to continue to be a first-class race and to do that all the details have to be covered. It was more than one person could do.”

In the past, duties were parceled out to a half-dozen assistant race directors, who worked part-time. Over the years, the Bridge Run has shrunk those positions down to three.

Batten said he is “super excited” about working for the Bridge Run, the third-largest 10K in the United States. “It’s the ultimate. ... It’s world class,” Batten said. “I feel like everything I’ve been doing to this point has prepared me for this job. It’s a great opportunity.”

The 38th annual Bridge Run will be March 28.
20 TOP RACES IN SOUTH CAROLINA 2014
Selected by Bill Marable, SC USATF Representative
City and # of finishers added by Cedric Jaggers
The nine races which appear on both lists are **ALL CAPS & BOLD**
Uncertified courses are indicated by * note all the top races were USATF certified

<table>
<thead>
<tr>
<th>RACE</th>
<th>DISTANCE</th>
<th>CITY</th>
<th># FINISHERS</th>
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<td>Charleston</td>
<td>31,864</td>
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<tr>
<td>Reddy River Run 10k</td>
<td>10K</td>
<td>Greenville</td>
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<td>K of C TURKEY DAY 5K</td>
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<td>Charleston</td>
<td>6,851</td>
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<td>RED WHITE &amp; BLUE SHOES</td>
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<td>Greenville</td>
<td>1,011</td>
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<td>KIAWAH ISLAND HALF MARATHON</td>
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<td>CHARLESTON REINDEER RUN</td>
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<td>Governors Cup Half Marathon</td>
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<td>Jailbreak 5k</td>
<td>5K</td>
<td>Lexington</td>
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<td>Hot Summer’s Night 5K</td>
<td>5K</td>
<td>Columbia</td>
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<td>Governor’s Cup 8K</td>
<td>8K</td>
<td>Columbia</td>
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<td>5K</td>
<td>Anderson</td>
<td>954</td>
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<td>Get To The Green 10k</td>
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<td>MYRTLE BEACH HALF MARATHON</td>
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<td>Myrtle Beach</td>
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<td>GREENVILLE NEWS RUN DOWNTOWN</td>
<td>5K</td>
<td>Greenville</td>
<td>1,391</td>
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<td>Sunrise Run 8k</td>
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<td>Cold Winter’s Day 5k</td>
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<td>TREESGREENVILLE TURKEY DAY 8K</td>
<td>8K</td>
<td>Greenville</td>
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<td>GHS Half Marathon</td>
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<td>Greenville</td>
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<td>CHARLESTON HALF MARATHON</td>
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<tr>
<td>Heart &amp; Sole Women’s 5m</td>
<td>5M</td>
<td>Columbia</td>
<td>394</td>
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</tbody>
</table>

20 LARGEST SC RACES 2014 compiled by Cedric Jaggers
For comparison purposes - races on both lists are **BOLD**
Includes only races which timed every finisher individually
Uncertified courses are indicated by *

<table>
<thead>
<tr>
<th>RACE</th>
<th>DISTANCE</th>
<th>CITY</th>
<th>#FINISHERS CHANGE</th>
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<tbody>
<tr>
<td>COOPER RIVER BRIDGE RUN 10K</td>
<td>10K</td>
<td>Charleston</td>
<td>31,864 +405</td>
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<tr>
<td>K of C TURKEY DAY 5K</td>
<td>5K</td>
<td>Charleston</td>
<td>6,851 +288</td>
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<tr>
<td>Carolinas Spartan Beast</td>
<td>10-12m*</td>
<td>Winnsboro</td>
<td>6,574 +2,677</td>
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<td>GHS Swamp Rabbit</td>
<td>5K</td>
<td>Travelers Re</td>
<td>4,316 +67</td>
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<td>Myrtle Beach Mini Half Marathon</td>
<td>13.1m</td>
<td>Myrtle Beach</td>
<td>3,125 +367</td>
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<td>MYRTLE BEACH HALF MARATHON</td>
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<td>Myrtle Beach</td>
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<td>CHARLESTON HALF MARATHON</td>
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<td>2,903 +712</td>
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<td>Divas Half Marathon</td>
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<td>N Myrtle Bch</td>
<td>2,753 -910</td>
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<td>KIAWAH ISLAND HALF MARATHON</td>
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<td>Kiawah Isl</td>
<td>2,715 +125</td>
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<td>5K</td>
<td>Charleston</td>
<td>2,228 -178</td>
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<td>Race For The Cure Lowcountry`</td>
<td>5K</td>
<td>Charleston</td>
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<td>Tunnel To Towers</td>
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<td>1,727 +1,080</td>
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<td>Myrtle Beach</td>
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<td>Divas Half Marathon 5k</td>
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<td>N Myrtle Bch</td>
<td>1,552 +429</td>
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<td>Mutt Strut</td>
<td>5K*</td>
<td>Greenville</td>
<td>1,486 +244</td>
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<td>Greenville</td>
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<td>5K</td>
<td>Greenville</td>
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<td>Get To The Green</td>
<td>5K</td>
<td>Columbia</td>
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<td>Reedy River Run 5k</td>
<td>5K</td>
<td>Greenville</td>
<td>1,343 -342</td>
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<td>Firecracker 5000</td>
<td>5K*</td>
<td>Hilton Head</td>
<td>1,273 -359</td>
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</table>
Here are the six other 2014 races in SC with over 1,000 finishers:

21 Charleston Marathon 26.2M Charleston 1,194 +356
22 Coastal 5k 5K Myrtle Beach 1,184 +386
23 Hilton Head Turkey Trot 5k 5k* Hilton Head 1,140 -33
24 Kiawah Island Marathon 26.2m Kiawah Isl 1,022 +125
25 St Patty’s Day 5k* Greenville 1,020 -246
26 RED WHITE & BLUE SHOES 5K Greenville 1,011 -16

Note two more races in SC had 1,000 or more finishers than last year.

SOUTH CAROLINA OPEN AND AGE GROUP RECORDS (updated February 2, 2015)
(maintained by Bill Marable, USATF Representative)

OPEN MEN SC State Records

distance, time, name, age, hometown, date, race

5 km 14:01 Jim Haughey (25, Clemson) 29 Aug 1986 Midnight Flight
8 km 23:05 Jeff See (28, Greenville) 31 Dec 2014 Main Street Crit
10 km 29:28 Jim Haughey (26, Clemson) 5 Sep 1987 Midnight Flight
12 km 37:08 Michael Banks (27, Charleston) 3 May 2014 Festival of Roses
15 km 45:55 Michael Banks (27, Charleston) 25 Jan 2014 Charlie Post
10 mi 49:06 David Branch (29 Travelers Rest) 1 Mar 1986 Triple Crown
hf mara 1:05:50 Michael Banks (28, Charleston) 8 Nov 2014 Governor's Cup
25 km 1:18:47 Eric Ashton (24, Columbia) 10 Oct 1992 Governor's Cup
Marathon 2:22:17 Paul Laymon (23, Charleston) 14 Dec 1985 Island
50 km 3:33:54 Wes Kessenich (37, Summerville) 3 Jul 1999 Big Butt

ALL-COMERS MEN SC State Records

5 km 13:59 Emmanuel Bor (19, Kenya) 7 Dec 2013 Reindeer Run
8 km 22:52 Kipkoech Ruto (25, Kenya) 31 Dec 2014 Main Street Crit
10 km 29:49 Joseph Kimani (22, Kenya) 1 Apr 1995 Bridge Run
15 km 45:30 Kimutai Cheruiyot (28 Kenya) 1 Feb 2014 Long Run
hf mara 1:05:17 Kiprono Kurgat (25, Kenya) 8 Nov 2014 Governor's Cup
25 km 1:17:31 Darrell General (25, Mitchville, MD) 28 Sep 1991 Governor's Cup
Marathon 2:20:07 Brian Walter (25, Blacksburg, VA) 8 Feb 1992 Carolina
50 km 3:26:38 Wes Kessenich (38, Ruckersville, VA) 01 July 2000 Big Butt

BOYS 7 and Under SC State Age Group Records

5 km 22:05 Elijah Poore (7, Mountain Rest) 15 Mar 2014 Walhalla Elementary
8 km 39:17 Paul McBride (7, Columbia) 18 Apr 1987 June Hartley
10 km 52:01 Paul McBride (6, Columbia) 30 Aug 1986 Midnight Flight
15 km 1:11:54 Noah Spencer (7, Mt. Pleasant) 26 Jan 2008 Charlie Post

BOYS 8 and Under SC State Age Group Records

5 km 19:49 David Grayson (9, Lexington) 25 Nov 2010 K of C Turkey Day
8 km 33:48 Hampton Kennemore (9, Greenwood) 9 Apr 1988 Spring Fitness
10 km 41:28 Coen Roberts (9, Greer) 3 Mar 2012 Reedy River
15 km 1:24:21 Felix Hadtstein (9, Isle of Palms) 29 Jan 2005 Charlie Post
10 mi 1:14:20 Coen Roberts (9, Greer) 18 Feb 2012 Green Valley
hf mara 4:11:27 Raymond Perkins (9, Columbia) 16 Feb 2008 Myrtle Beach
BOYS 10 and 11 SC State Age Group Records

5 km 18:26 Noah Spencer (11, Mt. Pleasant) 3 Dec 2011 Reindeer Run
8 km 31:14 Nicholas Johnson (11, Lugoff) 28 Sep 1991 Governor's Cup
10 km 37:10 Coen Roberts (11, Greer) 1 Mar 2014 Reedy River
12 km 1:03:06 Andrew Turner (10, Greer) 1 Mar 2003 Edisto Island
15 km 1:09:11 Jacob Spencer (11, Mt. Pleasant) 26 Jan 2008 Charlie Post
10 mi 1:08:50 Coen Roberts (10, Greer) 9 Feb 2013 Green Valley
20 km 1:52:54 Bryan Horton (11, Anderson) 4 Dec 1999 Paris Mountain
hf mara 1:40:10 Jeffrey Fann (11, Simpsonville) 14 Feb 2009 Myrtle Beach

BOYS 12 and 13 SC State Age Group Records

5 km 17:23 Drew Anderson (13, Goose Creek) 15 Dec 1990 Azalea Cup
8 km 29:08 Jonathan Chu (13, Columbia) 19 Oct 2002 Governor's Cup
10 km 36:32 Matt Cross (13, Florence) 24 Oct 1992 Heart of Myrtle Beach
12 km 53:33 Stuart Guthrie (13, Central) 1 Mar 2003 Edisto Island
15 km 1:04:40 Liam Emery (13, Mt. Pleasant) 31 Jan 2009 Charlie Post
10 mi 1:08:23 Andy Walls (13, Piedmont) 9 Mar 2002 Triple Crown
20 km 1:36:04 Trevor Harding (13, Greenville) 2 Dec 2000 Paris Mountain
25 km 2:14:20 Ian Robinson (13, Columbia) 28 Sep 1991 Governor's Cup
marathon 4:41:07 Carter Vincent (12, Laurens) 18 Feb 2012 Myrtle Beach

BOYS 14 and 15 SC State Age Group Records

5 km 16:02 Danny Doremus (15, Sumter) 15 Feb 1992 Presidents Run
8 km 27:32 Brian Cross (15, Florence) 10 Oct 1992 Governor's Cup
10 km 34:16 Jacob Morris (15, Aiken) 6 Apr 2002 Bridge Run
12 km 44:11 Kevin Pinckney (15, Bluffton) 15 Oct 1988 Beaufort Bridge
15 km 57:52 Hunter Janus (15, Lexington) 1 Feb 2014 Long Run
10 mi 1:02:58 Michael Hatch (15, Greenville) 13 Feb 1999 Green Valley
20 km 1:19:50 Ty Henderson (14, Moore) 15 Dec 2007 Paris Mountain
hf mara 1:17:40 Tony Morales (15, Lexington) 15 Jan 2011 Charleston Riverfront
25 km 1:51:56 Mike Popelars (15, Hartsville) 8 Oct 1988 Governor's Cup
marathon 3:15:43 David Huckaby (15, Fort Mill) 21 Feb 2004 Myrtle Beach

BOYS 16 and 17 SC State Age Group Records

5 km 15:48 Andre Ivankovic (16, Clemson) 15 Oct 2011 Race for the Cure-Charleston
8 km 26:14 Tony Lovette (17, Gadsden) 10 Oct 1992 Governor's Cup
10 km 32:27 Brent Demarest (17, Charleston) 6 Apr 2013 Bridge Run
12 km 44:25 Addison Palmer (17, Bluffton) 17 Oct 1987 Beaufort Bridge
15 km 53:38 Mike Wilson (16, Myrtle Beach) 29 Jan 1994 Winter Run
10 mi 58:00 Todd Kelly (17, West Columbia) 1 Mar 1986 Triple Crown
20 km 1:13:30 Mike Johnson (17, Traveler's Rest) 1 Dec 1990 Paris Mountain
hf mara 1:15:16 Tony Morales (16, Lexington) 14 Jan 2012 Charleston
25 km 1:42:46 Max Lemons (17, Columbia) 8 Oct 1988 Governor's Cup
marathon 3:16:15 Daniel McCurry (17, Goose Creek) 13 Dec 2003 Kiawah Island
MEN 18 and 19 SC State Age Group Records

5 km 15:03 Charles Freda (18, Clemson) 29 Aug 1986 Midnight Flight
8 km 25:37 Thomas Cronin (19, Columbia) 28 Sep 1991 Governor's Cup
10 km 31:38 Larry Clark (19, Easley) 5 Mar 1988 Reedy River
12 km 43:13 Chris Olson (18, Spartanburg) 23 May 1992 Out of Sight
15 km 54:10 Tim Gibbons (19, Charleston) 30 Jan 1999 Charlie Post
10 mi 56:15 Gary Myers (19, Greenville) 15 Feb 1992 Green Valley
20 km 1:13:06 Johnny Mitchell (18, Duncan) 7 Dec 2002 Paris Mountain
hf mara 1:14:18 Omar Sharif (19, Columbia) 12 Apr 2014 Palmetto
25 km 1:31:11 Greg Whitmire (19, Clinton) 3 Oct 1987 Governor's Cup
marathon 2:46:18 Stephen Sykes (18, Spartanburg) 18 Feb 2006 Myrtle Beach

MEN 35 through 39 SC State Age Group Records

5 km 14:41 Selwyn Blake (39, Columbia) 29 Apr 2000 Rice Run
8 km 23:43 Selwyn Blake (35, Columbia) 26 Oct 1996 Governor's Cup
10 km 30:30 Selwyn Blake (38, Columbia) 27 Mar 1999 Bridge Run
12 km 38:56 Eric Ashton (37, Columbia) 12 Nov 2005 Great Swamp Sanctuary
15 km 47:21 Ric Banning (36, Mt. Pleasant) 4 Feb 1989 Charlie Post
10 mi 51:51 Selwyn Blake (35, Columbia) 30 Nov 1996 Low Country
20 km 1:09:15 Larry Brock (38, Anderson) 5 Dec 1998 Paris Mountain
hf mara 1:07:02 Bob Schlau (38, Sullivan's Island) 14 Dec 1985 Island
25 km 1:23:47 Roy Kulikowski (35, Columbia) 8 Oct 1988 Governor's Cup
marathon 2:30:31 Rob Wilder (35, Roebuck) 28 Feb 1998 Myrtle Beach
50 km 3:33:54 Wes Kessenich (37, Summerville) 3 Jul 1999 Big Butt

MEN 40 through 44 SC State Age Group Records

5 km 15:07 Bob Schlau (41, Charleston) 24 Nov 1988 K of C Turkey Day
15:07 Selwyn Blake (43, Columbia) 13 Mar 2004 Daniel Island
8 km 24:59 Selwyn Blake (42, Columbia) 17 Jan 2004 Snowman Run
10 km 30:55 Bob Schlau (40, Charleston) 4 Jun 1988 Myrtle Beach
12 km 40:59 Lansing Brewer (43, Camden) 13 Jan 1990 Ellerbe Bay
15 km 48:14 Eric Ashton (44, Columbia) 26 Jan 2013 Charlie Post
10 mi 53:48 Bob Schlau (44, Charleston) 29 Feb 1992 Great Kiawah
20 km 1:11:31 Dave Geer (40, Clemson) 3 Dec 1994 Paris Mountain
hf mara 1:09:33 Eric Ashton (43, Columbia) 10 Dec 2011 Kiawah Island
25 km 1:26:26 Bob Schlau (43, Charleston) 29 Sep 1990 Governor's Cup
marathon 2:36:13 Paul Okerberg (40, Kiawah Island) 12 Dec 1998 Kiawah Island
50 km 3:36:07 Jeff Milliman (41, Greenville) 1 Jul 2000 Big Butt

MEN 45 through 49 SC State Age Group Records

5 km 15:12 Eric Ashton (45, Columbia) 25 May 2013 Jailbreak
15:07 Selwyn Blake (43, Columbia) 13 Mar 2004 Daniel Island
8 km 25:18 Eric Ashton (45, Columbia) 23 Mar 2013 Beaufort Twilight
10 km 31:24 Eric Ashton (45, Columbia) 6 Apr 2013 Bridge Run
12 km 39:47 Bob Schlau (49, Charleston) 17 May 1997 Edisto Island
15 km 49:42 Eric Ashton (46, Columbia) 10 Jan 2015 Charlie Post
10 mi 52:47 Bob Schlau (47, Charleston) 26 Nov 1994 Low Country
20 km 1:13:21 Dave Geer (45, Clemson) 3 Dec 1994 Paris Mountain
hf mara 1:11:28 Eric Ashton (46, Columbia) 13 Dec 2014 Kiawah Island
25 km 1:28:31 Bob Schlau (45, Charleston) 10 Oct 1992 Governor's Cup
marathon 2:35:54 Bob Schlau (49, Charleston) 14 Dec 1996 Kiawah Island
50 km 4:28:31 Ray Krolowicz (45, Pontiac) 1 Jul 2000 Big Butt
MEN 50 through 54 SC State Age Group Records

5 km 16:14 Bob Schlau (52, Charleston) 4 Dec 1999 Reindeer Run
8 km 27:23 Bob Schlau (51, Charleston) 7 Nov 1998 Charleston Landing
10 km 34:14 Dave Geer (50, Clemson) 16 Oct 2004 Oktoberfest
12 km 42:32 Bob Schlau (51, Charleston) 6 Mar 1999 Edisto Island
15 km 53:50 Lansing Brewer (50, Camden) 1 Feb 1997 Charlie Post
10 mi 58:04 Bob Schlau (51, Charleston) 21 Nov 1998 Low Country
20 km 1:17:22 Dave Geer (50, Clemson) 4 Dec 2004 Paris Mountain
hf mara 1:15:43 Bob Schlau (52, Charleston) 11 Dec 1999 Kiawah Island
25 km 1:34:40 Charles Teseniar (50, Clarks Hill) 30 Sep 1998 Governor's Cup
marathon 2:47:27 Chris Giordanelli (50, Simpsonville) 13 Dec 2014 Kiawah Island
50 km 5:56:43 Alex Morton (50, Mt. Pleasant) 3 Jul 1999 Big Butt

MEN 55 through 59 SC State Age Group Records

5 km 17:03 Dave Geer (55, Clemson) 17 Oct 2009 Oktoberfest
8 km 28:47 Marc Embler (56, North Charleston) 9 Nov 2013 Governor's Cup
10 km 36:19 Marc Embler (55, North Charleston) 6 Apr 2013 Bridge Run
12 km 45:10 Marc Embler (57, North Charleston) 11 Oct 2014 Bridge to Bridge
15 km 54:59 Ed Ledford (55, Charleston) 1 Feb 1992 Charlie Post
10 mi 1:01:11 Bob Schlau (55, Charleston) 23 Nov 2002 Low Country
20 km 1:22:15 Dave Geer (55, Clemson) 12 Dec 2009 Paris Mountain
hf mara 1:19:59 Marc Embler (57, North Charleston) 13 Dec 2014 Kiawah Island
25 km 1:49:26 Raymond Stone (56, Simpsonville) 28 Sep 1991 Governor's Cup
marathon 2:55:57 Marc Embler (56, North Charleston) 14 Dec 2013 Kiawah Island
50 km 4:22:38 Gerry Carner (56, Clemson) 1 Jul 2000 Big Butt

Men 60 through 64 SC State Age Group Records

5 km 17:51 Dave Geer (60, Clemson) 18 Oct 2014 Race for the Cure Lowcountry
8 km 29:20 Dave Geer (60, Clemson) 20 Sep 2014 Be Great
10 km 37:23 Dave Geer (60, Clemson) 4 Oct 2014 Richland RUNS
12 km 46:33 Norman Ferris (61, Columbia) 30 Apr 2011 Rose Festival
15 km 58:10 Dave Geer (60, Clemson) 10 Jan 2015 Charlie Post
10 mi 1:06:23 Gerry Carner (61, Clemson) 12 Mar 2005 Triple Crown
20 km 1:26:42 Dave Geer (60, Clemson) 6 Dec 2014 Paris Mountain
hf mara 1:24:39 Dave Geer (60, Clemson) 8 Nov 2014 Governor's Cup
25 km 1:55:14 Dick Lyons (61, Taylors) 3 Oct 1987 Governor's Cup
marathon 3:10:13 Barry Bishop (60, Greenville) 9 Dec 2006 Kiawah Island
50 km 5:34:01 Roy Ingle (62, Camden) 1 Jul 2000 Big Butt

MEN 65 through 69 SC State Age Group Records

5 km 19:23 Steve Annan (67, Mt. Pleasant) 28 Nov 2013 K of C Turkey Day
8 km 32:44 Steve Annan (65, Mt. Pleasant) 25 Feb 2012 MESSA
10 km 40:35 George Luke (65, Greenville) 22 Oct 2005 Oktoberfest
12 km 52:08 Steve Annan (67, Mt. Pleasant) 4 May 2013 Festival of Roses
15 km 1:04:30 David Mellard (66, North Charleston) 4 Feb 1989 Charlie Post
10 mi 1:09:59 Dick Lyons (65, Taylors) 16 Feb 1991 Green Valley
20 km 1:26:31 Rudy Nimmons (65, Seneca) 7 Dec 1995 Paris Mountain
hf mara 1:33:02 Steve Annan (66, Mt. Pleasant) 16 Feb 2013 Myrtle Beach
25 km 1:50:29 Dick Lyons (65, Taylors) 28 Sep 1991 Governor's Cup
marathon 3:25:31 David Mellard (65, North Charleston) 12 Dec 1987 Island
MEN 70 through 74 SC State Age Group Records

5 km 20:52 George Luke (70, Greenville) 2 Oct 2010 Standpipe
8 km 34:23 George Luke (70, Greenville) 12 Jun 2010 Sunrise Run
10 km 44:34 George Luke (72, Greenville) 2 Mar 2013 Reedy River
12 km 56:15 William Boulter (71, Charleston) 3 Mar 2001 Edisto Island
15 km 1:11:43 David Mellard (71, North Charleston) 5 Feb 1994 Charlie Post
10 mi 1:16:42 William Boulter (70, Charleston) 18 Nov 2000 Low Country
20 km 1:46:45 Bobby Chandler (70, Greenville) 16 Dec 2006 Paris Mountain
hf mara 1:42:36 William Boulter (70, Charleston) 9 Dec 2000 Kiawah Island
25 km 2:03:26 David Mellard (70, North Charleston) 10 Oct 1992 Governor's Cup
marathon 3:36:26 Bill Linder (70, Columbia) 21 Feb 2004 Myrtle Beach

MEN 75 through 79 SC State Age Group Records

5 km 24:58 Robert Gray (75, Salem) 18 Oct 2003 Oktoberfest
8 km 41:12 William Boulter (76, Charleston) 25 Feb 2006 MESSA
10 km 49:35 David Mellard (75, North Charleston) 3 May 1997 Heels & Wheels
12 km 1:04:56 Franklin Mason (75, Mullins) 29 Apr 2000 Festival of Roses
15 km 1:18:02 William Boulter (75, Charleston) 28 Jan 2006 Charlie Post
10 mi 1:27:56 Robert Gray (75, Salem) 27 Mar 2004 Triple Crown
20 km 1:57:22 Robert Gray (75, Salem) 6 Dec 2003 Paris Mountain
hf mara 1:52:41 William Boulter (75, Charleston) 4 Feb 2006 Save the Light
marathon 4:08:48 Franklin Mason (75, Mullins) 11 Dec 1999 Kiawah Island

MEN 80 through 84 SC State Age Group Records

5 km 26:39 Rudy Nimmons (83, Seneca) 18 Oct 2003 Oktoberfest
8 km 53:44 Lonnie Collins (80, Gilbert) 16 Jan 2010 Snowman Run
10 km 58:46 William Boulter (80, Charleston) 13 Mar 2010 Flowertown Festival
12 km 1:42:51 Franklin Mason (83, Mullins) 26 Apr 2008 Rose Festival
15 km 1:48:34 David Mellard (81, North Charleston) 31 Jan 2004 Charlie Post
20 km 2:54:07 Bill Beckwith (80, Central) 6 Dec 2014 Paris Mountain
hf mara 2:56:38 Bill Beckwith (80, Central) 6 Dec 2014 Paris Mountain
marathon 6:34:47 Franklin Mason (83, Mullins) 16 Feb 2008 Myrtle Beach

MEN 85 through 89 SC State Age Group Records

5 km 41:59 Ed Fenton (87, Simpsonville) 26 Jan 2008 Run Downtown
8 km 1:09:47 Franklin Mason (85, Mullins) 16 Jan 2010 Snowman Run
10 km 1:34:25 Franklin Mason (85, Mullins) 20 Mar 2010 McLeod Sports Medicine
12 km 1:49:10 Franklin Mason (85, Mullins) 1 May 2010 Rose Festival
15 km 2:13:54 Franklin Mason (85, Mullins) 23 Jan 2010 Winter Run
hf marathon 3:21:04 Franklin Mason (85, Mullins) 9 Jan 2010 McLeod Health & Fitness

MEN 90 through 94 SC State Age Group Records

5 km 46:45 George Boucher (90, Anderson) 18 Oct 2003 Oktoberfest
10 km 1:52:07 William Pennebaker (94, Charleston) 31 Mar 2012 Bridge Run
OPEN WOMEN SC State Records

5 km 16:30 Maggie Kraft (33, Columbia) 25 Apr 1992 Rice Run
16:30 Kathy Kanes (31, Charleston) 3 Sep 1993 Midnight Flight
8 km 27:10 Maggie Kraft (33, Columbia) 2 May 1992 Mayfest Quest
10 km 34:17 Megan Othersen (24, Charleston) 5 Dec 1987 Run for the Rainbow
12 km 43:10 Nancy Grayson (39, Columbia) 14 Oct 1989 Low Country
15 km 53:50 Megan Othersen (24, Charleston) 6 Feb 1988 Charlie Post
10 mi 59:19 Mary Ellen Kelly (29, Columbia) 8 Mar 1997 Triple Crown
hf mara 1:15:12 Megan Othersen (24, Charleston) 12 Dec 1987 Island
25 km 1:33:42 Nancy Grayson (37, Columbia) 3 Oct 1987 Governor's Cup
marathon 2:49:40 Mary Ellen Kelly (28, Columbia) 10 Feb 1996 Olympic Trials
50 km 4:07:01 Ruth Marie Milliman (43, Greenville) 1 Jul 2000 Big Butt

ALL-COMERS WOMEN SC State Records

5 km 16:08 Sophy Jepchirchir (20, Kenya) 7 Dec 2013 Reindeer Run
8 km 25:50 Amy Rudolph (24, Kane, PA) 7 Feb 1998 National Championship
25:50 Amy Rudolph (25, Kane, PA) 6 Feb 1999 National Championship
10 km 31:19 Elana Meyer (30, South Africa) 5 Apr 1997 Bridge Run
15 km 53:01 Laurie Knowles (36, Charlotte, NC) 1 Jan 2014 Charlie Post
hf mara 1:12:59 Risper Gesabwa (22, Kenya) 10 Dec 2011 Kiawah Island
25 km 1:30:19 Mary Alico (27, Raleigh, NC) 29 Sep 1990 Governor's Cup
marathon 2:29:54 Jenny Spangler (32, Gurnee, IL) 10 Feb 1996 Olympic Trials

GIRLS 7 and UNDER SC State Age Group Records

5 km 22:31 Megan Alexander (7, Ladson) 29 Oct 1988 Alumax Run
8 km 51:16 Madelyn Spitzer (7, Greenville) 13 Jun 2009 Sunrise Run
10 km 58:00 Clarie Bryant (7, Greenville) 22 Mar 1987 News-Piedmont
12 km 1:28:17 Brooklyn Looper (6, Easley) 26 Apr 2008 Rose Festival

GIRLS 8 and 9 SC State Age Group Records

5 km 22:11 Megan Alexander (8, Summerville) 23 Nov 1989 K of C Turkey Day
22:11 Carly Hall (9, Mt. Pleasant) 26 Nov 2009 K of C Turkey Day
8 km 35:55 Lucy Smith (9, Hartsville) 16 Apr 1994 Foxtrot
10 km 38:16 Charity Fillmore (9, Beaufort) 14 Mar 1992 Springfest
12 km 1:17:20 Brooklyn Looper (8, Easley) 16 May 2009 Walhalla Eagle
15 km 1:39:28 Anna Kate Green (9, Myrtle Beach) 21 Jan 2012 Winter Run
half mara 2:15:57 Anna Kate Green (9, Myrtle Beach) 18 Feb 2012 Myrtle Beach

GIRLS 10 and 11 SC State Age Group Records

5 km 17:57 Charity Fillmore (11, Beaufort) 24 Apr 1993 Rice Run
8 km 30:19 Charity Fillmore (10, Beaufort) 19 Sep 1992 Kimberly Quality Care
10 km 37:35 Charity Fillmore (10, Beaufort) 24 Oct 1992 Heart of Myrtle Beach
15 km 59:08 Charity Fillmore (10, Beaufort) 6 Feb 1993 Charlie Post
10 mi 1:40:30 Emily Henderson (10, Camden) 2 Mar 1992 Triple Crown
hf mara 2:01:07 Lauren White (10, Mt. Pleasant) 4 Feb 2012 Save the Light
GIRLS 12 and 13 SC State Age Group Records

5km 18:54 Charity Fillmore (12, Beaufort) 23 Apr 1994 Rice Run
8km 32:55 Charity Fillmore (13, Burton) 20 Jan 1996 Snowman Run
10km 38:28 Charity Fillmore (12, Beaufort) 26 Mar 1994 Bridge Run
12km 58:15 Elizabeth Evans (13, Walterboro) 1 Mar 2003 Edisto Island
15km 1:01:40 Charity Fillmore (12, Beaufort) 28 Jan 1995 Winter Run
10m 1:23:45 Nathalie Smith (12, Aiken) 1 Mar 1986 Triple Crown
20km 1:55:49 Sunday Ford (12, Piedmont) 4 Dec 1999 Paris Mountain
hf mara 1:35:12 Carly Howell (13, Greer) 19 Feb 2011 Myrtle Beach
25km 2:25:13 Deborah Saylor (13, Swansea) 30 Sep 1989 Governor's Cup
marathon 6:32:17 Kendra Sprogis (13, Irmo) 19 Feb 2000 Myrtle Beach

GIRLS 14 and 15 SC State Age Group Records

5 km 18:28 London Miller (14, Greenville) 24 Apr 2010 Greer Earth Day
8 km 32:41 Erin Burton (15, Isle of Palms) 4 Nov 1995 Charles Towne
10 km 39:58 Diana Willard (15, Pelion) 7 Sep 2002 Whiskey
12 km 54:45 Savannah Radenbaugh (15, Columbia) 17 Oct 2009 Ray Tanner Home Run
15 km 1:04:13 Sunday Ford (14, Piedmont) 26 Jan 2002 Winter Run
10 mi 1:14:37 Hannah Wright (15, Easley) 10 Feb 2001 Green Valley
20 km 1:38:29 Janeen Jensen (15, Chapin) 1 Dec 1990 Paris Mountain
hf mara 1:30:19 Carly Howell (15, Greer) 8 Dec 2012 Kiawah Island
marathon 3:16:54 Carly Howell (15, Greer) 16 Feb 2013 Myrtle Beach

GIRLS 16 and 17 SC State Age Group Records

5 km 18:40 Jasmine Polite (17, Goose Creek) 16 Oct 2010 Race for the Cure-Charleston
8 km 32:42 Erin Burton (17, Isle of Palms) 2 Nov 1996 Charles Towne
10 km 38:15 Melissa Fairey (17, North Charleston) 6 Apr 2013 Bridge Run
12 km 53:39 Julia Bissehops (17, Johns Island) 2 Mar 2002 Edisto Island
15 km 1:09:37 Sherri Winningham (17, Hanahan) 3 Feb 1990 Charlie Post
10 mi 1:10:09 Diana Willard (16, Pelion) 8 Mar 2003 Triple Crown
20 km 1:31:35 Sunday Ford (16, Piedmont) 6 Dec 2003 Paris Mountain
hf mara 1:27:49 Sunday Ford (17, Piedmont) 11 Dec 2004 Kiawah Island
marathon 3:20:47 Benjamin Jenerette (16, North Myrtle Beach) 16 Feb 2013 Myrtle Beach

WOMEN 18 and 19 SC State Age Group Records

5 km 18:00 Katie England (19, West Union) 12 Jun 1999 Floppin' Flounder
8 km 31:51 Carey Phillips (19, Chesnee) 14 Jun 2008 Sunrise Run
10 km 39:10 Elizabeth Bishop (19, Greenville) 6 Mar 1993 Reedy River
12 km 56:46 Rachel Wadsworth (19, Columbia) 17 Oct 2009 Ray Tanner Home Run
15 km 1:02:18 Shelley Tyler (18, Conway) 27 Jan 1990 Winter Run
10 mi 1:12:36 Rosa Young (18, Spartanburg) 7 Feb 2009 Green Valley
20 km 1:32:27 Dana Smith (19, Greenville) 5 Dec 1998 Paris Mountain
hf mara 1:22:06 Jamie Weisgerber (18, Conway) 9 Dec 1995 Kiawah Island
25 km 2:05:28 Leslie Tomlinson (18, Columbia) 16 Oct 1993 Governor's Cup
marathon 3:32:40 Gabrielle Lambert (19, Charleston) 12 Dec 1992 Kiawah Island
WOMEN 35 through 39 SC State Age Group Records

5 km 17:04 Clarice Marana (36, Charleston) 25 Apr 1998 Rice Run
8 km 27:39 Clarice Marana (36, North Charleston) 6 Feb 1999 National Championship
10 km 35:08 Nancy Grayson (38, Columbia) 11 Mar 1989 Springfest
12 km 43:10 Nancy Grayson (39, Columbia) 14 Oct 1989 Low Country
15 km 54:33 Nancy Grayson (39, Columbia) 3 Feb 1990 Charlie Post
10 mi 59:40 Janice Addison (38, Columbia) 21 Jan 1998 Low Country
20 km 1:18:23 Nancy Grayson (39, Columbia) 2 Dec 1989 Paris Mountain
hf mara 1:18:09 Heather Hunt (38, Sumter) 16 Feb 2013 Myrtle Beach
25 km 1:33:42 Nancy Grayson (37, Columbia) 3 Oct 1987 Governor's Cup
marathon 2:52:27 Nancy Grayson (38, Columbia) 11 Feb 1989 Carolina

WOMEN 40 through 44 SC State Age Group Records

5 km 17:28 Nancy Grayson (41, Columbia) 7 Dec 1991 Reindeer Run
8 km 29:08 Janice Addison (40, Columbia) 13 May 2000 Art Festival
10 km 35:13 Nancy Grayson (41, Columbia) 31 Aug 1991 Midnight Flight
12 km 46:56 Lisa Tolley (43, Seneca) 8 May 2010 Walhalla Eagle
15 km 58:42 Linda Banning (41, Mt. Pleasant) 3 Feb 1990 Charlie Post
10 mi 1:01:52 Janice Addison (42, Columbia) 23 Nov 2002 Low Country
20 km 1:27:13 Janice Addison (41, Columbia) 1 Dec 2001 Paris Mountain
hf mara 1:21:14 Catherine Lempesis (40, Columbia) 14 Dec 1991 Kiawah Island
25 km 1:35:13 Nancy Grayson (40, Columbia) 29 Sep 1990 Governor's Cup
marathon 2:56:49 Anne Reed (40, Charleston) 13 Dec 1986 Island
50 km 4:07:01 Ruth Marie Milliman (43, Greenville) 1 Jul 2000 Big Butt

WOMEN 45 through 49 SC State Age Group Records

5 km 18:42 Dian Ford (49, Piedmont) 16 Oct 2004 Oktoberfest
8 km 30:43 Dian Ford (45, Piedmont) 21 Oct 2000 Governor's Cup
10 km 38:36 Donna Anderson (45, Pawleys Island) 31 Mar 2012 Bridge Run
12 km 48:26 Janice Addison (45, Columbia) 12 Nov 2005 Great Swamp Sanctuary
15 km 1:00:13 Dian Ford (46, Piedmont) 26 Jan 2002 Winter Run
10 mi 1:04:56 Dian Ford (45, Piedmont) 18 Nov 2000 Low Country
20 km 1:26:22 Dian Ford (45, Piedmont) 2 Dec 2000 Paris Mountain
hf mara 1:25:32 Catherine Lempesis (45, Columbia) 14 Dec 1996 Kiawah Island
25 km 1:55:21 Nonie Hudnall (45, Spartanburg) 14 Oct 1995 Governor's Cup
marathon 3:18:24 Nonie Hudnall (45, Spartanburg) 9 Dec 1995 Kiawah Island

WOMEN 50 through 54 SC State Age Group Records

5km 18:56 Dian Ford (51, Piedmont) 21 Oct 2006 Oktoberfest
8km 31:50 Dian Ford (50, Piedmont) 11 Jun 2005 Sunrise Run
10 km 39:51 Dian Ford (50, Piedmont) 22 Oct 2005 Oktoberfest
12 km 51:25 Betty Ryberg (51, Aiken) 4 Mar 2000 Edisto Island
15 km 1:02:37 Susi Smith (52, Greenville) 28 Jan 2012 Charlie Post
10mi 1:06:51 Susi Smith (50, Greenville) 20 Feb 2010 Green Valley
20 km 1:29:41 Dian Ford (50, Piedmont) 14 Jan 2006 Paris Mountain
hf mara 1:27:19 Susi Smith (50, Greenville) 12 Dec 2009 Kiawah Island
25 km 2:01:01 Pat Rhode (53, Walterboro) 19 Oct 1992 Governor's Cup
marathon 3:15:24 Ruth Marie Milliman (52, Mt. Pleasant) 12 Dec 2009 Kiawah Island
WOMEN 55 through 59 SC State Age Group Records

5 km 19:49 Dian Ford (55, Piedmont) 30 Oct 2010 Run Fest
8 km 33:34 Dian Ford (59, Piedmont) 27 Nov 2014 Trees Greenville Turkey Day
10 km 42:12 Ruth Marie Embler (55, North Charleston) 6 Apr 2013 Bridge Run
12 km 52:26 Ruth Marie Embler (56, North Charleston) 12 Oct 2013 Bridge to Bridge
15 km 1:05:34 Ruth Marie Embler (57, North Charleston) 10 Jan 2015 Charlie Post
10 mi 1:17:27 Pat Rhode (55, Walterboro) 26 Nov 1994 Low Country
20 km 1:33:28 Dian Ford (55, Piedmont) 4 Dec 2010 Paris Mountain
hf mara 1:32:38 Ruth Marie Embler (55, North Charleston) 16 Feb 2013 Myrtle Beach
25 km 2:19:31 Pat Rhode (56, Walterboro) 14 Oct 1995 Governor's Cup
marathon 3:27:18 Dian Ford (57, Piedmont) 16 Feb 2013 Myrtle Beach

WOMEN 60 through 64 SC State Age Group Records

5 km 23:19 Mary Mauldin (61, Charleston) 1 Dec 2012 Reindeer Run
8 km 37:04 Cindy Lucking (60, Greer) 14 Jun 2014 Sunrise Run
10 km 45:21 Mimi Sturgell (62, Kiawah Island) 6 Apr 2013 Bridge Run
12 km 1:03:55 Nonie Hudnall (63, Spartanburg) 4 May 2013 Festival of Roses
15 km 1:09:48 Mimi Sturgell (62, Kiawah Island) 26 Jan 2013 Charlie Post
10 mi 1:17:09 Laura Caldwell (61, Greenville) 8 Feb 2014 Green Valley
20 km 1:48:53 Stephanie van Rhyn (60, Greenville) 4 Dec 2004 Paris Mountain
hf mara 1:38:27 Mimi Sturgell (60, Kiawah Island) 11 Dec 2010 Kiawah Island
25 km 2:21:18 Nancy Bell (61, Taylors) 28 Sep 1991 Governor's Cup
marathon 3:56:58 Nita Eichstaedt (61, Batesburg) 18 Feb 2006 Myrtle Beach

WOMEN 65 through 69 SC State Age Group Records

5 km 24:12 Marge Hoffman (66, Salem) 20 Oct 2001 Oktoberfest
8 km 40:03 Marge Hoffman (66, Salem) 16 Mar 1996 Emerald City
10 km 50:43 Nancy Curry (66, Mt. Pleasant) 6 Apr 2013 Bridge Run
12 km 1:04:25 Jean Bongiorno (65, Okatie) 1 Mar 2003 Edisto Island
15 km 1:16:03 Linda Clarkson (66, Johns Island) 10 Jan 2015 Charlie Post
10 mi 1:25:29 Marge Hoffman (67, Salem) 8 Mar 1997 Triple Crown
20 km 2:00:50 Marge Hoffman (66, Salem) 2 Dec 1995 Paris Mountain
hf mara 1:51:49 Linda Clarkson (66, Johns Island) 13 Dec 2014 Kiawah Island

WOMEN 70 through 74 SC State Age Group Records

5km 24:33 Marge Hoffman (72, Salem) 20 Oct 2001 Oktoberfest
8km 41:02 Marge Hoffman (70, Salem) 30 Oct 1999 Governor's Cup
10km 50:44 Marge Hoffman (70, Salem) 13 Nov 1999 Colonial Cup
12km 1:27:11 Elfriede Tolley-Beeson (73, Sumter) 17 Oct 2009 Ray Tanner Home Run
15km 1:24:14 Marge Hoffman (70, Salem) 29 Jan 2000 Charlie Post
10mi 1:29:16 Marge Hoffman (72, Salem) 18 Feb 2002 Green Valley
20km 1:56:30 Marge Hoffman (70, Salem) 4 Dec 1999 Paris Mountain
hf mara 1:54:48 Marge Hoffman (72, Salem) 27 Oct 2001 Governor's Cup
marathon 4:43:08 Elfriede Tolley-Beeson (70, Sumter) 9 Dec 2006 Kiawah Island
WOMEN 75 through 79 SC State Age Group Records

5km 30:03 Jean Bongiorno (75, Okatie) 27 Apr 2013 Rice Run
8km 56:18 Margaret Wright (75 Folly Beach) 2 Nov 1996 Charles Towne
10km 1:05:02 Marge Hoffman (75, Salem) 13 Nov 2004 Colonial Cup
12km 1:32:29 Margaret Wright (75, Folly Beach) 18 May 1996 Edisto Island
15km 1:49:18 Margaret Wright (75, Folly Beach) 1 Feb 1997 Charlie Post
hf mara 2:30:05 Marge Hoffman (75, Salem) 19 Feb 2005 Myrtle Beach
marathon 6:16:42 Patricia Waterfield (75, Myrtle Beach) 16 Feb 2008 Myrtle Beach

WOMEN 80 through 84 SC State Age Group Records

5km 34:26 Anita Krisher (81, Charleston) 24 Nov 2011 K of C Turkey Day
8km 1:20:51 Margaret Wright (82, Folly Beach) 21 Feb 2004 MESSA
10 km 1:35:09 Ethel Fortenberry (81, Sullivan's Island) 31 Mar 2012 Bridge Run
hf mara 3:05:50 Jane Gregorie (80, Yemassee) 13 Dec 2014 Kiawah Island

WOMEN 85 through 89 SC State Age Group Records

5km 44:59 Evelyn Tripp (85, Piedmont) 29 Sep 2001 Race for the Cure-Greenville
10 km 2:10:56 Josefine Joyce (87, Charleston) 6 Apr 2013 Bridge Run

WOMEN 90 through 94 SC State Age Group Records

5km 46:24 Evelyn Tripp (93, Piedmont) 7 Mar 2009 Reedy River

WOMEN 95 through 99 SC State Age Group Records

5 km 48:45 Evelyn Tripp (95, Piedmont) 5 Mar 2011 Reedy River

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HELP SAVE THE STUDY
from an Editorial in Runner’s World

The March 2015 issue of Runner’s World magazine asks us to help save the study which they began in 1991 (and Kathy and I remember responding to it, and to the follow-up studies done later). The National Health Study has a database of information on a total of 113,472 runners and is the biggest and best study and examination of the health benefits of exercise. There were studies in 1991, 1997, and 2007.

For an explanation of some of the information gathered from all the studies check out the article. It was written by David Willey, Editor-In-Chief @DWilleyRW.

There are now 156,000 participants and Paul T. Williams, a staff scientist in the Life Sciences Division of the Lawrence Berkeley National Laboratory in Berkeley, California wants to re-survey all the participants. Unfortunately, his funding is about to run out, and if it does, the National Runners’ Health Survey will shut down.

He and RW magazine are asking for help, as supporters.

TO HELP CONTINUE THE RESEARCH AND STUDY
SEND AN E-MAIL TO:

The Secretary of Energy, Dr. Ernest Moniz urging ongoing support of the survey.
Send it to:
The.Secretary@hq.doe.gov

I’ve sent my e-mail (and actually got a response) and I hope you will send one as well. CJ
FASTEST PERFORMANCES IN 2015 In South Carolina compiled by Cedric Jaggers
SC state records maintained by Bill Marable, SC USATF Representative, list in this Gazette
Certified Courses only since uncertified courses are approximate distances not recognized by USATF for records.

Note: open records are South Carolina residents, all comers records are non-SC residents’ fastest times in state. Special note: some faster times may have been run on certified courses, but if the organizers did not submit the results and required paperwork, the record cannot be recognized.

5K 2015 fastest 14:56.1 ADAM FREUDENTHAL January 10 Grasshopper Run certified #SC07031BS
16:32  KIMBERLY RUCK January 17 Gville News Run certified #SC100031BS

5K state records:
open male 14:01 Jim Haughey  open female 16:30 Maggie Kraft
open female 16:30 Kathy Kanes
all comers m 13:59 Emmanuel Bor all comers f 16:08 Sophy Jepchirchir

8K 2015 fastest 26:53 MATT HAMMERSMITH February 14 Green Valley 8k certified #SC10011BS
32:42 EMMA DEROBERTS February 14 Green Valley certified #SC10011BS

8K state records:
open male 23:24 Steve Kartalia  open female 27:10 Maggie Kraft
open female 25:50 Amy Rudolph
all comers m 23:13 Jim Farmer  all comers f

10K 2015 fastest 34:54 JUSTIN BISHOP January 24 Red Nose Run certified #SC14091DW
42:11 SHANNON IRIEL January 24 Red Nose Run certified #SC14091DW

10K state records:
open male 29:28 Jim Haughey  open female 34:17 Megan Othersen
open female 31:19 Elana Meyer
all comers m 27:49 Joseph Kimani  all comers f

12K 2015 fastest no certified 12k so far this year

12 K state records:
open male 37:08 Michael Banks  open female 43:10 Nancy Grayson
all comers m none  all comers f none

15K 2015 fastest 46:47 MICHAEL BANKS January 10 Charlie Post certified #SC12012DW
57:03 AYSSA BLOORQUIST January 10 Charlie Post certified #SC12012DW

15 K state records:
open male 45:55 Michael Banks  open female 53:50 Megan Othersen
open female 53:01 Laurie Knowles
all comers m 45:30 Kimutai Cheruiyot all comers

10MI 2015 fastest 54:43 CHRIS CALDWELL February 14 Green Valley certified #SC10010BS
63:22 SUNDAY DAVIS February 14 Green Valley certified #SC10010BS

10 MI state records:
open male 49:06 David Branch  open female 59:19 Mary Ellen Kelly
all comers m none  all comers f none
ONLINE DATABASE AVAILABLE FROM ARRS

The ARRS (Ken Young maintains and updates the information) is a national and international organization which keeps up with running and runners. A number of SC runners and races are in the database. CJ

The ARRS database is on-line at http://arrs.auguszt.in/. You can view rankings for any year (and all-time) and any country (and world) for any of the standard events. You can also view lists of the races in the database for any date and then access the results. Note that the results only include runners that have met the ARRS qualifying standards. The static rankings on www.arrs.net are not available.

You can also view performance lists for any of the 80,000 runners in the database and run head-to-head analyses for these runners. Plots showing a runner's performances at a particular distance over time may be viewed. There are a number of other features you may find of interest. Additional features will be added over time.

Many thanks to Juraj Gasparovic and Frantisek Augusztin for their efforts in getting the ARRS database on-line.

Feedback is welcome. Ken Young
QUICK WORKOUTS from TIME MAGAZINE

The January 26, 2015 issue of Time magazine included an article by Alexandra Sifferlin. She refers to results from Martin Gibala, a professor of kinesiology at McMaster University in Ontario, Canada. He says “..brief, intense exercise is an effective way to improve your fitness and markers that may reduce risk for chronic diseases.” She reports that the professor is researching just how low you can go, time wise to get a good workout

Basically if you can only do a short workout you need to make it intense to get benefit from it. The professor says “There’s no free lunch here. You really have to get out of your comfort zone and go hard.”

So you only have time for a short intense workout? Here are the suggestions listed in the magazine:

1 minute Go as hard as you can. Gibala’s team has shown that you can improve fitness in just 60 seconds.
   Your workout: Get on a stationary bike or treadmill. Do a short warm up and then pedal or run as fast as you can for one minute. (Editor’s note – I did this on a stationary bike and it will take your breath away if you do it right – reminded me of a hard lap around a track. CJ)
   Your benefit: Men and women who tried the one minute workout for six weeks improved their endurance and lowered their blood pressure.

7 minutes A workout developed by scientists at McMaster University.
   Your workout: For 30 seconds each: Jumping Jacks, a wall sit, push ups, crunches, chair step-ups, squats, tricep dips, planks, running on the spot, lunges, push ups with wide rotation and then side plans. Rest for 10 seconds between each exercise.
   Your benefit: The diversity of the exercises strengthens muscles throughout the body and improves your heart rate.

10 minutes High intensity interval training
   Your workout: On a treadmill, run as fast as you can for 30 seconds, then lower the speed and jog for 30 seconds. Repeat 10 times.
   Your benefit: Improved cardiac health from the quick spurts of exercise.

20 minutes A serious workout which Gibala’s research is enough if you are willing to sweat.
   Your workout: Choose the exercise you want, like biking, swimming or rowing, and do it at your full capacity for one minute. Back off for one minute and repeat 10 times.
   Your benefit: These intervals are shown to improve blood vessel and heart function

So you can choose your poison and take it seriously if you want the benefit. We can’t use the excuse now that we “don’t have time to exercise”. CJ

FEATURE RACE APPLICATIONS

Converted to Word and inserted in the Gazette if anyone sends them in to be included:

None sent for this issue-
(RACE DIRECTORS: SEND A WORD FORMAT COPY OF YOUR RACE APP FOR FREE INCLUSION) Note: (Graphics don’t always copy properly as you may see)

- - - - - - -
HERE IS INFORMATION ON SOME RACES THAT ARE SCHEDULED TO HAPPEN
Useful if you want to know who won and how many ran the race last year

PREVIOUS WINNERS/FINISHERS LIST FOR SOME UPCOMING RACES

For upcoming January-February races, for registration info check upcoming race lists in this Gazette

YOU CAN HELP – IF YOU HAVE INFORMATION ON ANY OF THE MISSING NAMES OR TIMES OR FINISHER NUMBERS FOR ANY OF THE RACES; PLEASE E-MAIL THEM TO ME.

Editorial intent: To create a complete list for EVERY RACE. I try to create a list once a race has been held 4 times. I need your help – e-mail me the missing data for races below. CJ

MULLET HAUL TRAIL RUN 10 MILE 5 MILE Charleston SC 2015 race date March 7
Uncertified trail course Mullet Hall Equestrian Center at Johns Island County Park: note that uncertified courses are not recognized by USATF for records and must be assumed to be short of the advertised distance.

<table>
<thead>
<tr>
<th>Year</th>
<th>Dist</th>
<th>Finishers</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>10m</td>
<td>53</td>
<td>58:05</td>
<td>Jay Upchurch</td>
</tr>
<tr>
<td></td>
<td>5m</td>
<td>120</td>
<td>30:34</td>
<td>Matthew Dieterich</td>
</tr>
<tr>
<td>2013</td>
<td>10m</td>
<td>57</td>
<td>59:50</td>
<td>Patrick Morgan</td>
</tr>
<tr>
<td></td>
<td>5m</td>
<td>87</td>
<td>33:10</td>
<td>Tyler Cross</td>
</tr>
<tr>
<td>2012</td>
<td>10m</td>
<td>31</td>
<td>60:48</td>
<td>Ryan Thompson</td>
</tr>
<tr>
<td></td>
<td>5m</td>
<td>79</td>
<td>35:34</td>
<td>Zachary Scott</td>
</tr>
<tr>
<td>2011</td>
<td>10m</td>
<td>37</td>
<td>63:52</td>
<td>Ryan Thompson</td>
</tr>
<tr>
<td></td>
<td>5m</td>
<td>91</td>
<td>34:37</td>
<td>Dawson Cherry</td>
</tr>
</tbody>
</table>

>indicates complete results in my database, request PDF copy by e-mail

Note: 2011 was first year –compiled by Cedric Jaggers BEST UNDERLINED
Additions and corrections and results for 2001 wanted, send to JaggersRun@Comporium.Net

COLUMBIA RUN HARD MARATHON 2015 race date March 7
Previously COLUMBIA MARATHON HALF MARATHON 10K 5K Columbia, SC Cayce, SC

USATF Certified 26.2M # SC13103DW #SC12006DW
USATF Certified 13.1M #SC13104DW , #SC10014BS
USATF Certified 13.1M #SC11043DW in Cayce
USATF Certified 10K #SC12019DW
USATF Certified 5K #SC13105DW, #SC10013BS

<table>
<thead>
<tr>
<th>Year</th>
<th>Dist</th>
<th>Finishers</th>
<th>Men</th>
<th>Women</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>26M</td>
<td>208</td>
<td>2:44:34</td>
<td>Justin Gillette</td>
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<tr>
<td></td>
<td>13.1M</td>
<td>559</td>
<td>1:14:28</td>
<td>Sango Asante</td>
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<tr>
<td></td>
<td>5K</td>
<td>185</td>
<td>17:47</td>
<td>Jason Dimery</td>
</tr>
<tr>
<td>2013</td>
<td>26M</td>
<td>385</td>
<td>2:34:18</td>
<td>Justin Gillette</td>
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<td></td>
<td>13.1M</td>
<td>770</td>
<td>1:15:2</td>
<td>Mike Mitchell</td>
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<td></td>
<td>5K</td>
<td>281</td>
<td>17:25</td>
<td>Andy McNeice</td>
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</tbody>
</table>
>2012  26.2M  **545 finishers**  **2:51:02 Bryson Smith**  **3:04:17 Amy McDonough**
   13.1M  759 finishers  1:16:47 Michael Mitchell  1:24:05 Mariska Van Rooden
   10K  **225 finishers**  **36:00 Ryan Plexico**  **45:31 Brianna Hartley**

Note marathon and 10K added beginning 2012, 5K dropped all races in Columbia

>2011  13.1M  290 finishers  1:17:22 Alejandro Arreola  **1:18:34 Louise Knudson**
   5K  75 finishers  18:39 Jim Coombes  21:34 Qu-Essence Gillison

Note race held twice in 2011, NO INFORMATION AS TO WHETHER IT IS THE SAME RACE HELD IN Columbia then moved? to Cayce, SC and used an uncertified course for the 5k race – uncertified courses are approximate distances not recognized by USATF for records and must be assumed to be short of the advertised distance.

   5K  88 finishers  18:41 Britt Ellis  23:41 Gina Campbell

   5K  141 finishers  **16:58 Justin Jones**  22:06 Teresa Scanlon

-first year was 2010- compiled by Cedric Jaggers –

>indicates complete results in my database, PDF copy available by e-mail request

**Records Bold Underlined**

Additions and corrections wanted; send to JaggersRun@Comporium.net

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**REEDY RIVER RUN 10K WINNERS**  Greenville, SC  **2015 race date March 7**

-compiled by Mike Foley with contributions from Linda Begley, Jack Todd and Cedric Jaggers)-

MEN

<table>
<thead>
<tr>
<th>Year</th>
<th>Name</th>
<th>Age</th>
<th>City, State/Country</th>
<th>Time</th>
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<tr>
<td>2014</td>
<td>Tyler Pennel</td>
<td>26</td>
<td>Blowing Rock, NC</td>
<td>29:47</td>
</tr>
<tr>
<td>2013</td>
<td>Tyler Pennel</td>
<td>25</td>
<td>Blowing Rock, NC</td>
<td>30:08</td>
</tr>
<tr>
<td>2012</td>
<td>Michael Crouch</td>
<td>24</td>
<td>Blowing Rock, NC</td>
<td>30:04</td>
</tr>
<tr>
<td>2011</td>
<td>Bobby Mack</td>
<td>30</td>
<td>Raleigh, NC</td>
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<tr>
<td>2010</td>
<td>David Jankowski</td>
<td>25</td>
<td>Blowing Rock, NC</td>
<td>30:27</td>
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<td>2009</td>
<td>Blake Bolden</td>
<td>29</td>
<td>Colorado Springs, CO</td>
<td>30:12</td>
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<td>2008</td>
<td>Jeff Gaudette</td>
<td>25</td>
<td>Charlotte, NC</td>
<td>30:56</td>
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<td>2007</td>
<td>Sammy Kosgei</td>
<td>20</td>
<td>Chapel Hill, NC/Kenya</td>
<td>29:37</td>
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<tr>
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<td>Paul Ngeny</td>
<td>27</td>
<td>Chapel Hill, NC/Kenya</td>
<td>30:24</td>
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<tr>
<td>2005</td>
<td>Eric ChirChir</td>
<td>21</td>
<td>Chapel Hill, NC/Kenya</td>
<td>30:25</td>
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<tr>
<td>2004</td>
<td>Sammy Nyamongo</td>
<td>28</td>
<td>Augusta, GA/Kenya</td>
<td>30:22</td>
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<tr>
<td>2003</td>
<td>Isaac Kariuki</td>
<td>28</td>
<td>Kennesaw, GA/Nyahururu, Kenya</td>
<td>30:35</td>
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<tr>
<td>2002</td>
<td>Jim Jurcevich</td>
<td>25</td>
<td>Columbus, OH</td>
<td>30:21</td>
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<tr>
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<td>Francis Kirwa</td>
<td>25</td>
<td>Chapel Hill, NC/Kenya</td>
<td>29:58</td>
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<tr>
<td>2000</td>
<td>Faizal Emamauelle</td>
<td>23</td>
<td>Tuscaloosa, AL/Canada</td>
<td>29:50</td>
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<td>1999</td>
<td>Scott Strand</td>
<td>31</td>
<td>Birmingham, AL</td>
<td>29:58</td>
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<td>Andrew Letherby</td>
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<td>Marietta, GA/Australia</td>
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<td>27</td>
<td>Wilmington, NC</td>
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<tr>
<td>1996</td>
<td>Joseph Kariuki</td>
<td>28</td>
<td>Kenya</td>
<td>29:33</td>
</tr>
</tbody>
</table>

- total male & female

874 finishers
985 finishers
1,153 finishers
1,346 finishers
1,290 finishers
887 finishers
680 finishers
621 finishers
575 finishers
606 finishers
693 finishers
839 finishers
866 finishers
833 finishers
859 finishers
894 finishers
659 finishers
1995 - Sean Dollman, 26 (Bowling Green, KY/Ireland), 29:39 577 finishers
<1994 - Travis Walter, 24 (Blacksburg, VA), 30:20 722 finishers
<1993 - Steve Kartalia, 27 (Central, SC), 29:56 596 finishers
<1992 - James Kaiser, 22 (Lexington, KY), 29:45 787 finishers
<1991 - Steve Kartalia, 25 (Pendleton, SC), 29:45 787 finishers
1990 - Marty Flynn, 26 (Clemson, SC/Ireland), 30:05 925 finishers
<1989 - Marty Flynn, 25 (Clemson, SC/Ireland), 29:38 884 finishers
1988 - Marty Flynn, 24 (Clemson, SC/Ireland), 30:11 846 finishers
1987 - Hans Koeleman, 29 (Clemson, SC/Netherlands), 29:38 ?
1986 - Dave Geer, 32 (Clemson, SC), 29:49 1060 finishers
- first certified full length course used beginning 1986-
1985 - Jim Cooper, 25 (Raleigh, NC), 29:20 1080 finishers
1984 - Hans Koeleman, 25 (Clemson, SC/Netherlands), 29:34 1400 estimated
1983 - Dave Branch, 26 (Travelers Rest, SC), 29:11 1180 finishers
1982 - Adrian Leake, 24 (Johnson City, TN/Ireland), 29:04 ?
1981 - Steve Bolt, 25 (Huntsville, AL), 30:25 ?
1980 - Louis Kenny, 24 (Johnson City, TN/Ireland), ?? ?
1979 - Dean Matthews, ?? (Clemson, SC), ?? ?
<1978 – Benji Durden, 26/Bob Varsha, ? (both of Atlanta), tied in 30:29 853 finishers

< indicates complete results for that year in my race database as a PDF file.
Want a copy? Just request it by e-mail. Missing results and information wanted
Send to Jaggerrun@Comporium.Net

WOMEN
2014 - Stephanie Pezzullo, 31, (Blowing Rock, NC) 34:09
2013 - NEELY GRACEY, 22, (Lake Orion, MI) 33:04
2012 – Sarah Porter, 22, (Blowing Rock, NC) 34:41
2011 - Janet Chereobon-Bawcom, 32 (Rome, GA) 33:05
2010 – Allison Grace, 27 (Blowing Rock, NC) 35:51
2009 - Sopagna Eap, 27 (Johns Island, SC) 36:02
2008 - Maggie Chan-Roper, 32 (Shaw AFB, SC) 35:48
2007 – Donna Anderson, 40 (Pawleys Island, SC) 37:01
2006 – Lineth Chepkirui, 18 (Chapel Hill, NC/Kenya) 33:42
2005 – Svetlana Zakharova, 41 (Russia), 36:50
2004 - Alexandra Galina, 28 (Gainesville, FL/Russia), 33:25
2003 - Lyubov Kremleva, 41 (Gainesville, FL/Russia), 34:01
2002 - Lyubov Kremleva, 40 (Gainesville FL/Russia), 34:03
2001 - Tatiana Maslova, 34 (Gainesville, FL/Russia), 35:04
2000 - Olga Markova, 31 (High Springs, FL/Russia), 33:43
1999 - Donna Garcia, 30 (Marietta, GA), 33:24
1998 - Joan Nesbit, 36 (Chapel Hill, NC) 33:09
1997 - Svetlana Vasilyeva, 26 (Russia), 33:52
1996 - Betsy Kempter, 29 (Chapel Hill, NC), 35:42
1995 - Kathy Kanes, 33 (Columbia, SC), 35:57
1994 - Joan Nesbit, 32 (Chapel Hill, NC), 35:24
1993 - Lorraine Hochella, 29 (Williamsburg, VA), 34:46
1992 - Patty Wiegand, 23 (Knoxville, TN), 34:30
1991 - Maggie Kraft, 32 (Columbia, SC), 35:02
1990 - Kim Bird, 29 (Newmann, GA), 34:52
1989 - Linda McClennan-Begley, 27 (Suffield, CT), 34:05
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<tr>
<th>Year</th>
<th>Winner</th>
<th>Age</th>
<th>Time</th>
</tr>
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<td>1988</td>
<td>Kim Bird, 27 (Newmann, GA)</td>
<td>27</td>
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<td>1987</td>
<td>Kim Bird, 26 (Newmann, GA)</td>
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<td>1986</td>
<td>Janice High, ?? (Durham, NC)</td>
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<td>1985</td>
<td>Sue Jackson King, 25 (Birmingham, AL)</td>
<td>25</td>
<td>34:47</td>
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<tr>
<td>1984</td>
<td>Kim Trupp, 26 (USA)</td>
<td>26</td>
<td>35:42</td>
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<tr>
<td>1983</td>
<td>Laura Caldwell, 29 (Stone Mountain, GA)</td>
<td>29</td>
<td>35:57</td>
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<tr>
<td>1982</td>
<td>Linda McLennan, 21 (CT/USA)</td>
<td>21</td>
<td>34:43</td>
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<tr>
<td>1981</td>
<td>Shirley Silsbury, 24(USA)</td>
<td>24</td>
<td>37:21</td>
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<td>1980</td>
<td>Unknown winner</td>
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<td>1979</td>
<td>Unknown winner</td>
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<td>1978</td>
<td>Krista Hanna, 18-29) (??)</td>
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**MASTERS WINNERS**

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<td>Frankie Adkins</td>
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<td>2013</td>
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<td>Tom Mather</td>
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<td>Christopher Giordanelli</td>
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<td>Selwyn Blake</td>
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<td>2002</td>
<td>John Tuttle</td>
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<tr>
<td>2001</td>
<td>ANDREY KUZNETSOV 30:01</td>
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<td>2000</td>
<td>Tom Mather</td>
<td>32</td>
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<td>1999</td>
<td>Steve Venable</td>
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<td>Tom Mather</td>
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<td>Phillip Rowan</td>
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<td>Bob Schlau</td>
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<tr>
<td>1978</td>
<td>Adrian Craven</td>
<td>33</td>
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*Women’s division was 30 and over*
GRAND MASTERS
2014  Larry Block  34:53  Laura Caldwell  46:13
2013  Marc Embler  37:09  Ruth Marie Embler  42:39
2012  Joe Hammond  37:42  Susi Smith  41:23

Event records (Course was certified in 1986):
Certified courses used: SC12016DW, SC09010BS, SC02002BS, SC01012BS, SC96003BS, SC86004BS

Women – Neely Gracey, 33:04 [2013]
Male masters – Andrey Kuznetsov, 30:01 [2001]
Female masters – Lyubov Kremleva, 34:01 [2003]

REEDY RIVER RUN 5K  Greenville, SC

USATF Certified Courses listed: SC12017D, SC09011BS, SC08002BS, SC05007BS, SC91001BS

>2014 1,343 finishers  15:07 Adam Freudenthal  19:38 Morgan Roche
>2013 1,685 finishers  15:31 John Cashman  18:27 Michelle Ziegler
>2012 1,592 finishers  15:22 Ryan Wood  18:59 Ginnie Freeman
>2011 2,458 finishers  16:07 Adam Groblewski  18:54 Amanda Chase
>2010 2,067 finishers  15:36 Matthew Elliott  18:29 Holly Ortlund
>2009 2,105 finishers  16:35 Chas Culberson  19:02 Margie Smith
>2008 1,805 finishers  15:56 Orinthal Striggles  18:56 Margie Smith
>2007 1,182 finishers  15:27 Orinthal Striggles  19:36 Page Bridges
>2006 736 finishers  14:40 Nicodemus Malakwen  18:58 Page Bridges
>2005 300 finishers  14:52 Nicholas Kurgat  19:32 Dian Ford
>2004 183 finishers  18:39 Jeffrey Massey  22:05 Mo Dilly
2003  No 5K.
2002  No 5K
2001  No 5K.
2000  No 5K.
1999 1998 1997 1996 1995 no information – help me out, was the race held these years?
1994  ? finishers  15:03 Rick Fuller  nta Hillary McKay
(1993 – “Some 1,100 participants crowded three events, including 650 in the 10K.”)
1991* 148 finishers  no time Scott Autrey  no time Susan Rogers
*5k held for first time in 1991 no times listed in results booklet which states the course was
510 yards short
1990  no information
1988 3K
1987 3K
1986 3K
1985 3K 150 estimated finishers  8:59 Chuck Magera  nta Susan Houlton

>indicates complete results in my database, PDF copy available by e-mail request

Records Underlined note- records cannot be recognized for uncertified courses which are approximate distances not
recognized by USATF for records and must be assumed to be short of the advertised distance

Note: First year for 5K 1991 –compiled by Cedric Jaggers & Mike Foley
Additions and corrections wanted and welcome, send to JaggersRun@Comporium.Net
RUGGED MANIAC OBSTACLE 5K Mt Pleasant, SC
Uncertified obstacle course. Note uncertified courses are approximate distances not recognized by USATF for records

>2014 142 finishers 23:40 Matthew DeVillers 31:23 Sarah Sudbury
>2013 193 finishers 21:54 Matthew DeVillers 29:29 Liisa Sewell
>2012 2,478 finishers timed by waves ?
>2011 1,563 finishers 21:44 Gregg Cromer 26:26 Whitney Asnip

>indicates complete results in my SC Races Database, PDF copy available by e-mail request
First year was 2011 -compiled by Cedric Jaggers-
Additions and corrections wanted, send to: JaggersRun@Comporium.Net

JUSTIN BAKER 5K Yemassee, SC
Uncertified course: note uncertified courses are not recognized by USATF for records purposes and must be assumed to be short of the advertised distance

>2014 91 finishers 19:50 Jackson Henz 27:46 Colleen Sanborn
>2013 107 finishers 18:27 Dan Bird 18:14 Michelle LaFleur
>2012 67 finishers 19:19 David Jirousek 20:58 Sarah Batt
>2011 69 finishers 20:32 Brann Fowler 22:58 Kendra Twitty
>2010 80 finishers 18:32 David Jirousek 23:17 Katie Mock

>indicates complete results in my database, PDF copy available by e-mail request

Best underlined

First year was 2010  Records bold and underlined
-compiled by Cedric Jaggers-
Updates and corrections wanted, send to: JaggersRun@Comporium.Net

DANIEL ISLAND 5K Charleston, SC
USATF Certified courses listed #SC09016BS, #SC01009BS

>2014 14:49 Michael Banks 18:09 Elys Borisko 134 finishers
>2013 14:38 Michael Banks 18:15 Caitlin Schier 99 finishers
>2012 15:44 Adam Fitzsimmons 19:50 Caitlin Schier 177 finishers
>2011 17:09 Irv Batten 20:27 Kerry Robinson 215 finishers
>2010 15:25 Neville Miller 18:43 Anne Clinton 179 finishers
>2009 15:49 OJ Striggles 17:48 Michelle LaFleur 244 finishers
>2008 15:54 Kurt Russell 17:47 Michelle LaFleur 240 finishers
>2007 14:45 Neil McDonagh 18:33 Rives Poe 329 finishers
>2006 14:57 OJ Striggles 18:08 Jill Pence 302 finishers
>2005 15:30 OJ Striggles 18:49 Anne Wyman Cipolla 317 finishers
>2004 15:07 Selwyn Blake 18:01 Janice Addison 323 finishers
>2003  15:19 Eric Ashton    18:22 Anne Wyman Cipolla  276 finishers  
>2002  15:20 Stephen Kenny  18:02 Janice Addison  349 finishers  
2001  15:15 Rob Devlin  19:06 Susi Smith  459 finishers  

-first certified full length course used in 2001- 

2000 ?  ?  ?

1999  15:30 Graham Lovett  19:45 Christine Gay-Huer  ??? finishers 

Note- uncertified courses are not recognized by USATF for records and are approximate distances and should be assumed to be short of the advertised distance. 

-First year was 1999 race was called the Bishops Country Race- 
Corrections and additions wanted, send to:  JaggersRun@Comporium.Net 
–compiled by Cedric Jaggers  Records Underlined 

---

GET TO THE GREEN 5K 10K  Columbia, SC  
USATF Certified Course 5K #SC13019DW, #SC10015BS, #SC03026BS  
10K #SC13020DW 

2015 race date March 14 

>2014  10K  31:41 RICKY FLYNN  36:59.9 SARAH CROUCH  655 finishers  
Masters  38:50 Dennis Funk  39:56 Shannon Iriel  
>201  5K  16:07 MATT SHOCK  18:05 MARY BALLINGER  1,352 finishers  
Masters  17:32 John Charlton  22:53 Wendy Hart 

>2013  10K  33:13 ERIC ASHTON  37:29 KIMBERLY RUCK  658 finishers  
Masters  39:37 Winston Holliday  38:25 Tonia Cochran 

>2013  5K  16:46 TIM JEFFREYS  17:55 JOAN TANGWAR  1,832 finishers  
Masters  19:07 Leif Anderson  24:37 Julie Chapski 

Note 10k added beginning 2013 

>2012  15:49 ERIC ASHTON  18:33 ASHLEY EVENS  1,908 finishers  
Masters  18:24 Eric Allers  21:19 Dian Ford 

>2011  15:54 ERIC ASHTON  18:42 KATHRYN ASHTON  1,876 finishers  
Masters  18:24 Michael Dickson  20:57 Sarah McLean 

>2010  16:42 JEREMY BECRAFT  18:24 CLAUDIA GARCIA  1,651 finishers  
Masters  16:55 John Charlton  20:25 Debbie Heaton 

>2009  15:53 O J STRIGGLES  19:42 CLAUDIA GARCIA  1,197 finishers  
Masters  17:08 John Charlton  20:36 Dian Ford 

>2008  15:35 ERIC ASHTON  18:15 GAIL KATTOUF  1,500 finishers  
Masters  17:35 Kenny Standley  19:50 Susan Rogers 

>2007  15:23 O J STRIGGLES  19:48 DANA CUNNINGHAM  1051 finishers  
Masters  17:25 Chris Hicks  21:18 Judy Walls 

>2006  15:22 O J STRIGGLES  19:10 KATHRYN CAVANAUGH  847 finishers  
Masters  17:57 Mark Bedenbaugh  23:07 Elizabeth Keating 

>2005  15:26 ERIC ASHTON  19:30 AMANDA CHARLTON  516 finishers  
Masters  20:48 Devitt Rogers  21:55 Catherine Lempesis 

>2004  15:45 DANIEL HUGHES  21:11 MISTY DAVIS  377 finishers  
Masters  18:44 George Hines  22:19 Pat Callahan 

>2003  16:44 RYAN PLEXICO  19:45 AMANDA CHARLTON  242 finishers  
Masters  18:26 Leighton Lord  23:17 Pat Callahan 

>indicates complete results in my database, PDF copy available by e-mail request to 
JaggersRun@Comporium.Net  

NOTE: RECORDS UNDERLINED -first year was 2003  -compiled by Cedric Jaggers
### SHAMROCK RUN 5K  Hilton Head, SC

**2015 race date March 14**

Uncertified course  Note: uncertified courses are approximate distances not recognized by USATF for records and must be assumed to be short of the advertised distance.


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<thead>
<tr>
<th>Year</th>
<th>Finishers</th>
<th>Men's Winner</th>
<th>Women's Winner</th>
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<td>346</td>
<td>16:27 Quinn McCool</td>
<td>19:20 Rachel Bowling</td>
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<tr>
<td>2013</td>
<td>327</td>
<td>17:11 Eladio Wilkinson</td>
<td>17:35 Michelle LaFleur</td>
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<tr>
<td>2012</td>
<td>312</td>
<td>15:30 Duncan Sanders</td>
<td>19:02 Michelle LaFleur</td>
</tr>
<tr>
<td>2011</td>
<td>285</td>
<td>15:34 Jack Felix</td>
<td>19:56 Cindy Adams</td>
</tr>
<tr>
<td>2010</td>
<td>287</td>
<td>17:17 Seth Tucker</td>
<td>21:13 Jennifer Bridwell</td>
</tr>
<tr>
<td>2008</td>
<td>277</td>
<td>17:39 McKenzie Johnson</td>
<td>19:46 Meghan Filnaw</td>
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<tr>
<td>2007</td>
<td>285</td>
<td>15:30 Duncan Sanders</td>
<td>19:02 Michelle LaFleur</td>
</tr>
<tr>
<td>2006</td>
<td>232</td>
<td>16:30 Nick Felix</td>
<td>18:26 Julie Froud</td>
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<td>2005</td>
<td>234</td>
<td>17:15 Nick Felix</td>
<td>17:35 Kathryn Sherwood</td>
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<td>2004</td>
<td>192</td>
<td>15:27 Sam Manguisho</td>
<td>18:07 Kathryn Sherwood</td>
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<tr>
<td>2003</td>
<td>205</td>
<td>15:54 Kyle Jones</td>
<td>20:15 Jennifer Angus</td>
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<td>2002</td>
<td>225</td>
<td>16:33 Kyle Jones</td>
<td>18:09 Elspeth Linford</td>
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<td>2001</td>
<td>238</td>
<td>15:52 Mike Solinsky</td>
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<td>14:37 Michael Banks</td>
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<td>1998</td>
<td>200</td>
<td>16:14 Jacob Melnick</td>
<td>18:35 Rives Poe</td>
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> indicates complete results in my database, PDF copy available, request by e-mail, results wanted for 1996-1999

- First year was 1996
- compiled by Cedric Jaggers

Send missing information and updates to  [JaggersRun@Comporium.Net](mailto:jaggersrun@comporium.net)

### CATCH THE LEPRECHAUN 5K  Mt Pleasant, SC

**2015 race date March 14**

USATF Certified Courses used: #SC10005BS, #SC08003BS, #SC03013BS

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<tr>
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<th>Finishers</th>
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<tbody>
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<td>14:37</td>
<td>18:15 Caitlin Judd</td>
<td>944 finishers</td>
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<td>14:51</td>
<td>17:50 Rives Poe</td>
<td>815 finishers</td>
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<td>2012</td>
<td>15:41</td>
<td>18:35 Rives Poe</td>
<td>880 finishers</td>
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<tr>
<td>2011</td>
<td>15:43</td>
<td>18:20 Rives Poe</td>
<td>693 finishers</td>
</tr>
<tr>
<td>2010</td>
<td>15:38</td>
<td>18:42 Anne Clinton</td>
<td>319 finishers</td>
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<tr>
<td>2009</td>
<td>not held</td>
<td></td>
<td></td>
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<tr>
<td>2008</td>
<td>15:31</td>
<td>17:51 Rives Poe</td>
<td>138 finishers</td>
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<td>2007</td>
<td>not held</td>
<td></td>
<td></td>
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<tr>
<td>2006</td>
<td>15:04</td>
<td>19:50 Kathy Stewart</td>
<td>195 finishers</td>
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<tr>
<td>2005</td>
<td>16:32</td>
<td>20:58 Emily Johnson</td>
<td>174 finishers</td>
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<td>2004</td>
<td>16:45</td>
<td>19:28 Kerry Robinson</td>
<td>213 finishers</td>
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<tr>
<td>2003</td>
<td>15:26</td>
<td>18:29 Kerry Robinson</td>
<td>163 finishers</td>
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> indicates complete results in my database, PDF copy available by e-mail request  [JaggersRun@Comporium.Net](mailto:jaggersrun@comporium.net) Records underlined -first year was 2003 -compiled by Cedric Jaggers
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- 5K   SC88006BS, SC96002BS, SC00008BS, SC11012BS

SHAMROCK SHUFFLE formerly FLOWERTOWN FESTIVAL RACES 2015 race date March 14
Summerville, SC
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-certified full length 10k 5k courses used beginning 1988-
1987 10K 235 finishers 32:35 Marc Embler 36:56 Megan Othersen (Gorman)
5K 258 finishers 15:04 Tom Mather 17:48 Betsy Veronee
1M 132 finishers 5:53 Jason Wimberly 6:36 Mary Buford
1986 10K 243 finishers 31:15 Bob Schlau 37:14 Benita Brooks (Schlau)
5K 231 finishers 15:34 John Inman 20:01 Connie Gruver
1M 130 finishers 5:04 Jody Winningham 7:05 Donna Smith
1985 10K 213 finishers 30:59 Marc Embler 40:43 Carol Davis
5K 291 finishers 14:58 Mark Friedrich 18:51 Benita Brooks (Schlau)
1M 184 finishers 5:05 Scott Doms 6:15 Sue Magera
1984 >10K 235 finishers 32:27 Mark Friedrich 44:08 Kelli George
>5K 227 finishers 15:06 Randy Ward 19:35 Carol Davis
1M 175 finishers 5:01 Mike Anderson 6:27 Michele Houston
1983 6.4M 268 finishers 32:50 Marc Embler 41:43 Anne Reed (Boone)
1M 193 finishers 4:55 John Moylan 6:01 Sue Magera
1982 10K 151 finishers 33:21 Mike Reed 49:58 Mary Helen Gammon
5K 163 finishers 15:56 Rob Devlin 20:47 Jan Derrick
1981 10K 171 finishers 34:54 Ken Layne 40:00 Sallie Driggers
1M 55 finishers 5:01 Mike Chodnicki ? not recorded
1980 not held
1979 5K 17 finishers, winners names not recorded
1978 5K no information available

> before race indicates complete results in my database, PDF file available, request by e-mail
Records Underlined note: course records cannot be set on uncertified courses which are approximate distances not recognized by USATF for records and must be assumed to be short of the advertised distance.
First year was 1978 –compiled by Cedric Jaggers with 1991 information from David Quick
Additions and corrections wanted, send to: JaggersRun@Comporium.Net

---------------------------------------------------------------------------------------
BEAUFORT TWILIGHT RUN 8K 5K Beaufort, SC 2015 race date March 21
USATF Certified Course 8K SC14020DW, SC09009BS, 5K uncertified
Note – uncertified courses are not recognized by USATF for records and must be assumed to be short of the advertised distance
Website: www.BeaufortTwilightRun.Com

>2014 8K 281 finishers 25:47 Jay Upchurch 30:03 Caitlin Judd
5K 465 finishers 17:10 Diego Fernandez Laz 20:42 Brannon Sulka
>2013 8K 262 finishers 25:18 Eric Ashton 29:33 Michelle LaFleur
5K 416 finishers 18:02 Mo Love 20:15 Sarah Batt
>2012 8K 321 finishers 25:37 Eric Ashton 31:16 Kathryn Ashton
5K 353 finishers 19:29 Daniel Mendoza 21:21 Mary Galphin
>2011 8K 334 finishers 25:29 Tyler Andrews 34:16 Meg Chieffe
5K 296 finishers 19:42 Edison Sierra 22:01 Catherine Bordlemay
>2010 8K 405 finishers 27:48 Curtis Begley 29:31 Michelle LaFleur
5K 68 finishers 16:53 John Charlton 19:29 Megan Weis
>2009 8K 208 finishers 28:19 Jay Upchurch 30:54 Emily Potter
5K 116 finishers 16:39 Jeremy Bancraft 19:38 Kathryn Cavanaugh Ashton
McLEOD SPORTS MEDICINE CHALLENGE 10K 5K Florence, SC 2015 race date March 21

USATF Certified courses listed:
10K SC12001DW, SC96008BS
5K SC12002DW, SC96009BS

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</table>
-First year was 1996
>indicates complete results in my database, PDF copy available by e-mail request JaggersRun@Comporium.net

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**LITTLE RIVER BRIDGE RUN 8K 5K** Laurens, SC  
USATF Certified Course 8K #SC06009BS, 5K SC11017BS  
2015 race date March 21

>2014  8K 29:05 Ryan Plexico  39:15 Isabelle Faggin  21 finishers  
5K **18:55 Daniel Tew**  25:41 Catherine Bergin  38 finishers  
>2013  8K 28:23 Ryan Plexico  33:14 Shannon Iriel  42 finishers  
5K 21:14 Wes Funderburk  27:22 Drew Coker  43 finishers  
>2012  8K 27:15 Jason Bryan  38:40 Kristin Schmitz  56 finishers  
5K 18:58 Angel Manuel **24:55 Sofia Carles**  89 finishers  
>2011  8K 27:05 Austin Waldrop  35:12 Debbie Heaton  55 finishers  
5K 24:31 Sonny Hembree  27:10 Ella Orcutt  35 finishers  

-5K added beginning 2011

>2010  30:11 Ryan Plexico  **28:33 Allison Grace**  82 finishers  
>2009  29:15 Ed Hughes  32:33 Caitlin Schier  70 finishers  
>2008  27:03 Palmer Thomas 35:55 Kateryna Slyeptsova  114 finishers  
>2007  **25:57 Brian Erb**  35:55 Lauren Haupfear  119 finishers  
>2006  26:34 Palmer Thomas 30:38 Margaret Schmitt  160 finishers  

-Certified full length 8k course first used 2006-

>2005  28:06 Phillip Sumner  36:32 Candy Fuhr  121 finishers  
2004  26:26 Palmer Thomas 30:04 Shannon Schoppman  **180 finishers**

Uncertified courses are not recognized by USATF for records since they which are approximate distances and must be assumed to be short of the advertised distance.

>indicates complete results in my database, PDF copy available by e-mail request to JaggersRun@Comporium.Net

**NOTE:** Records Underlined  
-first year was 2004, missing results wanted - compiled by Cedric Jaggers

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**PEACOCK STRIDES FOR BABIES 5K** Mauldin, SC  
2015 race date March 21

Uncertified course: Note uncertified courses are approximate distances not recognized by USATF for records and must be assumed to be short of the advertised distance  
Website: www.cjsids.org/peacock

>2013  179 finishers  18:03 Addison Helms  24:45 Michelle Mackey  
>2012  204 finishers  18:33 Pierre-Yves Page  21:12 Carrie Powell
>2011 214 finishers 17:45 Brian Welcome 21:27 London Miller
>2010 228 finishers 18:35 Clint Grant 21:11 Mimi O’Connell

>indicates complete results in my database, PDF copy available by e-mail request

Additions and corrections wanted: send to JaggersRun@Comporium.Net
- first year was 2010 – compiled by Cedric Jaggers

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**SENECA HALF MARATHON 5K** Seneca, SC 2015 race date March 21
Uncertified courses: note uncertified courses are not recognized by USATF for records and must be assumed to be short of the advertised distance

>2014 HM 1:15:18 Daniel Smoak 1:19:40 Mackenzie Howe 111 finishers
5K 19:01 Isaac Arnold 20:40 Rhylee Wittrock 119 finishers
5K 20:22 Allen Guest 21:51 Mary Clabby 89 finishers
5K 18:24 Gary Ball 23:42 Jennifer Davis 111 finishers
>2011 HM 1:21:35 Clark Davis 1:26:56 Lisa Tolley 127 finishers
5K 19:07 Gordon Murray 20:30 Karen Brown 112 finishers

>indicates complete results in my SC Races Database, PDF copy available request by e-mail

First year was 2011 – compiled by Cedric Jaggers JaggersRun@Comporium.Net

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**MILLIKEN EARTH RUN 5K CROSS COUNTRY** Spartanburg, SC originally called TEXTILE RUN or CROSS COUNTRY TEXTILE RUN

3/19/2011 <525 finishers 16:48 Christopher Dehordt 20:27 Amelia Martin
3/24/2007 <318 finishers **16:00 James Harper** 19:41 Carol Brunson
3/18/2006 <391 finishers 16:34 Philippe Giguere 19:23 Carol Brunson
3/19/2005 <344 finishers 17:16 Alan Blackwell 19:38 Carol Brunson
3/18/2000 <165 finishers 17:26 Peter Kotland 20:23 Claire Dillon-Palma
3/20/1999  160 finishers nta * Peter Kotland    nta * Sherri Wells
3/21/1998  <111 finishers 17:24 Mark Mulfinger 19:47 Carol Ann Burnett (Brunson)
3/22/1997  <167 finishers nta  Blake Zemp       nta Carol Ann Burnett (Brunson)
10/19/1996 ?
10/28/1995 ?
10/22/1994 ?

Best underlined  uncertified courses are not recognized by USATF for records

<indicates I have complete results in my database, PDF copy available request by e-mail
*timer malfunction, no times recorded

-First year was 1994- race dates provided by George Sykes-
-compiled by Cedric Jaggers & Mike Foley & George Sykes-
Additions, missing years 1994-1996 results and corrections wanted; send to: JaggersRun@Comporium.Net

WALHLALLA ELEMENTARY SCHOOL 5K Walhalla, SC
USATF certified course #SC04022BS

>2014  50 finishers 18:56 Gary Ball   26:03 Denise Thorsland
>2013  51 finishers 22:44 Jon Harris Hopkins 23:01 Nikki McCollum
>2012  70 finishers 18:52 Gary Ball   25:26 Mary Abbot
>2011  50 finishers 18:58 Gary Ball   23:57 Tonya Hopkins
>2010  46 finishers 21:35 Verrio Keese 24:51 Laura Rukat
>2009  19 finishers 22:13 Johnathan Ford 29:01 Kim Abbot
2008 not held
>2007  25 finishers 18:53 Ryan Wolosyln 27:34 Alice Campbell
>2006  30 finishers 18:59 Augstin McJunkins 23:53 Cathy Roper
>2004  34 finishers 18:02 Ryan Boggs   25:01 Terra Edwards

>indicates complete results in my SC Races Database, PDF copy available by e-mail request

First year was 2004 -compiled by Cedric Jaggers-

Records Bold and Underlined
Additions and correction wanted, send to: JaggersRun@Comporium.Net

COOPER RIVER BRIDGE RUN 10k Charleston, SC
USATF Certified Courses listed: SC85012WN, SC86008WN, SC94030BS,
                     SC96010BS, SC00003BS, SC03012BS, SC05039BS, SC10020BS, SC12007DW
Website: www.BridgeRun.Com
Note: records are underlined and highlighted in each category

2014 overall BIRHAN NEBEBEW 28:39 AZMERA GEBRUI 32:14 31864 finishers
USA div Michael Banks 30:19 Allison Grace Morgan 34:31 38472 entrants
masters Ian Forsyth 32:07 Liubov Denisova 37:03
gr mst Irv Batten 35:17 Firaya Sultanova-Zhdanova 41:57
sr gr mst Ric Banning 40:58 Mimi Sturgell 49:12
local Michael Banks 30:19 Caitlin Judd 38:10
wheelchair Alexandre Dupont 25:20 Cassie Mitchell 43:15
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1981 overall  MARC EMBLER  30:54 KIKI SWEIGART  35:10 1338 finishers
masters  Ed Ledford  36:36 Suzanne Foster  44:49 1650 entrants
1980 overall      KIM BURKE (TIE)  31:26 MICHELLE MOORE  41:29 1330 finishers
Masters  Ed Ledford  37:08 Pat Rhode  49:53 1500 entrants
1979 overall  AVERY GOODE  32:55 MARTY LONG  40:10 1015 finishers
masters    Jones  38:35 Glassman  52:04 1350 entrants
1978 overall  BENJI DURDEN  30:22 LISA LORRAIN  39:39 766 finishers
masters  Bill Wooley  36:44 A. Lipowski  46:12 1040 entrants

RACE FOR THE INLET 5K  Murrells Inlet, SC
2015 race date March 28
USATF Certified course  5K #SC06011BS, 8K #SC12025DW

-8K added beginning 2012-

>2014 8K  95 finishers  35:42 Reed Wynn  37:16 Beth Coen
  5K  92 finishers  17:53 John Hynes  20:35 Jess Dennison
>2013 8K  **162 finishers**  **28:12 Jonathan Clayton**  34:27 Benjamin Jenerette
  5K **211 finishers**  17:10 Nathan Kemper  19:32 Drake Jenerette
>2012 8K  73 finishers  30:27 Jason Greene  **30:03 Lisa Tolley**
  5K  117 finishers  17:10 Billy Krier  23:20 Krystal Patton

> indicates complete results in my database, PDF copy available by e-mail request

Records  **bold and underlined**

-first year was 2006-  compiled by Cedric Jaggers –

Info for 2006 and corrections wanted; send to JaggersRun@Comporium.Net

RESURRECTION RUN 5K  Columbia, SC
2015 race date April 4
USATF Certified Courses listed on race results, #SC00032BS, #SC06017BS

>2014  19:36 Alex McDonald  21:46 Julie Bitzel  44 finishers
>2013  16:54 Justin Bishop  21:02 Sarah Allers  64 finishers
>2012  18:11 Kevin Keley  22:48 Barbara Brandenburg  **117 finishers**
>2011  18:06 Angel Manuel  24:45 Lauren Holliday  40 finishers
>2010  16:36 John Charlton  22:49 Barbara Brandenburg  65 finishers
>2009  18:03 Randy Wiggins  23:15 MaryAnn Wiggins  74 finishers
Additions and corrections wanted: send to JaggersRun@Comporium.Net
Course Records Underlined
Additions and corrections wanted, send to: JaggersRun@Comporium.Net

TIGERS FOR TIGERS 5K  Clemson, SC  2015 race date April 11
Uncertified course: Note uncertified courses are approximate distances not recognized by USATF for records and must be assumed to be short of the advertised distance

>2014  55 finishers  20:39 Miren Ivankovic  25:44 Elizabeth Elvington
>2013  69 finishers  20:40 Thomas Welch  23:57 Kelly Martin
>2012  93 finishers  19:57 Andrew Kraft  24:43 Grace Frederickson
>2011  115 finishers  13:36 Wallace Campbell  18:36 Elizabeth Nyberg

>indicates complete results in my database, PDF copy available by e-mail request

Additions and corrections wanted: send to JaggersRun@Comporium.Net
- first year was 2011 - compiled by Cedric Jaggers

PALMETTO HALF MARATHON 5K  Columbia, SC  2015 race date April 11
USATF Certified Course HM #SC10027BS, 5K #SC10026BS

>2014 HM  946 finishers  1:14:18 Omar Sharif  1:26:44 Heather Costello
  5K  486 finishers  17:29 Jason Timery  22:17 Nicole Berzins
>2013 HM  823 finishers  1:16:45 Ryan Plexico  1:28:38 Heather Costello
  5K  358 finishers  18:14 Mike Hedgecock  21:45 Nicole Berzins
>2012 HM  932 finishers  1:14:15 Jud Brooker  1:23:31 Amy McDonough
  5K  400 finishers  18:32 Mike Hedgecock  21:53 Claire Griffith
>2011 HM  821 finishers  1:20:03 Jason Dimery  1:25:08 Amy McDonough
  5K  327 finishers  18:59 Eric Allers  20:29 Sarah McClean
  3.3M  331 finishers  19:03 Jamie Black  22:25 Anna Matthews

>indicates complete results in my database, PDF copy available by e-mail request

Note: Records Bold and Underlined

- first year was 2010 - compiled by Cedric Jaggers
FURMAN 5K  Greenville, SC
at Furman University uncertified cross country

2015 race date April 11

>2014 (437 finishers) – James Harper, 17:01; Lynn Honnette, 18:44
Masters: Phillippe Giguere, 17:11; Beth Messick, 23:08
Grand Masters: Joe Hammond, 18:15; Kimberly Johnson 24:42
Seniors: Reagan Spladly 22:22; Katryn Wright 31:26

>2013 (443 finishers) – Kyle Smolarek, 16:26;  18:17 Maureen Hoffman
Masters: Phillippe Giguere, 17:08;
Grand Masters: Joe Hammond, 18:03; Susi Smith, 20:30
Seniors: Bill Pierce 22:42, Monika Wells, 31:38

>2012 (415 finishers) – James Quattlebaum, 16:28; Caroline Jennings, 19:43
Masters: Phillipe Giguere, 17:32, Michele Wetzelberger 22:03
Seniors: Vince Herran 22:06, Harriette Kellett 35:41

2011 not held

>2010 (581 finishers) – Brad Orr, 15:46; Alexandra Lewis, 18:59
Masters: Joe Hammond, 17:32, Susi Smith 20:04
Grand Masters: Bart Smith 19:30, Rose Wilson, 22:27
Seniors: George Luke 21:21, Sue Splady 30:21

>2009 (468 finishers) – Daniel Hughes, 16:15; Debbie Heaton, 21:02
Masters: Mark Render, 18:23, Jo Feaster 24:14

>2008 (312 finishers) – Jared Godsavve, 16:56; Nicole Gallier, 19:19
Masters: Mark Render, 19:01, Julie Spitzer, 22:43

>2007 (553 finishers) – Brian Erb, 15:46; Amanda Cooley, 18:14
Masters: Pierre-Yves Page 17:48, Mary Heaton, 24:19

>2006 (623 finishers) -- Bill Ding, 16:04; Margaret Schmitt, 18:22
Masters: Joe Hammond, 17:54; Carol Caspary, 22:37

>2005 (384 finishers) -- Travis Brady, 17:25; Carol Brunson, 19:34
Masters: Scott Murr, 17:40; Carol Caspary, 23:04

>2004 (363 finishers) -- Todd Edwards, 17:23; Carol Brunson, 19:44
Masters: Scott Murr, 17:30; Jennifer Byrd, 22:28

>2003 (214 finishers) -- Jeff Boyd, 15:46; Julie Stackhouse, 20:25
Masters: Scott Murr, 17:32; Carol Caspary, 23:19
2002 (207 finishers) -- Jacob McCaskill, 16:35; Karen Gillespie, 19:22
Masters: Scott Murr, 17:39; Penny Pope, 22:50

2001 ("nearly 300 finishers," race was on the cross country on golf course along with NCAA XC Championships at Furman that weekend) -- Thomas Cason, 16:07; Ashley Espy, 19:43
Masters: Alan Blackwell, 17:40; Robin Tarpinian, 22:08

2000 (156 finishers) -- Scott Murr, 17:24; Clare Dillon-Palma, 19:46
Masters: Bill Pierce, 19:51; Robin Tarpinian, 21:52

1999 (??? finishers) -- Matt Goodwin, 16:58; Sherry Wells, 20:18
Masters: Dan Whitten, 18:44; Clare Dillon-Palma, 20:55

1998 (127 finishers) -- Mark Mulfinger, 17:30; Clare Dillon-Palma, 21:51
Masters: Bill Pierce, 18:48; Vickie Britton, 23:39

> indicates complete results in SC Races database, PDF copy available, request by e-mail

-Compiled by Mike Foley & Cedric Jaggers-
First year was 2000
Corrections and missing years wanted; send to JaggersRun@Comporium.Net

FALLEN HEROES MEMORIAL 5K Columbia, SC 2015 race date April 18
Uncertified. Note uncertified courses are approximate distances not recognized by USATF for records and must be considered to be short of the advertised distance.

>2014 230 finishers 18:51 Carlos Hernandez 22:33 Kitty Shaw
>2013 207 finishers 17:27 Eddie Vergara 19:42 Shelby Herman
>2012 391 finishers 18:02 Adam Feigh 20:12 Holly Ortland
>2011 270 finishers 18:23 Brandon Purdeu 21:29 Meg Phillip
>2010 209 finishers 16:36 Jason Dimery 20:27 Sara Mahoney

> indicates complete results in my database, PDF copy available by e-mail request JaggersRun@Comporium.Net

Best underlined

-First year was 2010 -compiled by Cedric Jaggers

CLINIC CLASSIC 10K 5K Camden, SC 2015 race date April 18
USATF certified course 10K # SC09024BS, certified 5K # SC08035BS

>2014 10K 23 finishers 38:53 Chip Edgerton 46:17 Sharon Cole
5K 73 finishers 17:11 Ryan Plexico 23:08 Meme Spurgeon
>2013 10K 29 finishers 44:07 Geary McAlister 44:42 Sharon Cole
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> indicates complete results in my SC Races Database, PDF copy available by e-mail request
First year was 2008  **Records bold and underlined**
- compiled by Cedric Jaggers-
Missing years information and corrections wanted, send to:  JaggersRun@Comporium.Net

**BFA FCA 5K** Greer, SC  2015 race date April 18
USATF Certified Course used: #SC10017BS

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<tbody>
<tr>
<td>2014</td>
<td>54</td>
<td>21:49 David Spark</td>
<td>26:09 Penny Pope</td>
</tr>
<tr>
<td>2013</td>
<td>103</td>
<td>17:20 Matt Henderson</td>
<td>20:24 Tori Danes</td>
</tr>
<tr>
<td>2012</td>
<td>85</td>
<td>18:11 Ryan Smith</td>
<td>24:19 Abigail Lloyd</td>
</tr>
<tr>
<td>2011</td>
<td>83</td>
<td>18:11 Ryan Smith</td>
<td>24:48 Penny Pope</td>
</tr>
<tr>
<td>2010</td>
<td>95</td>
<td>18:36 Eric Hansen</td>
<td>24:02 Penny Pope</td>
</tr>
</tbody>
</table>

> indicates complete results in my database, PDF copy available by e-mail request
JaggersRun@Comporium.Net

**RACE FOR LITERACY 5K** Lancaster, SC  2015 race date April 18
USATF Certified course #SC11022BS

<table>
<thead>
<tr>
<th>Year</th>
<th>Finishers</th>
<th>Male</th>
<th>Female</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>54</td>
<td>18:49 Dyllan Moss</td>
<td>23:14 Alex Blackmon</td>
</tr>
<tr>
<td>2013</td>
<td>103</td>
<td>18:58 Dyllan Moss</td>
<td>24:48 Sara Ava Shrum</td>
</tr>
<tr>
<td>2012</td>
<td>85</td>
<td>19:11 Dyllan Moss</td>
<td>25:25 Julie Webster</td>
</tr>
<tr>
<td>2011</td>
<td>95</td>
<td>17:56 Wylie Penegar</td>
<td>22:59 Brooke Penegar</td>
</tr>
</tbody>
</table>

-first USATF certified course used in 2011-

> 2010  125 finishers  18:14 Wylie Penegar  gender not show on results

> indicates complete results in my database, PDF copy available by e-mail request
Records **bold and underlined**

-first year was 2010- compiled by Cedric Jaggers –

Additions and corrections wanted; send to JaggersRun@Comporium.Net

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**COME SEE ME RACE 5K HALF MARATHON 10K** ROCK HILL, SC  
2015 race date April 18

5k USATF Certified Course #SC99003BS used 1999-2013, #SC14021DW  
Half Marathon USATF Certified Courses #SC87004BS, #SC14022DW

---

>2014  HM 1:17:17 JONATHAN MCGINNIS  1:39:56 NICOLE PRELL  135 finishers  
Masters 12:112 Rick Weslock  1:45:24 Kimberly Heffner

>2014  5K  17:12 CORY TRETSKY  22:43 MORGAN WERNER  244 finishers  
Masters 18:40 Jim McKeon  24:07 Christine Hayes

---

-Half Marathon added back to race at new South Pointe race site-

>2013  16:40 JONATHAN MCGINNIS  20:53 KIMBERLEY HEFNER  **477 finishers**  
Masters 20:31 Scott Coulter  24:10 Brenda Hyatt-Neal

>2012  17:06 JONATHAN MCGINNIS  20:11 KIMBERLEY HEFNER  329 finishers  
Masters 19:18 Eugene Dimagno  21:18 Kelly Gainey

>2011  17:14 CHRISTIAN RUPPE  20:23 NICOLE PRELL  337 finishers  
Masters 19:01 Eugene Dimagno  24:57 Kristi Cook

>2010  17:21 CORY TRETSKY  21:32 ALEX MOSERY  355 finishers  
Masters 18:48 Jay Abraham  23:14 Diane Allen

>2009  17:35 CORY TRETSKY  23:04 EMILY VOLK  206 finishers  
Masters 18:24 Jay Abraham  23:34 Debbie Hudyma

>2008  **16:19 ADAM FREUDENTHAL**  20:09 LESLIE HORN  202 finishers  
Masters 20:24 Paul Coombs  22:30 Diane Allen

>2007  17:20 MICHAEL MARSHALL  20:39 KELLY GAINEY  163 finishers  
Masters 18:10 Paul Kinney  23:49 Sue Brown

>2006  18:59 DAN JOHNSTON  20:41 TERRI MARSHALL  155 finishers  
Masters 19:09 Tony Hendry  24:27 Paul Greiner

>2005  17:48 DAVID PAUKOVITZ  21:00 TERRI MARSHALL  132 finishers  
Masters 18:16 Bobby Aswell  21:45 Toni Cruz

>2004  17:26 DAVID HUCKABY  20:05 KARI STALEY  108 finishers  
Masters 18:27 Avery Goode  22:59 Dianne Allen

>2003  17:13 JEFF GREENE  20:17 KAY WEEMS  143 finishers  
Masters 18:03 Bobby Aswell  23:16 Teresa Cary

>2002  16:56 PAUL KINNEY  21:25 JAMIE ADKINS  178 finishers  
Masters 17:41 Dan Wellbaum  22:24 Myra Washington
>2001  **16:38 PAUL KINNEY**  19:45 KARI STALEY  181 finishers  
Masters 17:21 Harry Ash  21:55 Donna Thackwray

>2000  17:03 HARRY ASH  **19:41 AMELIA SLAGLE**  120 finishers  
Masters 17:48 Avery Goode  23:47 Kathy Jaggers

>1999  16:54 RICK WESLOCK  21:05 KELLY GAINEY  102 finishers  
Masters 17:14 Harry Ash  22:55 Kathy Jaggers

-Certified 5k course used beginning 1999-

>1998  **16:00 CHAD PEARSON**  19:44 KELLY GAINEY  234 finishers  
Masters 18:06 Jim Freid  22:59 Kathy Seavers

**Uncertified 5k course used in 1998**

*Note: City refused use of the streets for the longer races after 1997*

HALF MARATHON AND 10K  HALF CERTIFIED #SC87004BS  10K CERTIFIED #87003BS

1997
>HALF  1:14:32 ANGUS MCBRYDE  1:25:34 AMY KATTWINKEL  105 finishers  
Masters 1:21:08 Lansing Brewer  1:51:52 Brenda Harrell

>10K  34:11 KEITH HURLEY  38:47 LISA ROEBER  123 finishers  
Masters 37:51 Eddie Cohn  41:21 Bonnie Long (Poore)

1996
>HALF  1:12:26 JEFF MILLIMAN  1:30:24 KARI SQUILLO (STALEY)  135 finishers  
Masters 1:22:16 Lansing Brewer  1:45:35 Gail McCaslin

>10K  33:56 ROY KULIKOWSKI  43:43 ANA GERHARDT  167 finishers  
Masters 35:40 Paul Dawson  46:52 Lisa Lyttan

1995
>HALF  1:15:02 AL DUNN  1:27:07 AMY KATTWINKEL  107 finishers  
Masters 1:21:03 Steve Staley  1:45:6 Beth Wince

>10K  34:49 IAN DAVIDSON  43:47 PATTY SINCLAIR PENEGAR  150 finishers  
Masters 34:50 Roy Kulikowski  46:48 Kathy Jaggers

1994
>HALF  1:16:15 DAVID MOORE  1:37:06 ASHLEY HARRIS  159 finishers  
Masters 1:18:03 Tom Deming  1:44:18 Laura Yorke

>10K  **30:53 PATRICK PIPER**  **35:22 AMY KATTWINKEL**  189 finishers  
Masters 34:35 Mike Aimco  40:33 Bonnie Poore Long

1993
>HALF  1:17:47 EDWARD MOORE  1:37:06 ASHLEY HARRIS  111 finishers  
Masters 1:22:12 Jerry Noftsger  1:43:10 Gail McCaslin

>10K  32:25 IAN DAVIDSON  45:48 ROSE PRITTS  123 finishers  
Masters 38:01 Earl Jackson  47:12 Susan Barnes Nabors

1992
>HALF  1:18:41 PHIL PETERSON  1:30:39 ALISON SMITH  98 finishers  
Masters 1:19:08 Gerry Carner  1:36:44 Mary Carbott

>10K  33:26 IAN DAVIDSON  36:35 TRACEY EDWARDS  102 finishers  
Masters 36:32 Gene Cassell  49:27 Catherine Spencer

1991
Masters 1:16:54 Lansing Brewer  1:44:39 Marion Galliher

10K  32:58 SAM LEWIS  45:57 JEANNE MCKITTRICK  ? finishers  
Masters 37:48 Earl Jackson  51:54 Cheryl Nelson

1990
>HALF  **1:14:14 TROY BUSH**  **1:38:32 ALISON SMITH**  103 finishers  
Masters 1:16:56 Lansing Brewer  1:40:22 Molly Gray
1989
>10K  32:22 IAN DAVIDSON  44:23 JACQUELYN KIERNER 187 finishers
   Masters 36:06 Earl Jackson  45:46 Deborah Thomas
1988
>HALF 1:13:41 CLAUDE MABRY  1:32:01 LIBBY NEELY  96 finishers
   Masters 1:17:18 Lansing Brewer  1:44:21 Gina Bolton
>10K  32:36 MARK STULTZ  39:33 BONNIE POORE LONG 247 finishers
   Masters 35:49 Earl Jackson  46:08 Deborah Thomas
1987 (first certified courses used)
>HALF 1:10:58 EARL OWENS  1:22:47 KAY OVERCASH JENKINS 111 finishers
   Masters 1:19:17 Dan Williams  1:40:35 Mary D. Riddle
>10K  33:19 MARK STULTZ  36:55 PAM FULK WITT 240 finishers
   Masters 35:30 George Rolling  44:14 Pat Guthrie

- first USATF certified courses used beginning 1987-
1986
>HALF 1:18:08 RICHARD GOLDEN  1:29:59 RUTH GRIFFITH 102 finishers
   Masters 1:22:07 Boyce Brawley  1:41:48 Mary D. Riddle
>10K  32:16 BOB MEIGHAN  36:16 CANDACE STROBACH 263 finishers
   Masters 35:12 Bill Fitch  42:54 Nancy Lowden
1985
>HALF 1:17:24 STEVE SEABORN  1:33:57 BONNIE POORE LONG 63 finishers
   Masters 1:20:13 Ken Finney  1:38:30 Pat Guthrie
>10K  34:31 BYRON McCLURE  39:34 PAM FULK 287 finishers
   Masters 36:22 Larry Barden  45:05 Nancy Lowden
1984
>HALF 1:13:37 GARY LEDFORD  1:33:58 PATRICIA CARTER 122 finishers
   Masters 1:14:11 Art Williams  2:05:38 Marilyn Richards
>10K  32:41 FIN TOMLINSON  41:00 PATTY SINCLAIR 356 finishers
   Masters 37:43 John Bachmann  46:05 Nancy Lowden
1983
>HALF 1:09:01 MARK FRIEDRICH  1:31:17 HELEN GOODMAN 107 finishers
   Masters 1:25:21 Bill Claytor  1:50:52 Sylvia Baker
>10K  33:06 MICHAEL PAPPAS  41:26 PATTY SINCLAIR 319 finishers
   Masters 35:01  52:23 Beatrice Blanton
1982
HALF 1:16:51 PAUL LAYMAN  1:30:00 ALLISON BURNS  ? finishers
   Masters nta Alex Coffin nta Nancy Lowden
10K  31:02 DAVID BRANCH  41:37 PATTY SINCLAIR 189 finishers
   Masters nta Les Dickert nta Sue Boyer
1981
>HALF 1:15:12 MIKE MASSEY  1:39:43 BONNIE POORE 101 finishers
   Masters 1:29:40 Rod Jordan  no female masters entrants
>10K  33:15 MITCH SIMRIL  40:21 PATTY SINCLAIR 290 finishers
   Masters 36:49 Ed Guettler  48:42 Anne Close
1980
>HALF 1:15:31 MIKE McGuINNESS  1:40:22 LINDA GOFF 108 finishers
   Masters 1:26:59 David Duncan  1:54:21 Anne Close
>10K  33:36 LEON COOK  40:41 PATTY SINCLAIR 309 finishers
   Masters 36:47 Cliff Mansfield  53:36 Pat Dorsey
1979
HALF 1:10:52 DAVE GEER 1:26:10 KITTY CONSOLO ? finishers
Masters 1:28:16 Ed Guettler nta Charlene Smith
10K 31:06 TERRY GOODENOUGH nta SUSAN BATES 390 finishers
Masters nta Cliff Mansfield nta Norma Shannanhouse
1978
HALF nta JIM LORAH nta KITTY CONSOLO 114 finishers
Masters nta Adrian Craven no masters females
>10K 31:17 IAN DAVIDSON 47:39 BETH BEALLE 205 finishers
Masters 40:58 Anthony Wendell 53:00 Anne Close

> indicates complete results in my database, available as PDF file request by e-mail
Missing years wanted, please e-mail them to me
First year was 1978 –compiled by Cedric Jaggers, Editor SC Runners Gazette-
-RECORDS UNDERLINED FOR EACH RACE note course records cannot be set on
uncertified courses which are approximate distances and must be assumed to be short of the
advertised distance.
Correction and additions wanted: send to JaggersRun@Comporium.Net

VOLUNTEERS IN MEDICAL MISSIONS CHALLENGE 5K Seneca, SC 2015 race date April 18
USATF Certified Courses # SC11008BS, SC06020BS, SC05020BS, SC03016BS

>2014 137 finishers 18:38 Kevin Kelley 21:22 Rhylee Wittrock
>2013 158 finishers 19:38 Drew Sharpe 20:16 Anna Kathryn Sons
>2012 211 finishers 19:16 Chris Bradberry 22:58 Catherine Roper
>2011 164 finishers 18:07 Chris McConnell 23:21 Mollie Respass
>2010 262 finishers 17:41 Michael Rounds 19:55 Caitlin Ranson
>2009 179 finishers 17:48 Elliott Taylor 21:05 Debbie Heaton
>2008 164 finishers 15:59 DJ Mattison 18:01 Gail Kattouf
>2007 157 finishers 17:38 Elliott Taylor 21:25 Judy Walls
>2006 204 finishers 16:47 John Sell 19:19 Sunday Ford
>2005 238 finishers 17:02 Eric Vandervort 20:14 Casey Gale
>2004 249 finishers 15:14 Derrick Wyatt 18:34 Shannon Schoppman
2003 140 finishers 16:57 Ryan Plexico 21:07 Cassie Rowland

>indicates complete results in my database, PDF copy available via e-mail request JaggersRun@Comporium.Net

First year was 2003 Records Underlined
-compiled by Cedric Jaggers-

PROVIDENCE HEART & SOUL 5M Columbia, SC 2015 race date April 25
USATF Certified Course #SC02010BS Women’s Only Race

>2014 394 finishers 28:08 Caitlin Bullock
>2013 459 finishers 27:54 Joan Tangwar
>2012 607 finishers 28:41 Caitlin Chrisman
>2011 562 finishers 29:30 Caitlin Chrisman
<table>
<thead>
<tr>
<th>Year</th>
<th>Finishers</th>
<th>Men's Winner</th>
<th>Men's Time</th>
<th>Women's Winner</th>
<th>Women's Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>611</td>
<td>16:51 Neville Miller</td>
<td>21:03 Jenna Pisani</td>
<td>21:03 Jenna Pisani</td>
<td>21:03 Jenna Pisani</td>
</tr>
</tbody>
</table>

>indicates complete results in my database, PDF copy available by e-mail request

**Records bold and underlined**

- First year was 2002 – compiled by Cedric Jaggers
- Missing information wanted, send to JaggersRun@Comporium.Net

**RUN FOR ADELA 5K** Sullivan’s Island, SC

Uncertified course – note uncertified courses are not recognized by USATF for records and must be assumed to be short of the advertised distance

<table>
<thead>
<tr>
<th>Year</th>
<th>Finishers</th>
<th>Men's Winner</th>
<th>Men's Time</th>
<th>Women's Winner</th>
<th>Women's Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>611</td>
<td>16:51 Neville Miller</td>
<td>21:03 Jenna Pisani</td>
<td>21:03 Jenna Pisani</td>
<td>21:03 Jenna Pisani</td>
</tr>
</tbody>
</table>

>indicates complete results in my SC Races Database, PDF copy available by e-mail request

**EARTH DAY HALF MARATHON 10K**

Note: moving to Traveler’s Rest for 2015


**GREER EARTH DAY HALF MARATHON & GREATER GREER 8K or 5M or 5K** Greer, SC (run in April)

USATF Certified Half Marathon courses listed #SC13049DW, #SC10095BS, #SC08014BS, #SC08013BS, #SC13047DW, #SC12032DW, #SC09044BS

<table>
<thead>
<tr>
<th>Distance</th>
<th>Finishers</th>
<th>Men's Winner</th>
<th>Men's Time</th>
<th>Women's Winner</th>
<th>Women's Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>HM</td>
<td>1:32:42 Jeffrey Hutter</td>
<td>1:46:58 Elizabeth Talley</td>
<td>1:58:56 Shirley Smith</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Grand Masters</td>
<td>1:37:27 Mike Sullivan</td>
<td>1:58:56 Shirley Smith</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>10K</td>
<td>not held</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>5K</td>
<td>314</td>
<td>17:56 BRIAN BLOUNT</td>
<td>19:05 MEG CHEIFFE</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>
Masters 23:01 Vince Herran 23:57 Victoria Baus
Grand Masters 25:41 Tom Wilson 29:51 Marsha Howell

2013 214 finishers 1:16:28 TODD ROBERTS 1:27:37 KRISTI ARLEDGE
>HM Masters 1:23:32 Kevin Mosteller 1:30:17 Lisa Tolley
Grand Masters 1:41:57 Rex Morgan 1:51:52 Shirley Smith
>10K 155 finishers 34:15 MATT ANDERSON 40:48 JENNIE FREEMAN
Masters 42:09 Matthew Smith 50:11 Brake Melanie
Grand Masters 46:42 Kris Martin 59:24 Evelyn Nobles
>5K 314 finishers 18:08 MATT SHOCK 20:34 SUSI SMITH
Masters 20:30 Hugo Morales 25:37 Susan Lowcavage
Grand Masters 23:22 Jim Fortner 27:25 Linda Brown

2012 483 finishers 1:17:38 JON STOEHR 1:29:50 LISA TOLLEY
>HM Masters 1:25:54 Tim Stewart 1:44:24 Anne Green
Grand Masters 1:36:18 Armando Aguilar 1:56:40 Judith Spivey
>10K 293 finishers 37:26 ERIC GUTH 40:29 GINNIE FREEMAN
Masters 44:16 John Drohan 49:02 Christine Almond
Grand Masters 49:45 Steve Ulery 59:20 Joanne Avery
>5K 440 finishers 16:33 MATT SHOCK 21:57 ALLISON ROBERTS
Masters 21:33 Mark Wood 24:51 Erin Leopald
Grand Masters 23:22 Daniel Parham 29:20 Karen Smith

2011 327 finishers 1:16:05 JAMES HARPER 1:31:21 GINNIE FREEMAN
>HM Masters 1:23:38 Dan Shelby 1:38:18 Jana Seppala
Grand Masters 1:30:18 Michael Anderson 1:42:13 Anne Jenkins
>5K 365 finishers 17:54 Angel Cardona 20:14 Susi Smith
Masters 22:49 Michael Burchett 25:03 Sue Maley

2010 431 finishers 1:12:00 JON STOEHR 1:23:01 KRISTI ARLEDGE
>HM Masters 1:24:41 Stepen Derfler 1:34:20 Jackie Lafontaine
Grand Masters 1:30:50 Drew Walker 1:53:24 Linda Ball
>5K 268 finishers 16:11 JAMES BROOKS 18:28 LONDON MILLER
Masters 20:03 John Herberger 22:36 Jill Laiewski
Grand Masters 21:08 Steve Ulery 23:01 Heather Rossley

2009 346 finishers 1:12:55 DANIEL HUGHES 1:29:20 KRISTI ARLEDGE
>HM Masters 1:20:52 Ed Hughes 1:49:16 Elizabeth Poupore
>5K 358 finishers 18:22 DANNY MURRAY 21:08 LINDSAY DECKEN
Masters 19:22 Stephen Derfler 21:47 Lauren Blaakman

-5M changed to 5k in 2009-

2008 241 finishers 1:20:34 JASON PUTNAM 1:36:07 LEAH CARVER
>HM Masters 1:28:21 Juergen Ziegler 1:45:17 Kennie Norris
>5M 299 finishers 26:27 TIMOTHY BRILES 31:18 NICOLE GALLIER
Masters 29:16 Joe Hammond 37:21 Debbie Heaton

-first certified Half marathon and 5M courses used beginning 2008-

2007 232 finishers 1:17:24 THOMAS BLACKWELL 1:19:29 AMANDA COOLEY
>HM Masters 1:20:05 Ed Hughes 1:47:07 Andrea Beaver
>5M  248 finishers  26:10 BRIAN ERB  30:12 GAIL (JERVEY) KATTOUF  
Masters  29:50 Pierre-Yves Page  38:03 Dana Spark  
2006  187 finishers  1:19:03 RICK KATTOUF  1:19:38 AMANDA COOLEY  
>HM  Masters  1:24:54 Christopher Giordanelli  1:49:08 Leora Riordan  
>3.4M  122 finishers  21:26 PIERRE-YVES PAGE  22:28 MARGARET SCHMITT  
Masters  24:12 George Luke  30:09 Darla Derfler  
2005  114 finishers  1:14:30 MICHAEL MCCAULEY  1:30:53 KIRI ARLEDGE  
>HM  Masters  1:29:05 Joey Howard  1:53:08 Dewanda Dyson  
>8K  121 finishers  27:44 SHANE CARR  32:05 KAREN GILLESPIE  
Masters  30:58 Stephen Derfler  39:01 Dana Spark  

-Note:  Uncertified Half Marathon race added; previously was an 8K race only.  
Uncertified 8K course used beginning 2005-  

>2004  119 finishers  26:06 Orinthal Striglles  30:24 Anne Wyman Cipolla  
Masters  28:52 Craig Horn  31:42 Susi Smith  
>2003  165 finishers  26:23 Tim Gibbons  31:31 Sandy Campbell  
Masters  28:15 Alan Blackwell  36:06 Robin Tarpinian  
>2002  269 finishers  27:52 Scott Hoffman  30:44 Ruth-Marie Milliman  
Masters  28:45 Alan Blackwell  31:35 Elizabeth Poupore  
>2001  217 finishers  27:51 Scott Murr  30:59 Elizabeth Poupore  
Masters  29:04 Alan Blackwell  31:40 Judy Walls  
>2000  184 finishers  26:02 Dave Geer  29:08 Gail Jervey  
Masters  28:13 Ervin Reed  38:46 Vickie Britton  
>1999  219 finishers  26:02 Dave Geer  31:04 Marguerite Babrowicz  
Masters  28:28 Paul Dawson  36:18 Karen Martin  
>1998  234 finishers  25:30 Rob Wilder  27:50 Tatiana Ivanova  
Masters  27:43 Paul Dawson  30:59 Ruth Marie Milliman  
1997  174 finishers  25:35 Rob Devlin  29:37 Gail Pennachio  
Masters  29:13 Paul Dawson  33:01 Nonie Hudnall  
1996  ?  finishers  ?  ?  
Masters  26:06 Dave Geer  29:43 Susan Seagraves  
1994  259 finishers  ?  ?  
1993  ?  24: 51 Jamie Barnes  29:00 Kris Salt  
Masters  28:45 John Lash  34:34 Susan Wheldan  

-USATF certified 8k course #SC93005BS  used beginning 1993-  

1992  262 finishers  25:05 Larry Brock  29:00 Kris Salt  
Masters  27:51 Leon Cook  36:12 Barb Foltz  
1991  239 finishers  25:18 Rob Wilder  28:57 Micky Kawohl (Reger)  
Masters  27:30 Leon Cook  35:33 Barb Foltz  
1990  283 finishers  26:41 David Branch  34:00 Mary Beth Lees  
Masters  28:42 Bill Pierce  ?  Lynda Holdridge
- USATF certified 8K course #90011BS used beginning 1990-1989

1988 328 finishers 25:30 David Branch 30:59 Susi Foster
Masters 27:15 Reed Watson 35:00 Videra Varnadore

1987 328 finishers 24:36 David Branch 31:36 Susi Foster
Masters 27:43 Art Williams 36:50 Joan Conner

1986 269 finishers 25:27 Martin Maag 32:26 Susi Foster
Masters 29:10 Art Williams 38:42 Joan Conner

1985 ?

-TAC (USATF) certified 5 Mile course #SC85016WN used beginning 1985-

1984 328 finishers 24:11 David Branch 29:44 Mary Kay Branch
Masters 31:00 Keith Weaver 40:05 Madge Eggena

1983 ?
1982 ?
1981 ?
1980 ?

>indicates complete results in my database, PDF copy available by e-mail

First year was 1980 using uncertified 5 Mile course, note course records not recognized for uncertified courses which are approximate distances and must be assumed to be short of the advertised distance.

– compiled by Cedric Jaggers-
Additions and corrections wanted, send to: JaggersRun@Comporium.Net

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**RICE RUN 5K**  WALTERBORO, SC  2015 race date April 25

5K USATF (TAC) Certified Courses Used: SC08006BS, SC98010BS, SC92015BS, SC9004BS, SC89004BS

>2014 OVERALL  **MICHAEL BANKS**  14:16.4  **CAITLIN JUDD**  18:19.3  234 finishers
Masters  Eric Allers  18:16  Mylinda OQuin  23:10

-Grand Mst and Sr Grand Mst awards ended beginning 2014

>2013 OVERALL  **ERIC ASHTON**  15:27  **CAITLIN JUDD**  18:27  337 finishers
Masters  Marc Embler  17:32  Ruth Marie Embler  20:29
Grnd Mst  Andy Tedesco  19:19  Sarah Allers  20:44
Sr Grnd Mst  Danny West  19:35  Claudette Trippe  30:01

>2012 OVERALL  **JOSH CASHMAN**  15:13  **KATHRYN ASHTON**  18:20  253 finishers
Masters  John Charlton  16:28  Dian Ford  21:00
Grnd Mst  Andy Tedesco  18:48  Pam Drafts  22:13
Sr Grnd Mst  Jim Preacher  22:17  Nancy Curry  26:07

>2011 OVERALL  **CLAY BURNETT**  15:26  **KATHRYN ASHTON**  18:26  218 finishers
Masters  Irv Batten  17:08  Mylinda O’Quinn  21:42
Grnd Mst  Andy Tedesco  18:43  Dell Toomer  23:26
Sr Grnd Mst  Cedric Jaggers  24:46  Lessie Snead  34:27

>2010 OVERALL  **NEVILLE MILLER**  15:12  **MICHELLE LaFLEUR**  17:48  269 finishers
Masters  Matthew Whitis  15:50  Ruth Marie Milliman  19:38
Grnd Mst  Tom Mather  16:58  Dian Ford  20:27
Sr Grnd Mst  John Sneed  23:22

>2009 OVERALL  OJ STRIGGLES  15:23
Masters  Tom Mather  17:28
Grnd Mst  Shawn Nettles  19:52
Sr Grnd Mst  Cedric Jaggers  24:09

>2008 OVERALL  BERNARD TOO  14:55
Masters  Eric Ashton  15:29
Grnd Mst  Shawn Nettles  19:34
Sr Grnd Mst  Gary Melville  25:17

>2007 OVERALL  ERIC ASHTON  15:12
Masters  Irv Batten  15:55
Grnd Mst  Sam Swofford  17:20
Sr Grnd Mst  Steve Annan  18:38

>2006 OVERALL  MUSA GWAZURA  14:45
Masters  Tom Mather  16:12
Grnd Mst  Shawn Nettles  19:34
Sr Grnd Mst  Steve Annan  18:25

>2005 OVERALL  ERIC ASHTON  14:56.7
Masters  Tom Mather  15:57
Grnd Mst  Larry Miller  18:13
Sr Grnd Mst  Harry Peeples  23:12

>2004 OVERALL  MUSA GWANZURA  14:58
Masters  Irv Batten  16:09
Grnd Mst  Steve Annan  17:58
Sr Grnd Mst  Keith Ambrose  22:02

>2003 OVERALL  ISAAC KARIUKI  14:44
Masters  Danny West  17:43
Grnd Mst  Steve Annan  18:31
Sr Grnd Mst  James Salvo  20:59

>2002 OVERALL  MUCHAPWA MAZANO  15:17
Masters  Ervin Reid  16:53

>2001 OVERALL  SAMUEL MASHO  14:39
Masters  Selwyn Blake  16:03

>2000 OVERALL  SAMMY NYAMONGO  14:30
Masters  Tom Mather  15:38

>1999 OVERALL  JULIUS ROTICH  14:46
Masters  James Youngquist  16:25

>1998 OVERALL  ERIC ASHTON  14:46
Masters  Tom Mather  15:25

>1997 OVERALL  THOMAS CASON  14:56
Masters  Mark Freidrich  15:45

>1996 OVERALL  DEAN DUNCAN  14:42
Masters  Dave Geer  15:32

>1995 OVERALL  SELWYN BLAKE  14:52
Masters  Dave Geer  15:18

>1994 OVERALL  ROB DEVLIN  14:41
Masters  Oliver Marshall  16:56

>1993 OVERALL  BILL STEWART  14:48
Masters  Anson Clapcott  16:57

>1992 OVERALL  JIM VARGO  14:32
Masters  Bob Schlau  15:39

>1991 OVERALL  ERIC ASHTON  14:54
Masters  Bob Schlau  16:58

>1990 OVERALL  JIM VARGO  14:42
Masters  David Reese  17:18

Nancy Curry  25:12
MICHELLE LaFLEUR  17:45  187 finishers
Dell Toomer  23:25
Lori Pope  24:17
Anne Boone  24:46
RIVES POE  17:46  209 finishers
Janice Addison  19:54
Deanna Richard  29:33
Nancy Curry  25:06
HEATHER LEE  17:39  239 finishers
Susan Rogers  19:39
Mary Mauldin  22:28
Nancy Curry  24:16
ANNE WYMAN CIPOLLA  18:26  219 finishers
Terri Marshall  20:07
Mary Mauldin  22:38
Jean Bongiorno  25:03
HEATHER LEE  16:59.9  238 finishers
Janice Addison  18:31
Dian Ford  19:22
Joan Mulvihill  25:26
JANICE ADDISON  18:11  178 finishers
Pam Drafts  22:05
Lyn Hammond  23:04
Suzie Klutz  23:58
TURENA JOHNSON LANE  17:29  144 finishers
Nitsa Calas  21:35
Nancy Curry  23:51
Jean Bongiorno  25:03
JANICE ADDISON  17:49  252 finishers
Judy Walls  19:00
Kerry Robinson  18:08
TINA JENSON  17:11  202 finishers
Judy Walls  18:36
TURENA J LANE  16:49  226 finishers
Dian Ford  19:00
CLARICE MARANA  17:04  149 finishers
Alendia Vestal  18:46
GAIL PENNACHIO  17:34  147 finishers
Alendia Vestal  18:21
MARY ELLEN KELLY  17:38  144 finishers
Catherine Lempesis  18:55
UTE JAMROZ  17:03  160 finishers
Therese Killeen  20:11
KATHY KANES  16:52  189 finishers
Therese Killeen  20:29
MAGGIE KRAFT  16:52  207 finishers
Jenny Kyle  19:05
MAGGIE KRAFT  16:30*  220 finishers

*SC OPEN 5K STATE RECORD
Pat Rhode  22:01
MICKY KAWOHL (REGER)  17:47  235 finish
Linda Banning  18:41
BETSY VERONEE  17:23  172 finishers
Connie Gruver  19:56
<table>
<thead>
<tr>
<th>Year</th>
<th>Distance</th>
<th>First Finisher</th>
<th>Time</th>
<th>Second Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1989</td>
<td>Overall</td>
<td>Irv Batten</td>
<td>15:35</td>
<td>Megan Otheren (Gorman)</td>
<td>16:45</td>
</tr>
<tr>
<td></td>
<td></td>
<td>Masters</td>
<td>15:47</td>
<td>Barbara Davidson</td>
<td>21:17</td>
</tr>
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</table>

VARIOUS UNCERTIFIED 5 MILE COURSES USED 1978 through 1988

<table>
<thead>
<tr>
<th>Year</th>
<th>Distance</th>
<th>First Finisher</th>
<th>Time</th>
<th>Second Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>1988</td>
<td>5M</td>
<td>?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1987</td>
<td>5M</td>
<td>Ronald Chisolm</td>
<td>25:49</td>
<td>Nina Herndon (Taylor)</td>
<td>33:58</td>
</tr>
<tr>
<td>1986</td>
<td>5M</td>
<td>Adam Williams</td>
<td>26:27</td>
<td>Ann Elish</td>
<td>32:21</td>
</tr>
<tr>
<td>1985</td>
<td>5M</td>
<td>Vic Still</td>
<td>26:47</td>
<td>Tammie Sligh</td>
<td>34:08</td>
</tr>
<tr>
<td>1984</td>
<td>5M</td>
<td>?</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1983</td>
<td>5M</td>
<td>Chris Legourd</td>
<td>26:39</td>
<td>Tammie Sligh</td>
<td>34:52</td>
</tr>
<tr>
<td>1982</td>
<td>5M</td>
<td>Chuck Magera</td>
<td>26:04</td>
<td>Kathy Jaggers</td>
<td>36:07</td>
</tr>
<tr>
<td>1981</td>
<td>5M</td>
<td>Robert Flint</td>
<td>26:58</td>
<td>Pat Rhode</td>
<td>37:11</td>
</tr>
<tr>
<td>1980</td>
<td>5M</td>
<td>?</td>
<td></td>
<td></td>
<td></td>
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<tr>
<td>1979</td>
<td>5M</td>
<td>?</td>
<td></td>
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<td></td>
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<tr>
<td>1978</td>
<td>5M</td>
<td>?</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

> indicates complete results in my database, PDF copy available by e-mail request

First year for 5 Mile was 1978 first year for 5K was 1989

Compiled by Cedric Jaggers

Records underlined

Additions and corrections wanted, send to: JaggersRun@Comporium.Net

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IMAGINE THE DIFFERENCE 5K  Winsboro, SC

Formerly (Alcohol Awareness Week 5K)

USATF Certified course listed: SC04013BS

<table>
<thead>
<tr>
<th>Year</th>
<th>Finishers</th>
<th>First Finisher</th>
<th>Time</th>
<th>Second Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>2014</td>
<td>30</td>
<td>Scott Richardson</td>
<td>25:15</td>
<td>Anne Bass</td>
<td>26:43</td>
</tr>
<tr>
<td>2013</td>
<td>39</td>
<td><strong>17:18 Ryan Plexico</strong></td>
<td>24:16</td>
<td>Coleman Blackwelder</td>
<td></td>
</tr>
<tr>
<td>2012</td>
<td>27</td>
<td>17:56 Ryan Plexico</td>
<td>23:10</td>
<td>Coleman Blackwelder</td>
<td></td>
</tr>
</tbody>
</table>

Race renamed IMAGINE THE DIFFERENCE 5K beginning 2012 for the 15th running

<table>
<thead>
<tr>
<th>Year</th>
<th>Finishers</th>
<th>First Finisher</th>
<th>Time</th>
<th>Second Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>2011</td>
<td>17</td>
<td>17:39 Joe Tomlin</td>
<td>26:17</td>
<td>Lynn Grimes</td>
<td></td>
</tr>
<tr>
<td>2010</td>
<td><strong>55 finishers</strong></td>
<td>17:41 Joe Tomlin</td>
<td>20:50</td>
<td>Debbie Heaton</td>
<td></td>
</tr>
<tr>
<td>2009</td>
<td>70</td>
<td>18:28 Mark Bedenbaugh</td>
<td>21:00</td>
<td>Shannon Iriel</td>
<td></td>
</tr>
<tr>
<td>2008</td>
<td>43</td>
<td>19:59 CJ Kozlowski</td>
<td>21:54</td>
<td>Shannon Iriel</td>
<td></td>
</tr>
<tr>
<td>2007</td>
<td>30</td>
<td>17:30 James White</td>
<td>23:54</td>
<td>Sonya Kennedy</td>
<td></td>
</tr>
<tr>
<td>2006</td>
<td>25</td>
<td>17:24 James White</td>
<td>25:01</td>
<td>Scarlette Johns</td>
<td></td>
</tr>
<tr>
<td>2005</td>
<td>33</td>
<td>17:54 Jay Abraham</td>
<td>23:13</td>
<td>Anne Crawford</td>
<td></td>
</tr>
<tr>
<td>2004</td>
<td>28</td>
<td>17:49 Mark Bedenbaugh</td>
<td>23:39</td>
<td>Anna Blestel</td>
<td></td>
</tr>
</tbody>
</table>

First certified full length course used beginning 2004

<table>
<thead>
<tr>
<th>Year</th>
<th>Finishers</th>
<th>First Finisher</th>
<th>Time</th>
<th>Second Finisher</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>2003</td>
<td>30</td>
<td>17:30 Mark Bedenbaugh</td>
<td>22:51</td>
<td>Ellie Cale</td>
<td></td>
</tr>
</tbody>
</table>


> indicates complete results in my database, PDF copy available, request by e-mail missing results for 1998-2002 wanted
Records underlined
First year was 1998 as 2012 entry states it is the 15th running – compiled by Cedric Jaggers-
Missing years information wanted, send to: JaggersRun@Comporium.Net

iFive:K DIGITAL CORRIDOR 5K  Charleston, SC
USATF Certified course #SC07008BS
Evening race through Historic Downtown Charleston area

>2014 684 finishers  16:06 Jay Upchurch  18:55 Erin Leonard
>2013 670 finishers  16:10 Chris Bailey  20:13 Maggie Gill
>2012 663 finishers  17:28 Matthew Dieterich  18:49 Anne Wyman Cipolla
  2011 inclement weather resulted in having to call off the race.
>2010 556 finishers  **15:34 Neville Miller**  19:02 Anne Clinton
>2009 452 finishers  16:18 Karl Walsh  **18:36 Anne Clinton**
>2008 287 finishers  17:48 Jeff Baxter  19:08 Katie Thurmond
>2007 236 finishers  18:10 John Leeds  21:30 Molly Hughes

>indicates complete results in my SC Races Database, PDF copy available, request by e-mail
JaggersRun@Comporium.Net

Records Bold And Highlighted
-first year was 2007-  -compiled by Cedric Jaggers –

SOUTH CAROLINA ROAD RACE RANKINGS February 7, 2015
Bill Marable, SC USATF Representative

MEN
1  Michael Banks (28, Charleston)
2  Adam Freudenthal (25, Greenville)
3  Wilkerson Given (23, Greenville)
4  Ricky Flynn (27, Greenville)
5  Brett Morley (22, Landrum)
6  Matthew Elliott (29, Rock Hill)
7  Chris Caldwell (24, Greenville)
8  James Quattlebaum (19, Greenville)
9  Eric Ashton (47, Columbia)
10  Josh Cashman (26, Simpsonville)
11  Jay Upchurch (36, James Island)
12  Matt Shock (32, Greenville)
13  Chris Bailey (25, Charleston)
14  Jud Brooker (27, Irmo)
15  Mason Hazel (18, Summerville)
16  Trent Binford-Walsh (26, Greenville)
17  Brian Johnson (39, Mount Pleasant)
18  Karl Walsh (39, Mount Pleasant)
19 Matthew Hammersmith (27, Greenville)
20 Tom Ford (23, Piedmont)

WOMEN
1 Kimberly Ruck (25, Greer)
2 Alison Parris (27, Greenville)
3 Victoria Voronko (23, Greenville)
4 Alyssa Bloomquist (25, Columbia)
5 Michelle Ziegler (33, Greenville)
6 Shawanna White (35, West Columbia)
7 Caitlin Judd (31, North Charleston)
8 Kenzie Riddle (30, Columbia)
9 Caroline Peyton (29, Cayce)
10 Sarah Harriman (31, Summerville)
11 Rives Poe (37, Charleston)
12 Erin Miller (38, Columbia)
13 Marlee Rhodes (22, Williamston)
14 Brooke Grice (19, Columbia)
15 Sunday Davis (27, Piedmont)
16 Heather Costello (37, Lugoff)
17 Kristi Arledge (45, Simpsonville)
18 Ginnie Freeman (39, Greenville)
19 Julie Seymour (45, Greenwood)
20 Emily Greenburg (26, Daniel Island)

MASTERS MEN
1 Eric Ashton (47, Columbia)
2 Philippe Giguere (45, Simpsonville)
3 Irv Batten (51, North Charleston)
4 Larry Brock (54, Anderson)
5 Chris Giordanelli (50, Simpsonville)
6 Eddie Posey (42, Easley)
7 Jason Annanelli (40, Mount Pleasant)
8 Marc Embler (57, North Charleston)
9 John Charlton (48, Columbia)
10 Greg Brown (46, Mount Pleasant)

MASTERS WOMEN
1 Kristi Arledge (45, Simpsonville)
2 Julie Seymour (45, Greenwood)
3 Kerry Robinson (55, Meggett)
4 Gail Kattouf (41, Greenville)
5  Catherine Hollister (45, Mount Pleasant)
6  Shannon Iriel (42, Columbia)
7  Linn Hall (40, Columbia)
8  Dian Ford (59, Piedmont)
9  Barbara Van Beyrer (45, Mount Pleasant)
10 Barbara Wiggins (45, Mount Pleasant)

2015 RACES most recent first, all SC races which posted results
Compiled by Cedric Jaggers
Note that uncertified courses which are approximate distances not recognized by USATF for records are indicated by having name in blue.
If you have information on any races I’ve missed please let me know

2/28 10th LIFEPOINT RACE FOR LIFE 5K  Charleston uncertified
Winners: 15:00 Michael Banks 18:01 Sarah Harriman
Finishers: 323 (down 100)
Internet Results: Racemine.Com and Running.Net

2/28 2nd LIFEPOINT RACE FOR LIFE 10K  Charleston uncertified
Winners: 30:45 Michael Banks 35:49 Sarah Harriman
Finishers: 115 (up 25)
Internet Results: Racemine.Com and Running.Net

2/28 1st GAMECOCKS 6K RUN  Columbia uncertified
Winners: 20:01 Greg Lowing 23:05 Monica York
Finishers: 1206
Internet Results: Racemine.Com and Running.Net

2/28 2nd BANKS TRAIL MIDDLE SCHOOL 5K  Fort Mill uncertified
Winners: 18:46 Rick Weslock 24:23 Cate Tedford
Finishers: 129
Internet Results: Racemine.Com and Running.Net

2/28 1st MIDLAND ELEMENTARY SCHOOL 5K  Galivants Ferry uncertified
Winners: 19:47 Caleb Jenerette 20:45 Kayden Bay
Finishers: 90
Internet Results: CoastalTiming.Com and Running.Net

2/28 4th GHS HALF MARATHON  Greenville certified #SC12021DW
Winners: 1:08:20 Michael Eaton 1:19:41 Elena Kidd
Finishers: 989 (up 174)
Internet Results: swamprabbitrace.com and Running.Net

2/28 3rd GHS 5K  Greenville certified #SC12022DW
Winners: 17:57 Malcolm McClain 18:39 Gail Kattouf
Finishers: 169 (down 39)
Internet Results: swamprabbitrace.com and Running.Net

2/28 4th COKER COLLEGE K-9 5K  Hartsville no cert listed
Winners: 19:04 Gary Kooper 22:46 Rose Kooper
Finishers: 171 (not held last year?)
Internet Results: CarolinaRunningCompany.Com and Running.Net
2/28 **15th RACE AGAINST HUNGER 10K** Lexington certified #SC14017DW
Winners: 36:03 Ryan Plexico 44:01 Devon Shirley
Finishers: 258 (down 18)
Internet Results: StrictlyRunning.Com and Running.Net

2/28 **5th HISTORIC MARION RUNFEST 10K** Marion certified #SC11013BS
Winners: 36:32 Michael Merolle 47:32 Audrey Wiggins
Finishers: 26 finishers (down 10)
Internet Results: RMSsports.com/run.html and Running.Net

2/28 **5th HISTORIC MARION RUNFEST 5K** Marion certified #SC11014BS
Winners: 19:26 Mark Bedenbaugh 24:12 Rhonda Liberatore
Finishers: 52 finishers (down 6)
Internet Results: RMSsports.com/run.html and Running.Net

2/28 **1st GET FIT BERKELEY 5K** Moncks Corner uncertified
Winners: 19:09 Aaron Grant 25:43 Aubrey Lucas
Finishers: 98
Internet Results: Running.Net and SCRunners.Com

2/28 **2nd TREE CHURCH TRAIL 5K** Mt Pleasant uncertified
Winners: 17:55 Jarrod Bohr 21:05 Tavia Buck
Finishers: 174

2/28 **1st BOSCH 5K** N Charleston uncertified
Winners: 17:48 Keenan Miller 20:57 Jessica Urban
Finishers: 209
Internet Results: Racemine.Com and Running.Net

2/21 **12th MARCH FOR MEALS WILD RUN 5K** Cayce certified #SC14065DW
Winners: 17:37 Ryan Plexico 23:02 Gina Campbell
Finishers: 165 (down 127)
Internet Results: StrictlyRunning.Com and Running.Net

2/21 **6th RACE FOR THE PLACE 5K** Columbia certified #SC14012DW
Winners: 16:10 Orinthal Striggles 18:09 Caroline Peyton
Finishers: 133 (down 34)
Internet Results: StrictlyRunning.Com and Running.Net

2/21 **3rd C. DAN JOYNER MEMORIAL MISSION BACKPACK 5K** Greenville uncertified
Winners: 19:54 Mike Zerressen 25:10 Madeline White
Finishers: 108 (up 52)
Internet Results: Runningtime.info and Running.Net

2/21 **4th ASHLEY RIDGE FOX TROT 5K** Summerville uncertified
Winners: 16:42 Jackson Ellenburg 17:16 Sarah Harriman
Finishers: 76 (up 16)
Internet Results: CarolinaRunningCompany.Com and Running.Net

2/14 **3rd CODA RACE 4 LOVE 5K** Beaufort uncertified
Winners: 19:44 Scott Sundahl 20:35 Angela Kandibo
Finishers: 164 (up 58)
Internet Results: PlayHardinBtown.com and Running.Net
2/14  **4th RACE TO THE PLATE 5K**  Cayce  certified #SC14013BS
Winners:  17:42 Jacob Barnes  20:40 Kristal Studer
Finishers:  98  (**up 22**)
Internet Results: StrictlyRunning.Com and Running.Net

2/14  **1st CUPID’S CHASE 5K**  Charleston  uncertified
Winners:  21:28 Scott Thompson  19:44 Nikki Cochran
Finishers:  58
Internet Results: [http://www.ultimateracinginc.com/ultimate_racing_inc/Results_files/Cupid%27s%20Chase%205k%20Age%20Group%20Report.pdf](http://www.ultimateracinginc.com/ultimate_racing_inc/Results_files/Cupid%27s%20Chase%205k%20Age%20Group%20Report.pdf)

2/14  **2nd YOU CAN’T RUN FROM LOVE 8K**  Charleston  uncertified
Winners:  29:45 Victor Fallon  28:52 Rives Poe
Finishers:  79  (**down 9**)
Internet Results: Running.Net and [http://media.wix.com/ugd/cca229_a6583d96db5f489b9420f8dd9c7b87ae.pdf](http://media.wix.com/ugd/cca229_a6583d96db5f489b9420f8dd9c7b87ae.pdf)

2/14  **6th CUPID’S CHASE 5K**  Columbia  no cert listed
Winners:  20:35 Jeff Brandenburg  25:38 Megan Overberg
Finishers:  96  (**down 12**)
Internet Results: [http://imatter.comop.org/site/DocServer/Cupid%207s%20Chase%20Results.pdf?docID=744](http://imatter.comop.org/site/DocServer/Cupid%207s%20Chase%20Results.pdf?docID=744)

2/14  **6th MAKE MY DAY 12K**  Columbia  uncertified trail run
Winners:  50:14 Tim Gibbons  60:40 Jani Linde
Finishers:  166  (**up 31**)
Internet Results: Go-GreenEvents.Com and Running.Net

2/14  **2nd MAKE MY DAY 5K**  Columbia  uncertified trail run
Winners:  21:35 Brian Carrington  26:18 Megan Weis
Finishers:  117  (**up 39**)
Internet Results: Go-GreenEvents.Com and Running.Net

2/14  **13th MESSA 8K**  Folly Beach  certified #SC02029BS
Winners:  26:58 Chris Bailey  34:17 Rebecca Fulmer
Finishers:  91  (**down 28**)
Internet Results: ActionCarolina.Com and Running.Net

2/14  **1st CANCER CHASE 5K**  Fort Mill  uncertified
Winners:  16:51 Will Manning  19:18 Amanda Morris
Finishers:  169
Internet Results: QueenCityTiming.Com

2/14  **38th GREEN VALLEY 10 MILE**  Greenville  certified #SC10010BS
Winners:  54:43 Chris Caldwell  63:22 Sunday Davis
Finishers:  255  (**up 6**)
Internet Results: GreenvilleTrackClub.Com and RunningTime.info and Running.Net

2/14  **38th GREEN VALLEY 8K**  Greenville  certified #SC10011BS
Winners:  26:53 Matt Hammersmith  32:42 Emma DeRoberts
Finishers:  139  (**down 30**)
Internet Results: GreenvilleTrackClub.Com and RunningTime.info and Running.Net
2/14 **5th ALMOST 9 MILER TRAIL RUN** McClellanville uncertified trail
Winners: 1:29:32 Andrew Taylor 1:26:43 Jacci Patterson
Finishers: 42 (down 48)
Internet Results: eagle-endurance.com and Running.Net

2/14 **1st HEARTS AND SOLES 5K** Mt Pleasant uncertified
Winners: 17:20 Jarrod Bohr 20:29 Marie Domin
Finishers: 220
Internet Results: Racemine.com and Running.Net

2/14 **16th MYRTLE BEACH MARATHON 26.2M** Myrtle Beach certified #SC13017DW
Winners: 2:40:12 Steve Sinko 2:59:21 Allison Pastorek
Finishers: 1,477 (down 130)
Internet Results: MBMarathon.Com

2/14 **12th MYRTLE BEACH HALF MARATHON 13.1M** Myrtle Beach certified #SC10009BS
Winners: 1:08:25 Ace Clifford 1:18:43 Natalie Lawrence
Finishers: 2,797 (down 113)
Internet Results: MBMarathon.Com

2/14 **2nd CUPID’S CHASE 5K** Travelers Rest uncertified
Winners: 21:10 Drew Hulfstrand 20:57 Mary Chandler
Finishers: 78 (up 44)

2/13 **12th MYRTLE BEACH MARATHON NEON NIGHT 5K** Myrtle Beach cert #SC09007BS
Winners: 15:47 Matt Shock 17:33 Jenny Perrotte
Finishers: 1,020 (up 202)
Internet Results: MBMarathon.Com

2/7 **2nd LONG RUN 15K** Columbia certified #SC15003DW
Winners: 45:49 Michael Banks 53:55 Zipporah Chebet
Finishers: 327 (up 107)
Internet Results: StrictlyRunning.Com and Running.Net

2/7 **2nd NOT SO LONG RUN 5K** Columbia certified #SC14009DW
Winners: 15:42 Jud Brooker 18:58 Heather Costello
Finishers: 323 (up 89)
Internet Results: StrictlyRunning.Com and Running.Net

2/7 **13th SAVE THE LIGHT HALF MARATHON** Folly Beach certified #SC09005BS
Winners: 1:12:36 Brian Johnson 1:31:46 Shelli Ciandella
Finishers: 306 (up 22)
Internet Results: ActionCarolina.Com and Running.Net

2/7 **13th SAVE THE LIGHT 5K** Folly Beach certified #SC02007BS
Winners: 16:48 Irv Batten 18:47 Caitlin Judd
Finishers: 332 (up 132)
Internet Results: ActionCarolina.Com and Running.Net
2/7 3rd MILL STONE 50K TRAIL RACE Fort Mill uncertified trail run
Winners: 4:26:17 Christian Messerschmidt 5:02:51 Elizabeth Minnick
Finishers: 69 (up 14)

2/7 5th A HERO’S 5K Greenville no certification listed
Winners: 15:02 Chass Armstrong 17:16 Grace Tinkey
Finishers: 492 (up 6)
Internet Results: Racemine.Com and Running.Net

2/7 6th FOOTHILLS DRIFTER TRAIL 6K Greenville uncertified trail run
Winners: 23:15 Tim Gibbons 24:54 Kelsey Armstrong
Finishers: 329 (up 46)
Internet Results: Go-GreenEvents.Com and Running.Net

2/7 4th RUN YOUR ICE OFF 8K Greenwood certified #SC11008DW
Winners: 31:14 Cody Glass 32:05 Anna Kathryn Stoddard
Finishers: 33 finishers (up 5)
Internet Results: SCRunners.Com and Running.Net

2/7 6th RUN YOUR ICE OFF 5K Greenwood certified #SC06010BS
Winners: 17:14 Carson Strom 21:09 Shelby Seymour
Finishers: 239 (up 180)
Internet Results: SCRunners.Com and Running.Net

2/7 2nd HILTON HEAD MARATHON Hilton Head certified SC15008DW
Winners: 2:39:36 Tim Price 3:17:12 Amanda An
Finishers: 176 (up 16)
Internet Results: BearfootSport.Com and Running.Net and Racemine.com

2/7 13th HILTON HEAD HALF MARATHON Hilton Head certified #SC15009DW
Winners: 1:15:44 John Montes 1:26:24 Olivia Paxton
Finishers: 465 (down 114)
Internet Results: BearfootSports.Com and Running.Net and Racemine.com

2/7 8th HILTON HEAD 5K Hilton Head uncertified
Winners: 16:17 David Adams 19:54 Sarah Cooke
Finishers: 288 (down 12)
Internet Results: Bearfootsports.Com and Running.Net and Racemine.com

2/1 7th OKATIE ALE HOUSE SUPER BOWL 5K Bluffton uncertified
Winners: 15:29 David Adams 21:10 Callie Haertel
Finishers: 145 (same as last year)
Internet Results: PlayHardInBtown.Com and Running.Net

2/1 1st MB SUPER SUNDAY HULK TRAIL 10K Myrtle Beach uncertified
Finishers: 31
Internet Results: CoastalTiming.Com and Running.Net

2/1 1st MB SUPER SUNDAY HULK TRAIL 5K Myrtle Beach uncertified
Winners: 22:42 Howie Tilford 29:34 Diane Melko
Finishers: 95
Internet Results: CoastalTiming.Com and Running.Net
1/31 2nd CHILLY BEAN 5K Beaufort certified #SC14094DW
Winners: 19:23 John Sanford 20:21 Brannon Sulka
Finishers: ? (217 in 2014)
Internet Results: top 5 only partial at
http://www.chillybeanrun.com/home/2015_event_recap

1/31 1st CHILLY BEAN 10K Beaufort no cert listed
Winners: 34:38 Tim Price 43:19 Julie Virkus
Finishers: ?
Internet Results: top 5 only partial at
http://www.chillybeanrun.com/home/2015_event_recap

1/31 6th NATIVITY SCHOOL FLAPJACK 5K Charleston uncertified
Winners: 24:33 Fred Reijner 22:57 Ashley Starkey
Finishers: 40 (up 9)
Internet Results: Running.Net and Racemine.com

1/31 4th WCA RESOLUTION RACE 5K Sumter Certified #SC11037DW
Winners: 18:15 Ryan Plexico 21:05 Meryl King
Finishers: 118 (up 5)
Internet Results: StrictlyRunning.Com and Running.Net

1/31 5th CROSSFIT864 HALF MARATHON Clinton certified #SC11007BS
Winners: 1:19:48 Cameron Dorn 1:37:15 Laura Haupfear
Finishers: 65 (up 37)
Internet Results: RMSsports.com/run.html and Running.Net

1/31 2nd EXPEDITION PARIS MTN TRAIL 15M Greenville uncertified trail
Winners: 1:57:26 Yannick Fischbach 2:03:42 Lynn Honnette
Finishers: 51 (up 23)
Internet Results: Running.Net and

1/31 3rd EXPEDITION PARIS MTN TRAIL 10M Greenville uncertified trail
Winners: 1:16:18 Petr Kosek 1:29:47 Kristin Tempel
Finishers: 62 (up 29)
Internet Results: Running.Net and

1/31 3rd EXPEDITION PARIS MTN TRAIL 5M Greenville uncertified trail
Winners: 39:10 Jonathan Anderson 42:30 Amber Reece-Young
Finishers: 76 (up 41)
Internet Results: Running.Net and

1/24 9th RED SHOES (RED NOSE) RUN 10K Columbia certified #SC14091DW
Winners: 34:54 Justin Bishop 42:11 Shannon Iriel
Finishers: 186 (up 59)
Internet Results: StrictlyRunning.Com and Running.Net

1/24 9th RED SHOES (formerly RED NOSE) RUN 5K Columbia certified #SC11004DW
Winners: 16:59 Ryan Plexico 21:23 Kristin Cattieu
Finishers: 333 (up 50)
Internet Results: StrictlyRunning.Com and Running.Net
1/24  **11th POLAR BEAR TRAIL RUN 5K** Florence uncertified
Winners: 20:05 Brian Kister 23:05 Anna Todd
Finishers: 128 (down 32)
Internet Results: CarolinaRunningCompany.Com and Running.Net

1/24  **3rd ICE BREAKER 8K** Greenville uncertified trail
Winners: 29:13 Orinthal Striggles 35:40 Morgan Roberts
Finishers: 112 (up 20)
Internet Results: Book-events.com/results and Running.Net

1/24  **32nd N MYRTLE BEACH WINTER RUN 15K** N Myrtle Beach certified #SC13008DW
Finishers: 85 (down 28)
Internet Results: RMSsports.com/run.html and Running.Net

1/24  **32nd N MYRTLE BEACH WINTER RUN 5K** N Myrtle Beach uncertified
Winners: 20:10 Louis Pelsang 23:21 Macy Werner
Finishers: 114 (up 1)
Internet Results: RMSsports.com/run.html and Running.Net

1/24  **1st SPACE HOT CHOCOLATE 8K** Spartanburg uncertified trail
Winners: 30:44 Benjamin Boatwright 46:24 Sherry Ross
Finishers: 34
Internet Results: Go-GreenEvents.com and Running.Net

1/17  **5th CHARLESTON MARATHON** Charleston certified #SC14003DW
Course but extra .1918 was run
Winners: 2:34:17 Ethan Coffey 2:58:48 Ashley Casavant
Finishers: 919 (down 281)
Internet Results: CharlestonMarathon.org and Racemine.com

1/17  **5th CHARLESTON HALF MARATHON** Charleston certified #SC13002DW
Course but extra .1918 was run
Finishers: 2,584 72 (down 307)
Internet Results: CharlestonMarathon.org and Racemine.com

1/17  **5th CHARLESTON MARATHON 5K** N Charleston certified #SC13072DW
Winners: 17:03 Colt Griffin 20:12 Lauren Wilson
Finishers: 759 (down 38)
Internet Results: CharlestonMarathon.org and Racemine.com

1/17  **25th MARTIN LUTHER KING 5K** Columbia certified #SC11036DW
Winners: 16:36 Orinthal Striggles 19:45 Anna Johnson
Finishers: 72 (up 24)
Internet Results: StrictlyRunning.Com and Running.Net

1/17  **1st MVCA REVOLUTIONARY RUN 5K** Cowpens uncertified
Winners: 18:15 Peter Ross 20:30 Melissa Orr
Finishers: 99
1/17  **4th RESOLUTION RUN 5K**  Dataw Island  uncertified
Winners:  17:25 Brandon Pratt  21:06 Angela Kandibo
Finishers:  42  (down 37)
Internet Results: PlayHardInBtown.Com and Running.Net

1/17  **36th GREENVILLE NEWS RUN DOWNTOWN 5K**  Greenville  certified #SC10003BS
Winners:  15:33 Brett Morley  16:32 Kimberly Ruck
Finishers:  1,329  (down 62)
Internet Results: Gvltrackclub.clubexpress.com and Running.Net

1/10  **30th RACE FOR THE GRASSHOPPER 5K**  Chesnee  certified #SC07031BS
Winners:  14:56.1 Adam Freudenthal  19:03.0 Jennifer Fisher
Finishers:  248  (up 20)
Internet Results: SpartanburgRunningClub.Com and Running.Net

1/10  **3rd JOE DAVIS MEMORIAL RESOLUTION 5K**  Fort Mill  uncertified
*GPS measured by a participant as 3.03 miles
Winners:  17:06 Charlie McGoohan  19:41 Annie Hetzel
Finishers:  399  (down 108)
Internet Results: Racesonline.Com and Running.Net

1/10  **1st JOE DAVIS MEMORIAL RESOLUTION 10K**  Fort Mill  uncertified
Winners:  36:15 Charlie McGoohan  45:14 Siobhan Havlik
Finishers:  238
Internet Results: Racesonline.Com and Running.Net

1/10  **1st LOWCOUNTRY’S FASTEST MILE**  Hilton Head  uncertified
Winners:  4:30.8 Jack Felix  5:58.7 Megan Delamer
Finishers:  29
Internet Results: SCRunners.Com

1/10  **8th RUN TIL THE COWS COME HOME 5K**  Pawley’s Island  certified #SC06032BS
Winners:  17:52 Gage Hicks  21:12 Amelia Jones
Finishers:  77 finishers (not held last year)
Internet Results: Coastaltiming.com

1/10  **32nd CHARLIE POST CLASSIC 15K**  Sullivan’s Island  cert #SC12012DW
Winners:  46:47 Michael Banks  57:03 Alyssa Bloomquist
Finishers:  266  (up 1)
Internet Results: Running.Net and CharlestonRunningClub.Com

1/10  **32nd CHARLIE POST CLASSIC 5K**  Sullivan’s Island  cert #SC13012DW
Winners:  15:52 Nick Putnam  19:55 Blair Turner
Finishers:  295  (up 14)
Internet Results: Running.Net and CharlestonRunningClub.Com

1/10  **12th YMCA RESOLUTION RUN HALF**  Travelers Rest  certified #SC12003DW
Finishers:  127  (up 5)
Internet Results: Go-greenevents.com and Running.Net

1/10  **12th YMCA RESOLUTION RUN 5K**  Travelers Rest  certified #SC12004DW
Finishers:  100  (up 10)
Internet Results: Go-greenevents.com and Running.Net
5th BULLDOG BREAKAWAY NEW YEAR’S 5K  Charleston  certified #SC10041BS
Finishers:  45 (up 2)
Internet Results: Running.Net and https://sites.google.com/site/breakawayracing/

5th HARBISON TRAIL RACE 50K  Columbia  trail run
Winners:  4:19:17 John Bruno  5:02:31 Rhonda Felder
Finishers:  132 (down 12)

2nd RESOLUTION RUN 5K  Columbia  certified #SC14001DW
Winners:  17:38 Jordan Lybrand  21:09 Jennifer Lybrand
Finishers:  99 (down 74)
Internet Results: StrictlyRunning.Com

2nd LEGWARMERS FOR LITERACY 5K  Florence  uncertified
Winners:  17:50 Paul Reardon  19:46 Anna Todd
Finishers:  130 (down 35)
Internet Results: CarolinaRunningCompany.Com and Running.Net

8th BLUFFTON NEW YEAR’S DAY POLAR BEAR 5K  Bluffton  uncertified
Winners:  16:17 Fred Keiser  18:53 Joy Miller
Finishers:  298 (up 70)
Internet Results: BearFootSports.Com and Running.Net

2nd NEW YEAR’S DAY 5K RACE THE LANDING  Charleston  uncertified
Winners:  16:57 John Paul Montes  21:43 Virginie Ternisien
Finishers:  179 (up 73)
Internet Results: Running.Net and http://www.timinginc.com/

4th BAXTER TRAIL CLUB NEW YEAR’S 15K  Fort Mill  uncertified trail run
Winners:  72:54 Eric Hammond  90:29 Lyndsey Hastings
Finishers:  61 (down 17)
Internet Results: Go-GreenEvents.Com and Running.Net

4th BAXTER TRAIL CLUB NEW YEAR’S 5K  Fort Mill  uncertified trail run
Winners:  28:35 Marshall Burns  31:59 Angela Amico
Finishers:  146 (up 1)
Internet Results: Go-GreenEvents.Com and Running.Net

5th RING IN 2015 15K  Fort Mill  uncertified trail run
Winners:  64:55 Seth Jenny  79:54 Nicole Prell
Finishers:  69 (up 6)
Internet Results: RockHillStriders.org and Running.Net

5th RING IN 2015 5K  Fort Mill  uncertified trail run
Winners:  21:56 Raymond Morrison  26:58 Kristen Clark
Finishers:  79 (up 33)
Internet Results: RockHillStriders.org and Running.Net
1/1 8th GSRC NEW YEAR’S DAY PREDICTION RUN 5K  N Myrtle Beach  uncertified
Winners:  26:46 female predicted  46:45 Tammy Harrell
           21:32 male predicted  21:34 Eric Fogelman
Finishers:  155  (down 46)
Internet Results: CoastalTiming.Com and Running.Net

1/1 2nd DEVILS FORK RANGER RUN 5K  Salem  uncertified
Winners:  18:35 Chase Shermer  24:51 Regean Splady
Finishers:  45  (up 16)
Internet Results: TerryTimes.Com and Running.Net

CERTIFIED COURSE SITE

Use this site to check out courses: you can enter the race name, city and state information or certification number
and not only find out if the course was certified, but look at the certification map and see that you ran the right course.
REMEMBER CERTIFICATION EXPIRES AFTER 10 YEARS, COURSES HAVE TO BE RECERTIFIED TO
BE RECORD ELIGIBLE IF THERE HAS BEEN ANY CHANGE IN THE ROADS USED.
The internet site: www.USATF.ORG/EVENTS/COURSES/SEARCH

ADDRESS CHANGE REMINDER
FORGET TO CHANGE YOUR ADDRESS? YOU WON’T GET THE NEXT GAZETTE
If you change your e-mail address and don’t let me know, you won’t get the Gazette any longer. I get a message
which bounces back to me with a delivery failure and never know what happened. If you change your address –
please let me know the new address (along with the old one so I can delete it). Thanks. Cedric –
JaggersRun@Comporium.Net

UPCOMING RACE LISTS FROM VARIOUS SOURCES:

2015 list from CHARLESTON RUNNING CLUB  Website: www.CharlestonRunningClub.Com

March

<table>
<thead>
<tr>
<th>Date</th>
<th>Race &amp; Roast - 5K Trail Run &amp; Oyster Roast</th>
<th>Distance</th>
<th>Location</th>
<th>Time</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td>1</td>
<td></td>
<td>5k</td>
<td>Oakland Plantation, Mt Pleasant</td>
<td>12:30 PM</td>
<td>843.224.1849</td>
</tr>
<tr>
<td>7</td>
<td>Mullet Haul</td>
<td>10 &amp; 5 Mile</td>
<td>Mullet Hall Equestrian Center, Johns Island</td>
<td>8:30 AM</td>
<td>Allison Foster 843.609.5184</td>
</tr>
<tr>
<td>Race Name</td>
<td>Distance</td>
<td>Location</td>
<td>Date/Time</td>
<td>Contact Info</td>
<td></td>
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<td></td>
</tr>
<tr>
<td><strong>The Cares Clinic 5K</strong></td>
<td>5K</td>
<td>James Island County Park</td>
<td>9:00 AM- 5:00 PM</td>
<td>Leah Nunez 561.714.3773</td>
<td></td>
</tr>
<tr>
<td><strong>Rugged Maniac Obstacle Race 5K</strong></td>
<td>5K</td>
<td>Boone Hall Plantation</td>
<td>9:00 AM- 5:00 PM</td>
<td>Contact 413.834.4498</td>
<td></td>
</tr>
<tr>
<td><strong>Lowcountry Dodger Runs</strong></td>
<td>5K</td>
<td>JI Country Park (Stono Shelter)</td>
<td>9:30 AM &amp; 10:30 (kiddie sprint)</td>
<td>Amanda Cunningham 843.557.8330</td>
<td></td>
</tr>
<tr>
<td><strong>Catch the Leprechaun 5k</strong></td>
<td>5k</td>
<td>Mount Pleasant, Waterfront Park</td>
<td>6:30 PM</td>
<td>Contact</td>
<td></td>
</tr>
<tr>
<td><strong>Oskar Blues 4 Milers</strong></td>
<td>4 miles</td>
<td>Oskar Blues Brewery</td>
<td>11:00 AM</td>
<td>Contact</td>
<td></td>
</tr>
<tr>
<td><strong>Peyton's Wild &amp; Wacky 5k Ultra</strong></td>
<td>5K &amp; 10x5k</td>
<td>Middleton Place Woodlands</td>
<td>7 AM - 5 PM</td>
<td>Eagle Endurance 843.478.1779</td>
<td></td>
</tr>
<tr>
<td><strong>Match to Marrow 5K &amp; 1K (trot for kids)</strong></td>
<td>5K &amp; 1K</td>
<td>Wannamaker County Park</td>
<td>9:00 AM (5K) 9:30 AM (1K)</td>
<td>Ashley Collier 803.543.9034</td>
<td></td>
</tr>
<tr>
<td><strong>Turtle 5K</strong></td>
<td>5K</td>
<td>Summerville</td>
<td>8:00 AM</td>
<td>Wayne Lodge 843.873.6556</td>
<td></td>
</tr>
<tr>
<td><strong>Charleston Bed Race 2 City Blocks</strong></td>
<td>5K</td>
<td>Blackbaud, Daniel Island</td>
<td>1:00 PM</td>
<td>Chip Roberts 843.284.0257</td>
<td></td>
</tr>
<tr>
<td><strong>Cooper River Bridge Run</strong></td>
<td>10 K</td>
<td>Mt Pleasant</td>
<td>8:00 AM</td>
<td>Contact 843.856.1949</td>
<td></td>
</tr>
</tbody>
</table>

April

<table>
<thead>
<tr>
<th>Race Name</th>
<th>Distance</th>
<th>Location</th>
<th>Date/Time</th>
<th>Contact Info</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Florence Crittenton Programs of South Carolina P.U.S.H 5K &amp; 1 Mile Run/Walk</strong></td>
<td>5K &amp; 1 Mile Run/Walk</td>
<td>James Island County Park</td>
<td>10:00 AM (5k) 10:30 AM (mile)</td>
<td>Simone Jones 843-722-7526</td>
</tr>
<tr>
<td><strong>Dead Zombie Run 5K</strong></td>
<td>5K</td>
<td>Johns Island</td>
<td>5:00 PM</td>
<td>Contact 802.430.7270</td>
</tr>
<tr>
<td><strong>Run for Adela 5K</strong></td>
<td>5K</td>
<td>Sullivan's Island Beach</td>
<td>8:30 AM</td>
<td></td>
</tr>
<tr>
<td><strong>Where the Wild Things Run</strong></td>
<td>5K</td>
<td>Caw Caw Interpretive Center, Ravenel</td>
<td>8:30 AM</td>
<td>Allison Foster 843.609.5184</td>
</tr>
<tr>
<td><strong>BattleFrog</strong></td>
<td>15K, 5K, 1 Mile &amp; 400 M</td>
<td>Winnsboro, SC</td>
<td>Clink here to Volunteer</td>
<td>Jessica Mejia 305.468.3700</td>
</tr>
<tr>
<td><strong>Bulldog Breakaway 5K</strong></td>
<td>5K</td>
<td>The Citadel</td>
<td>6:30 PM</td>
<td>Kris Kut 843.708.9618</td>
</tr>
<tr>
<td><strong>iFive K</strong></td>
<td>5K</td>
<td>Charleston Maritime Center</td>
<td>6:30 PM</td>
<td></td>
</tr>
</tbody>
</table>
CAROLINA RUNNING COMPANY Race Schedule Website: www.CarolinaRunningCompany.Com

March

March 7th (Pee Dee Grand Prix)
Shamrock N’ Run 5K
FMU University, Florence, SC  Start Time 9 am
Register Online Here!

March 14th (Pee Dee Grand Prix)
Pacing for Pieces Half Marathon and 5K
8 am, Florence SC
Register Online Here

March 21st (Pee Dee Grand Prix)
McLeod Sports’ Medicine Challenge 5K/10K  Start Time: 9 am
Brigg’s Elementary School, Florence, SC
Register Online Here!

March 28th (Pee Dee Grand Prix)
Resolution Run 5K Run Walk: 8 am
St. Paul UMC, Palmetto St. Florence, SC
Register Online

April

April 18th (Pee Dee Grand Prix)
SPC Hunger Run 5K Run/Walk Start Time: 8 am
Hartsville YMCA Hartsville, SC
Register Online Here!

April 18th (Pee Dee Grand Prix)
Flotown 5K Run/Walk: Start Time: 9 am
Florence, SC
Register Online Here!

March 7, 2015- BFF Pink Ribbon Run 5k/10k- Barefoot Resorts- NMB, SC- click here to register online
March 14, 2015-St Patrick’s Day Kilt Run 5k/10k- Dead Dog Saloon- Murrells Inlet, SC- click here to register online
March 21, 2015- Derrick Law Firm 5k- Conway Marina Park- Conway, SC- click here to register online
March 28, 2015- Humane Society of NMB 5k- NMB Sports Complex – NMB, SC-click here to register online
April 18, 2015- Garden City Chapel 5k-Murrells Inlet, SC – click here to register online
April 25, 2015- Fast and The Furriest 5k Run – Georgetown, SC - click here to register online
### 2015 TOUR DE COLUMBIA Race Schedule Columbia, SC  Website: www.ColumbiaRunningClub.com

<table>
<thead>
<tr>
<th>Date</th>
<th>Race</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/7/15</td>
<td>Run Hard Marathon, Half, and 5k</td>
</tr>
<tr>
<td>3/14/15</td>
<td>Get to the Green 5k and 10k</td>
</tr>
<tr>
<td>3/21/15</td>
<td>Newberry Half and 5K</td>
</tr>
<tr>
<td>4/4/15</td>
<td>Bunny Hop 5K Register</td>
</tr>
<tr>
<td>4/4/15</td>
<td>Resurrection Run 5K Register</td>
</tr>
<tr>
<td>4/11/15</td>
<td>Palmetto Half and 5K</td>
</tr>
<tr>
<td>4/18/15</td>
<td>Quarry Crusher Run</td>
</tr>
<tr>
<td>4/25/15</td>
<td>Heart and Sole 5 miler</td>
</tr>
</tbody>
</table>

### Go-Green EVENTS  Website: www.Go-GreenEvents.com

<table>
<thead>
<tr>
<th>Date</th>
<th>Race</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>03/07/2015</td>
<td>SPACE Fox Chase 10K</td>
<td>Inman, SC</td>
</tr>
<tr>
<td>03/07/2015</td>
<td>Reedy River Run Fit's Cool - Elementary schools</td>
<td>Greenville, SC</td>
</tr>
<tr>
<td>03/07/2015</td>
<td>38th annual Reedy River Run</td>
<td>Greenville, SC</td>
</tr>
<tr>
<td>03/07/2015</td>
<td>Chesnee Elementary PTO Color Run/Walk</td>
<td>Chesnee, SC</td>
</tr>
<tr>
<td>03/14/2015</td>
<td>The Eagles' Flight 5K and Fun Run</td>
<td>Duncan, SC</td>
</tr>
<tr>
<td>03/14/2015</td>
<td>Lucky Me Color 5K</td>
<td>Anderson, SC</td>
</tr>
<tr>
<td>03/15/2015</td>
<td>Run The Mill 15K</td>
<td>Fort Mill, SC</td>
</tr>
<tr>
<td>03/15/2015</td>
<td>7K Preservation Run</td>
<td>Fort Mill, SC</td>
</tr>
<tr>
<td>03/21/2015</td>
<td>Pine Street School 5K</td>
<td>Spartanburg, SC</td>
</tr>
<tr>
<td>03/21/2015</td>
<td>Fan Run 5K for Special Olympics</td>
<td>Simpsonville, SC</td>
</tr>
<tr>
<td>03/21/2015</td>
<td>Junior League Trail Run</td>
<td>Anderson, SC</td>
</tr>
<tr>
<td>03/21/2015</td>
<td>Race to Rescue 5K</td>
<td>Greenville, SC</td>
</tr>
<tr>
<td>03/21/2015</td>
<td>Milliken Earth Run</td>
<td>Spartanburg, SC</td>
</tr>
<tr>
<td>03/21/2015</td>
<td>Pine Street School 5K - USATF certified</td>
<td>Spartanburg, SC</td>
</tr>
<tr>
<td>03/28/2015</td>
<td>Zoom Through The Zoo</td>
<td>Greenville, SC</td>
</tr>
<tr>
<td>03/28/2015</td>
<td>2015 Cheraw High Color 5K</td>
<td>Cheraw, SC</td>
</tr>
<tr>
<td>03/28/2015</td>
<td>Climb the Clay 5K Trail Run</td>
<td>Columbia, SC</td>
</tr>
<tr>
<td>03/28/2015</td>
<td>Swamp Rabbit Cyclebration</td>
<td>Travelers Rest, SC</td>
</tr>
<tr>
<td>03/28/2015</td>
<td>Millennium 5k to support Leukemia and Lymphoma Soc</td>
<td>Greenville, SC</td>
</tr>
<tr>
<td>04/11/2015</td>
<td>Tigers for Tigers 5th Annual 5K Run-Walk</td>
<td>Clemson, SC</td>
</tr>
</tbody>
</table>
Date, Location, Race Name, Distance, Time, Contact, Phone

*Schedule and information may not be correct.*

### 2015

<table>
<thead>
<tr>
<th>Date</th>
<th>Time</th>
<th>Event</th>
<th>Location</th>
<th>Contact</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/7/2015</td>
<td>7:00 AM</td>
<td>BFF Pink Ribbon Run</td>
<td>North Myrtle Beach, SC</td>
<td>Dawn White</td>
<td>More Info</td>
</tr>
<tr>
<td>3/7/2015</td>
<td>8:00 AM</td>
<td>The Amazing Myrtle Beach State Park Challenge Race</td>
<td>Myrtle Beach, SC</td>
<td>Jessica Goodrich</td>
<td>More Info</td>
</tr>
<tr>
<td>3/14/2015</td>
<td>8:25 AM</td>
<td>4th St Patrick's Day Kilt Run</td>
<td>Murrells Inlet, SC</td>
<td>Aaron Marks</td>
<td>More Info</td>
</tr>
<tr>
<td>3/21/2015</td>
<td>7:00 AM</td>
<td>Derrick Law Firm Run for the Children 5K</td>
<td>Conway, SC</td>
<td>Holly Littles</td>
<td>More Info</td>
</tr>
<tr>
<td>3/28/2015</td>
<td>8:00 AM</td>
<td>2nd &quot;Run for the Shelter&quot; 5k &amp; 1 Mile Dog Run/Walk</td>
<td>Little River, SC</td>
<td>Sue Pantano</td>
<td>More Info</td>
</tr>
<tr>
<td>3/28/2015</td>
<td>8:00 AM</td>
<td>&quot;Color of Cancer&quot; Color Run</td>
<td>Lumberton, NC</td>
<td>Nicole Brooks</td>
<td>More Info</td>
</tr>
<tr>
<td>4/4/2015</td>
<td>7:00 AM</td>
<td>10th Annual Race for the Inlet</td>
<td>Murrells Inlet, SC</td>
<td>Vandelyn Nichols</td>
<td>More Info</td>
</tr>
<tr>
<td>4/11/2015</td>
<td>9:00 AM</td>
<td>Florence Crittenton Programs of SC PUSH, WALK, RUN</td>
<td>Charleston, SC</td>
<td>Simone Jones</td>
<td>More Info</td>
</tr>
<tr>
<td>4/18/2015</td>
<td>8:30 AM</td>
<td>Garden City Chapel &quot;Run for the Children&quot; 5k</td>
<td>Murrells Inlet, SC</td>
<td>Joseph Strogner</td>
<td>More Info</td>
</tr>
<tr>
<td>4/25/2015</td>
<td>8:00 AM</td>
<td>Fast &amp; Furriest 5k Run</td>
<td>Georgetown, SC</td>
<td>Linda Crouch</td>
<td>More Info</td>
</tr>
</tbody>
</table>

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**GTC Calendar**

**WEBSITE:** [www.Gvltrackclub.clubexpress.com](http://www.Gvltrackclub.clubexpress.com)

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**2015 Events**

GTC Sponsored events are in **GREEN**

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Information: <a href="http://www.Gvltrackclub.clubexpress.com">Click Here</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>03/06/15</td>
<td>BFF Pink Ribbon Run - Barefoot Resort 2051 Bridgeview Ct, North Myrtle Beach, SC</td>
<td></td>
</tr>
<tr>
<td>03/07/15</td>
<td>38th Annual Reedy River Run (Sponsored by TD Bank) RRCA/SC 10k Championship/Palmetto Grand Prix 10K, 5K Run/walk; Alumni &amp; Youth Miles, Children's Fun Run</td>
<td></td>
</tr>
<tr>
<td>03/07/15</td>
<td>Run Hard Columbia Marathon <a href="http://www.runhardcolumbiamarathon.com">www.runhardcolumbiamarathon.com</a></td>
<td></td>
</tr>
<tr>
<td>Date</td>
<td>Event Description</td>
<td></td>
</tr>
<tr>
<td>--------</td>
<td>-----------------------------------------------------------------------------------</td>
<td></td>
</tr>
</tbody>
</table>
| 03/14/15 | 4th Annual St. Paddy’s Day Dash & Bash  
Registered 5K (walk/run), followed by a kid’s run (1 mile)  
Website/Registration: [www.stpaddysdashandbash.com](http://www.stpaddysdashandbash.com) |
| 03/14/15 | Oskar Blues 4 Miler  
Location: Oskar Blues Brewery  
Website: [Click Here](#) |
| 03/14/15 | 9th Annual Shamrock Run Asheville, NC  
Website: [http://gloryhoundevents.com/shamrock_run/](http://gloryhoundevents.com/shamrock_run/) |
| 03/14/15 | Pi Day 5K -- Gather between 8:30-9:00 a.m.  
Group Photo at 9:26:53, then the the run begins.  
Website: [GreenvilleClassical.com](http://GreenvilleClassical.com)  
Contact: [ttilley@greenvilleclassical.com](mailto:ttilley@greenvilleclassical.com) |
| 03/14/15 | Zach’s Final Lap – 5K Trail Run/Walk – ONLY $15!!  
Includes Shirt, snacks, trophies; Simpsonville, SC  
Registration: [https://book-events.com/seniormproject5ktrailrunwalk](https://book-events.com/seniormproject5ktrailrunwalk) |
| 03/21/15 | Inaugural Race the Helix – Upstate  
5K race and 1 mile fun run/walk  
Conestee Park Greenville, SC  
Registration available online at [www.ggc.org](http://www.ggc.org) |
| 03/28/15 | Brookhaven Cherry Blossom Festival 5K run & 1K walk  
Blackburn Park, Brookheaven, GA  
Website: [Brookheaven Cherry Blossom Festival](#)  
Registration: [Active.com](#) |
| 04/04/15 | XTERRA Power to the Tower 50k, Half Marathon (21k), and 8k  
8:30am Bays Mountain Park, Kingsport, TN 37660  
Contact Info: Madison Salyer 423-230-0002  
[madison@fleetfeetkingsport.com](mailto:madison@fleetfeetkingsport.com)  
[Phil Horner](mailto:phil@fleetfeetkingsport.com) |
| 04/11/15 | Florence Crittenton Programs of South Carolina P.U.S.H., Walk, Run  
James Island County Park ( 871 Riverland Drive, Charleston, SC 29412)  
5k at 10 am and a 1 mile fun run/walk at 10:30  
Information: [Click Here](#)  
Registration: [Click Here](#) |
| 04/18/15 | Fleet Feet Sports 5k Run  
Fletcher Community Park in Fletcher, North Carolina  
Register at : [www.imATHLETE.com](http://www.imATHLETE.com)  
Race Director Contact Info: Greg Walker  
[g.walker@fletchernc.org](mailto:g.walker@fletchernc.org) or (828) 687-0751. |
| 04/18/15 | Chickamauga Chase  
15K Race, 5K Race, 6.5-Mile Trail Race, 2.4-Mile Scenic Walk, Kiddie K  
Website: [www.chickamaugachase.com](http://www.chickamaugachase.com)  
Contact: rita@chickamaugachase.com  
Phone: [423-309-1278](tel:423-309-1278) |
| 04/18/15 | Kelley’s Kure 5K and 8K Run/Walk  
Simpsonville, SC  8:14 a.m.  
[www.go-greenevents.com/kelleyskure](http://www.go-greenevents.com/kelleyskure) |
| 04/25/15 | The Legacy Run 15K/5K/Kids' Fun Run  
[www.TheLegacyRun.org](http://www.TheLegacyRun.org)  
123 East Main Street Brevard, NC  
Primary Contact: [Lisa Duscio](mailto:lisaduscio@legacyrun.org) |
<table>
<thead>
<tr>
<th>Date</th>
<th>Event Name</th>
<th>Distance</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>March 7</td>
<td>A Better ME - 5K Run/Walk</td>
<td>5K</td>
<td>Orangeburg, SC</td>
</tr>
<tr>
<td>March 14</td>
<td>YMCA Shamrock Shuffle (Flowertown 10k &amp; 5K)</td>
<td>10k, 5k</td>
<td>Summerville, SC</td>
</tr>
<tr>
<td>March 14</td>
<td>Laurens- Little River Bridge Run 8k &amp; 5k</td>
<td>8k, 5K</td>
<td>Laurens, SC</td>
</tr>
<tr>
<td>March 21</td>
<td>Seneca Half Marathon &amp; 5K</td>
<td>Half, 5K</td>
<td>Seneca, SC</td>
</tr>
<tr>
<td>March 21</td>
<td>(afternoon) Beaufort Twilight Run</td>
<td>8K, 5K</td>
<td>Beaufort, SC</td>
</tr>
<tr>
<td>March 28</td>
<td>Union Co Crisis Assistance Ministry 10k &amp; 5K</td>
<td>10K, 5K</td>
<td>Wingate, SC</td>
</tr>
<tr>
<td>March 28</td>
<td>Murrells Inlet 8K &amp; 5K</td>
<td>8K &amp; 5K</td>
<td>Murrells Inlet</td>
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<tr>
<td>April 4</td>
<td>The Final Quest 5k</td>
<td>5k</td>
<td>Fort Mill, SC</td>
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<tr>
<td>April 11</td>
<td>Charlotte Racefest Half Marathon &amp; 10k</td>
<td>Half, 10k, 1 mile. Tot</td>
<td>Charlotte, NC</td>
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<tr>
<td>April 18</td>
<td>Lancaster Runs 5k for Literacy</td>
<td>5K</td>
<td>Lancaster, SC</td>
</tr>
<tr>
<td>April 25</td>
<td>Heart &amp; Soul Women’s Distance Classic</td>
<td>5 Miles</td>
<td>Columbia, SC</td>
</tr>
</tbody>
</table>
FROM THE SPARTANBURG RUNNING CLUB Website: www.SpartanburgRunningClub.Com

<table>
<thead>
<tr>
<th>Date</th>
<th>Race Name</th>
<th>Distance</th>
<th>Location</th>
<th>Contact Person</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/7</td>
<td>Reedy River Run</td>
<td>10K, 5K</td>
<td>Greenville</td>
<td>Reedyriverrun.com</td>
<td></td>
</tr>
<tr>
<td>3/7</td>
<td>Run Hard Columbia Marathon</td>
<td>Mar, HM, 5K</td>
<td>Columbia</td>
<td><a href="mailto:jesse@crossoverathletics.org">jesse@crossoverathletics.org</a></td>
<td></td>
</tr>
<tr>
<td>3/7</td>
<td>Manning Rotary Run</td>
<td>5K</td>
<td>Manning</td>
<td>Strictlyrunning.com</td>
<td></td>
</tr>
<tr>
<td>3/14</td>
<td>Eagles Flight</td>
<td>5K</td>
<td>Duncan</td>
<td>Go-greenevents.com</td>
<td></td>
</tr>
<tr>
<td>3/14</td>
<td>St. Paddy's Day Dash &amp; Bash</td>
<td>5K</td>
<td>Greenville</td>
<td><a href="mailto:Racedirector@jardenprocess.com">Racedirector@jardenprocess.com</a></td>
<td></td>
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<tr>
<td>3/15</td>
<td>Oskar Blues</td>
<td>4 mile</td>
<td>Brevard, NC</td>
<td>Psgahrunning.com</td>
<td></td>
</tr>
<tr>
<td>3/15</td>
<td>Asheville Marathon at Biltmore Estate</td>
<td>Mar, HM</td>
<td>Asheville, NC</td>
<td>Ashevillemarathon.com</td>
<td></td>
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<tr>
<td>3/15</td>
<td>Shamrock Run</td>
<td>5K, 10K</td>
<td>Asheville, NC</td>
<td>Imathlete.com</td>
<td></td>
</tr>
<tr>
<td>3/21</td>
<td>Earth Run at Milliken Park</td>
<td>5K</td>
<td>Spartanburg</td>
<td><a href="http://www.milliken.com/earthrun">www.milliken.com/earthrun</a></td>
<td></td>
</tr>
<tr>
<td>3/21</td>
<td>Race to Rescue</td>
<td>5K</td>
<td>Greenville</td>
<td><a href="mailto:racetorescue@gmail.com">racetorescue@gmail.com</a></td>
<td></td>
</tr>
<tr>
<td>3/21</td>
<td>Eagles SOAR</td>
<td>5K</td>
<td>Flat Rock, NC</td>
<td>Active.com</td>
<td></td>
</tr>
<tr>
<td>3/21</td>
<td>Dupont Forest Trail Race</td>
<td>12K</td>
<td>Hendersonville, NC</td>
<td>Imathlete.com</td>
<td></td>
</tr>
<tr>
<td>3/21</td>
<td>Newberry Half Marathon</td>
<td>HM</td>
<td>Newberry</td>
<td>Strictlyrunning.com</td>
<td></td>
</tr>
<tr>
<td>3/21</td>
<td>Run Five to Keep Sports Alive</td>
<td>5K</td>
<td>Fort Mill</td>
<td><a href="mailto:info@s2fcharlotte.com">info@s2fcharlotte.com</a></td>
<td></td>
</tr>
<tr>
<td>3/21</td>
<td>Seneca Half Marathon</td>
<td>HM, 5K</td>
<td>Seneca</td>
<td><a href="mailto:rhjohnson@seneca.sc.us">rhjohnson@seneca.sc.us</a></td>
<td></td>
</tr>
<tr>
<td>3/21</td>
<td>Color for the Cure Shamrock Run</td>
<td>5K</td>
<td>Lugoff</td>
<td>Strictlyrunning.com</td>
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</tr>
<tr>
<td>3/28</td>
<td>Zoom Through the Zoo</td>
<td>5K</td>
<td>Greenville</td>
<td>Friendsgreenvillezoo.org</td>
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<tr>
<td>3/28</td>
<td>Cooper River Bridge Run</td>
<td>10K</td>
<td>Charleston</td>
<td>Bridgerun.com</td>
<td></td>
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<tr>
<td>3/28</td>
<td>Kinson Run the Rover</td>
<td>8K, 5K</td>
<td>Kinson, NC</td>
<td>Active.com</td>
<td></td>
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<tr>
<td>3/28</td>
<td>Valley of the Lillies</td>
<td>HM, 5K</td>
<td>Cullowee, NC</td>
<td>Imathlete.com</td>
<td></td>
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</tbody>
</table>


You can Register Online at www.strictlyrunning.com for any of these events.

<table>
<thead>
<tr>
<th>Date</th>
<th>Race Name</th>
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<th>Location</th>
<th>Contact Person</th>
<th>Phone</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/7</td>
<td>Manning Rotary Spring into Shape Run@9:00am</td>
<td>5k</td>
<td>Manning</td>
<td>Leigh Maynard</td>
<td>803/460-4811</td>
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<tr>
<td>3/7</td>
<td>Stay Strong for Stella@9:00am</td>
<td>5k</td>
<td>Lugoff</td>
<td>Doug Gainey RD</td>
<td>803/243-3450</td>
</tr>
<tr>
<td>Date</td>
<td>Event Description</td>
<td>Distance</td>
<td>Location</td>
<td>Organizer</td>
<td>Phone</td>
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<tr>
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<tr>
<td>3/7/2015</td>
<td>Run Hard Columbia Marathon@7:30am</td>
<td>26.2m, 13.1m, 26.2m Relay, 5k</td>
<td>Columbia</td>
<td>Jesse Harmon</td>
<td>803/414-9508</td>
</tr>
<tr>
<td>3/14/2015</td>
<td>Run for the Clovers@8:00am</td>
<td>5K $$$</td>
<td>Gaffney</td>
<td>LeighAnn Snuggs</td>
<td>864/487-6244</td>
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<tr>
<td>3/14/2015</td>
<td>Oskar Blues 4 Miler@11:00am</td>
<td>4M</td>
<td>Brevard</td>
<td>William Baldwin</td>
<td>828/242-1123</td>
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<tr>
<td>3/21/2015</td>
<td>Gilbert Community Color Run@9:00am</td>
<td>5k</td>
<td>Gilbert</td>
<td>Mindy Keisler</td>
<td>803/361-0156</td>
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<tr>
<td>3/21/2015</td>
<td>Color for the Cure Shamrock Run@9:00am</td>
<td>5k</td>
<td>Lugoff</td>
<td>Amy Kirincich</td>
<td>803/438-3481</td>
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<tr>
<td>3/21/2015</td>
<td>Newberry Half Marathon and 5k@8:00am</td>
<td>13.1</td>
<td>Newberry</td>
<td>Mark Baumgartner</td>
<td>803/348-1984</td>
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<tr>
<td>3/21/2015</td>
<td>Woodlands 5k and Play@8:30am</td>
<td>5k</td>
<td>Columbia</td>
<td>Matt Reynolds RD</td>
<td>803/467-2964</td>
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<tr>
<td>3/28/2015</td>
<td>Run-Walk-N Roll for Special Olympics@9:00am</td>
<td>5k</td>
<td>Swansea</td>
<td>Beth Tuten</td>
<td>803/361-4384</td>
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<tr>
<td>3/28/2015</td>
<td>One Run Columbia@8:00am</td>
<td>5k 10k</td>
<td>Columbia</td>
<td>Jesse Harmon</td>
<td>803/414-9508</td>
</tr>
<tr>
<td>4/4/2015</td>
<td>Resurrection Run@8:00am</td>
<td>5k</td>
<td>Columbia</td>
<td>Gert Thompson</td>
<td>803/781-0801</td>
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<tr>
<td>4/4/2015</td>
<td>YMCA Bunny Hop@8:30am</td>
<td>5k $$$</td>
<td>Columbia</td>
<td>Erin Roof-RD</td>
<td>803/407-0179</td>
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<tr>
<td>4/4/2015</td>
<td>Run For Your Life@8:30am</td>
<td>5k 2M $$$</td>
<td>Newberry</td>
<td>Benjamin Pratt</td>
<td>803/405-7484</td>
</tr>
<tr>
<td>4/11/2015</td>
<td>Dash After Dark@9:00pm</td>
<td>5k $$$</td>
<td>Hartsville</td>
<td>Derek Jenner</td>
<td>843/861-1385</td>
</tr>
<tr>
<td>4/18/2015</td>
<td>(r)Recovery Road Race@9:00am</td>
<td>5k</td>
<td>Sumter</td>
<td>Bronwyn McElveen</td>
<td>864/430-4540</td>
</tr>
<tr>
<td>4/18/2015</td>
<td>White Knoll Patriot Run@8:30am</td>
<td>5k</td>
<td>Lexington</td>
<td>Lori Duncan</td>
<td>803/785-4475</td>
</tr>
<tr>
<td>4/18/2015</td>
<td>The Puddin Swamp@9:00am</td>
<td>5k</td>
<td>Turbeville</td>
<td>Laura Fleming</td>
<td>803/979-3258</td>
</tr>
<tr>
<td>4/18/2015</td>
<td>Super Hero For Jillian Cure@7:00am</td>
<td>5k</td>
<td>Lexington</td>
<td>Carolyn Nava</td>
<td>803/507-5471</td>
</tr>
<tr>
<td>4/18/2015</td>
<td>Fallen Heroes@8:00am</td>
<td>5k</td>
<td>Columbia</td>
<td>Justin McMurtrie</td>
<td>803/427-1994</td>
</tr>
<tr>
<td>4/18/2015</td>
<td>Clinic Classic Run/Walk@8:30am</td>
<td>5k</td>
<td>Camden</td>
<td>Janice Coley</td>
<td>803/667-4285</td>
</tr>
<tr>
<td>4/18/2015</td>
<td>Sparkleberry Fair Cancer Awareness Run@8:00am</td>
<td>5k</td>
<td>NE Columbia</td>
<td>Ramesh Tippabhatla</td>
<td>803/476-8711</td>
</tr>
<tr>
<td>4/18/2015</td>
<td>Spring Hill Derby Day Run@8:00am</td>
<td>5k</td>
<td>Chapin</td>
<td>Michael Lofton</td>
<td>803/361-3982</td>
</tr>
<tr>
<td>4/25/2015</td>
<td>St.Peter A.M.E Heart Kidney Health Awareness@7:30am</td>
<td>5k</td>
<td>North</td>
<td>Zareatha Harley</td>
<td>803/465-0514</td>
</tr>
<tr>
<td>4/25/2015</td>
<td>Aiken Electric Cooperative Run United@7:30am</td>
<td>13.1m 5k Kids</td>
<td>Aiken</td>
<td>Keyatta Priester</td>
<td>803/731-2100</td>
</tr>
<tr>
<td>4/25/2015</td>
<td>Lexington Medical Center Heart and Sole@8:30am</td>
<td>5m $$$</td>
<td>Columbia</td>
<td>CAROLINA MARATHON ASSOCIATION</td>
<td>803/635-2335</td>
</tr>
</tbody>
</table>
MARCH 7, 2015
SHAMROCK N’ RUN 5K
AT NETTLES PARK (ON ISSAQUEENA TRAIL)
CLEMSON, SC
INFO: HARRIET McGowan 803-767-3011 EMAIL: hsmcgow@clemson.edu
register on line http://www.active.com-sc/running/races/shamrock-n-run-2015

MARCH 14, 2015
CLEMSON ELEMENTARY 5K
CLEMSON SC
USAT&F # SC13006DW
INFO: JOY VAN DEALE

MARCH 21, 2015
WALHALLA ELEMENTARY 5K AND 1 MILE
WAHALLA, SC ( FOWLER RD OFF HWY. 11
USAT&F #SC04022BS
INFO: Shanon Lusk PH: 864-886-4400 ext 2099  EMAIL: slusk@oconeek12

MARCH 28, 2015
COOPER RIVER BRIDGE RUN (CLOCKS FOR MILE MARKS)
CHARLESTON, SC

APRIL 18, 2015
CHIC-FIL-A VIMM 5K CHALLENGE
SENECA, SC (SOUTH COVE PARK)
USAT &F #SC11008BS
INFO: VICKIE GRUBBS PH: 864-885-9023
RACE DAY REGISTRATION 8:00 AM TO 8:45AM RACE START TIME:9:00 AM

APRIL 25, 2015
THE MEDICINE CHASE
GREENWOOD, SC
USAT&F# SC06010BS
INFO: DONNA TRAPP  PH: 864-942-0500
RACE START TIME 9:00 AM  RACE DAY REGISTRATION 08:15 (DOWNTOWN FOUNTAIN AREA)
<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>3/6/2015</td>
<td>BFF Pink Ribbon Run 2015</td>
<td>North Myrtle Beach, South Carolina</td>
</tr>
<tr>
<td>3/7/2015</td>
<td>Run Hard Columbia Marathon</td>
<td>Columbia, South Carolina</td>
</tr>
<tr>
<td>3/7/2015</td>
<td>Mullet Haul 5 and 10-Mile Run</td>
<td>Johns Island, South Carolina</td>
</tr>
<tr>
<td>3/7/2015</td>
<td>Hunting Island Adventure Biathlon</td>
<td>Saint Helena Island, South Carolina</td>
</tr>
<tr>
<td>3/7/2015</td>
<td>RRCA Coaching Certification Course- Myrtle Beach, SC</td>
<td>Myrtle Beach, South Carolina</td>
</tr>
<tr>
<td>3/7/2015</td>
<td>Rugged Maniac 5K Obstacle Race</td>
<td>Mt. Pleasant, South Carolina</td>
</tr>
<tr>
<td>3/7/2015</td>
<td>St Peter's Oyster Roast 5K Run &amp; 1 Mile Fun Run</td>
<td>Port Royal, South Carolina</td>
</tr>
<tr>
<td>3/8/2015</td>
<td>Shamrock N' Run</td>
<td>Pendleton, South Carolina</td>
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<tr>
<td>3/7/2015</td>
<td>Rugged Maniac Obstacle Race-South Carolina</td>
<td>Mount Pleasant, South Carolina</td>
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<tr>
<td>3/8/2015</td>
<td>Lowcountry Dodger Runs 5K</td>
<td>Charleston, South Carolina</td>
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<tr>
<td>3/8/2015</td>
<td>2nd Annual Dodger Runs 5K CHARLESTON, SC</td>
<td>Charleston, South Carolina</td>
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<tr>
<td>3/14/2015</td>
<td>Chase the Leprechaun 5K Run &amp; Walk</td>
<td>Pawleys Island,</td>
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<tr>
<td>Date</td>
<td>Event Description</td>
<td>Location</td>
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<tr>
<td>3/14/2015</td>
<td>First Flight's Lucky Me Color Run 1M &amp; 5K</td>
<td>Anderson, South Carolina</td>
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<td>Saturday</td>
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<tr>
<td>3/14/2015</td>
<td>4th St Patrick's Day Kilt Run</td>
<td>Murrells Inlet, South Carolina</td>
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<tr>
<td>3/14/2015</td>
<td>Color Vibe 5K: Florence, SC</td>
<td>Darlington, South Carolina</td>
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<tr>
<td>3/14/2015</td>
<td>Pacing for Pieces Music Half Marathon &amp; 5k run/walk 5K &amp; 1/2</td>
<td>Florence, South Carolina</td>
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<tr>
<td>3/14/2015</td>
<td>St. Paddy's Day Dash &amp; Bash</td>
<td>Greenville, South Carolina</td>
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<tr>
<td>3/14/2015</td>
<td>HHI Shamrock Run 5K</td>
<td>Hilton Head Island, South Carolina</td>
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<tr>
<td>3/14/2015</td>
<td>OPS 5K Color Fun Run 5K</td>
<td>Orangeburg, South Carolina</td>
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<tr>
<td>3/14/2015</td>
<td>Clemson Elementary 5K</td>
<td>Clemson, South Carolina</td>
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<td>Saturday</td>
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<tr>
<td>3/14/2015</td>
<td>The Lucky Leprechaun Virtual Run - 5k/10k/Half Marathon (Greenville) 5K/10K/1/2/M</td>
<td>Greenville, South Carolina</td>
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<td>Saturday</td>
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<tr>
<td>3/14/2015</td>
<td>The Lucky Leprechaun Virtual Run - 5k/10k/Half Marathon (Charleston) 5K/10K/1/2/M</td>
<td>Charleston, South Carolina</td>
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<td>Saturday</td>
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<tr>
<td>3/21/2015</td>
<td>Little River Bridge Run 0</td>
<td>Laurens, South Carolina</td>
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<td>Saturday</td>
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<tr>
<td>3/21/2015</td>
<td>March on Health 5K and Children's Fun-Run 1M &amp; 5K</td>
<td>Clinton, South Carolina</td>
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<td>Saturday</td>
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<tr>
<td>3/21/2015</td>
<td>Fort Mill Middle School Running 5 to Keep Sports Alive 5K</td>
<td>Fort Mill, South Carolina</td>
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<td>Saturday</td>
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<tr>
<td>3/21/2015</td>
<td>Newberry Half Marathon &amp; 5K</td>
<td>Newberry, South Carolina</td>
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<td>Date</td>
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<tr>
<td>3/21/2015</td>
<td>Seneca's 5th Annual Half Marathon and 5k</td>
<td>Seneca, South Carolina</td>
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<td>3/21/2015</td>
<td>Peacock Strides for Babies 5K Run/Walk</td>
<td>Mauldin, South Carolina</td>
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<tr>
<td>3/27/2015</td>
<td>Cooper River Bridge Run 2015 - Kids Run</td>
<td>Charleston, South Carolina</td>
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<tr>
<td>3/28/2015</td>
<td>Cooper River Bridge Run 10K 2015</td>
<td>Charleston, South Carolina</td>
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<tr>
<td>3/28/2015</td>
<td>Leo's Legacy 5K</td>
<td>Bluffton, South Carolina</td>
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<td>3/28/2015</td>
<td>Fallen Heroes Memorial 5K 2015</td>
<td>Columbia, South Carolina</td>
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<td>3/28/2015</td>
<td>One Run Columbia 5k &amp; 10K</td>
<td>Columbia, South Carolina</td>
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<tr>
<td>3/28/2015</td>
<td>2nd &quot;Run for the Shelter&quot; 5k &amp; 1 Mile Run/Walk</td>
<td>Little River, South Carolina</td>
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<tr>
<td>3/28/2015</td>
<td>One Run Columbia 5k &amp; 10K</td>
<td>Columbia, South Carolina</td>
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<tr>
<td>3/28/2015</td>
<td>2nd Annual Resurrection 5k &amp; 1 mile fun run/walk</td>
<td>Pendleton, South Carolina</td>
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<tr>
<td>3/28/2015</td>
<td>2015 Wheelchair Division-Cooper River Bridge Run</td>
<td>Charleston, South Carolina</td>
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<tr>
<td>3/28/2015</td>
<td>4th Annual SDS ASTRA 5K/1 Mile Fun Run Benefitting The Haven</td>
<td>Spartanburg, South Carolina</td>
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<tr>
<td>3/28/2015</td>
<td>Miles For Michael</td>
<td>Clover, South Carolina</td>
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<tr>
<td>3/28/2015</td>
<td>Resolution Run 5K Run/Walk</td>
<td>Florence, South Carolina</td>
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<tr>
<td>4/2/2015</td>
<td>SPACEBALLS! Dark Helmut 5K/10K - Calla's Run: Charleston</td>
<td>Charleston, South Carolina</td>
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<tr>
<td>Date</td>
<td>Event Description</td>
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<tr>
<td>4/2/2015</td>
<td>SPACEBALLS! Dark Helmet 5K/10K - Calla's Run: Columbia</td>
<td>Columbia, South Carolina</td>
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<tr>
<td>4/2/2015</td>
<td>SPACEBALLS! Dark Helmet 5K/10K - Calla's Run: Myrtle Beach</td>
<td>Myrtle Beach, South Carolina</td>
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<tr>
<td>Thursday</td>
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<tr>
<td>4/4/2015</td>
<td>YMCA Bunny Hop 5K - 2015</td>
<td>Columbia, South Carolina</td>
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<td>Saturday</td>
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<tr>
<td>4/4/2015</td>
<td>The BB&amp;T Connector Run for AIM</td>
<td>Anderson, South Carolina</td>
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<td>Saturday</td>
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<tr>
<td>4/4/2015</td>
<td>2015 Race for the Inlet</td>
<td>Murrells Inlet, South Carolina</td>
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<td>Saturday</td>
<td>5K</td>
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<tr>
<td>4/4/2015</td>
<td>8K, 8K</td>
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<tr>
<td>4/2015</td>
<td>2015 Race for the Inlet</td>
<td>Murrells Inlet, South Carolina</td>
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<td>Saturday</td>
<td>5K</td>
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<tr>
<td>4/4/2015</td>
<td>8K, 8K</td>
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<tr>
<td>4/11/2015</td>
<td>Florence Crittenton Programs of South Carolina P.U.S.H., WALK, RUN</td>
<td>Charleston, South Carolina</td>
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<td>Saturday</td>
<td>5K</td>
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<tr>
<td>4/11/2015</td>
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<tr>
<td>4/11/2015</td>
<td>5KRunDead Zombie Run - Charleston, SC</td>
<td>Johns Island, South Carolina</td>
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<tr>
<td>4/11/2015</td>
<td>Meet Me On Mars Virtual- Charleston</td>
<td>Charleston, South Carolina</td>
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<tr>
<td>4/11/2015</td>
<td>Meet Me On Mars Virtual-Columbia</td>
<td>Columbia, South Carolina</td>
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<td>Saturday</td>
<td>XC</td>
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<tr>
<td>4/11/2015</td>
<td>Meet Me On Mars Virtual-Myrtle Beach</td>
<td>Myrtle Beach, South Carolina</td>
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<td>Saturday</td>
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<tr>
<td>4/11/2015</td>
<td>1st HGTC Healthy 5k run/walk for Nutrition</td>
<td>Myrtle Beach, South Carolina</td>
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<td>Saturday</td>
<td>5K</td>
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<tr>
<td>4/11/2015</td>
<td>Bearcat Breakout 5k and Kids 1k Run</td>
<td>Greenwood, South Carolina</td>
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<tr>
<td>Saturday</td>
<td>5K</td>
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<tr>
<td>4/11/2015</td>
<td>1K, 1K</td>
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<tr>
<td>4/12/2015</td>
<td>Helen's Hugs 9th Annual &quot;Will Run For Hugs&quot; 5k Run/Walk</td>
<td>Clemson, South Carolina</td>
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<td>Sunday</td>
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<tr>
<td>4/18/2015</td>
<td>St. Anne School Nun Run</td>
<td>Rock Hill, South Carolina</td>
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<tr>
<td>4/18/2015</td>
<td>Flo-Town 5K Run/Walk 5K</td>
<td>Florence, South Carolina</td>
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<td>4/18/2015</td>
<td>The Color Vibe 5K -- Charleston 5K</td>
<td>Johns Island, South Carolina</td>
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<tr>
<td>4/18/2015</td>
<td>Fallen Hero's Memorial 5k 1M 5K</td>
<td>Columbia, South Carolina</td>
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<tr>
<td>4/18/2015</td>
<td>Second Annual Run for the Children 5K</td>
<td>Murrells Inlet, South Carolina</td>
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<tr>
<td>4/18/2015</td>
<td>Super Hero 5k Run/walk 5K</td>
<td>Lake Wylie, South Carolina</td>
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<tr>
<td>4/24/2015</td>
<td>2015 USA Triathlon Collegiate Club National Championships T</td>
<td>Clemson, South Carolina</td>
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<tr>
<td>4/25/2015</td>
<td>&quot;INAUGURAL&quot; Nothing Butt Kolor 5k (Clothing Opt.-Must be 18+) 5K XC</td>
<td>Pelion, South Carolina</td>
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<td>4/25/2015</td>
<td>SuperHero 5K 5K</td>
<td>Port Royal, South Carolina</td>
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<tr>
<td>4/25/2015</td>
<td>RUN UNITED 2015 1M 5K 1/2</td>
<td>Aiken, South Carolina</td>
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<tr>
<td>4/25/2015</td>
<td>Where the Wild Things Run 5K K 5K</td>
<td>Ravenel, South Carolina</td>
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<tr>
<td>4/25/2015</td>
<td>Packets Pick-Up: April 25, 7-8 a.m. Race starts at 8:30 a.m. Kids Activities: Keep the kiddos (ages 6-12) entertained and educated while you run. Kids' yoga and crafts will go on throughout the morning culminating with a 1-mile fun run at 9:30 a.m.</td>
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<tr>
<td>4/25/2015</td>
<td>Color Me ArtFields® 5K Run &amp; Walk 5K</td>
<td>Lake City, South Carolina</td>
</tr>
</tbody>
</table>


March 1, Mt. Pleasant - Race & Roast, 5K trail run, 12:30pm. Info: Alison Geer, alison@eastcooperland.org.

March 7, Columbia - Run Hard Columbia Marathon, Half Marathon & Marathon Relay, 7:30am; 5K, 8am. Info: Crossover Athletics (803)414-9508, jesse@crossoverathletics.org.

March 7, Columbia - Climb the Clay 5K Trail Run, 8:30am; 1 Mile Kid's FR, 9:30am. Info: Smith Harden (803)213-2056, sharden@icrc.net.
March 7, Chesnee - Chesnee Elementary PTO 5K Color Run/Walk, 9am. Info: Suzanne Mossburg (864)461-7322, samossburg@chesnet.net.

March 7, Greenville - Reedy River Run, 10K & 5K; 8:30am. Info: Tyler Scott (864)990-8317, tyler@reedyriverrun.com.

March 7, Johns Island - Mullet Haul 5 mile, 10 mile run, 8:30am. Info: Allison Foster (843)795-4386, afoster@ccprc.com.


March 14, Duncan - The Eagles' Flight 5K, 8am; FR, 8:45am. Info: Cary Rupe (864)266-3220, cary.rupe@wbcs.org.

March 14, Greenville - St. Paddy's Day Dash & Bash, 5K, 8:30am. Info: Heather McKee (864)879-6977, racedirector@jardenprocess.com.

March 21, Anderson - The Junior League Trail Run 5K, 9am; 1 Mile FR, 8:30am. Info: Britton Sharpe (864)844-0081, brittonsharpe@gmail.com.

March 21, Columbia - Woodlands 5K & Play, 5K Run/Walk 8:30am; FR 9:30am. Info: Matt Reynolds (803)467-2964.

March 21, Fort Mill - Running Five to Keep Sports Alive, 5K 9am; FR 9:30-9:45am. Info: (888)720-5787, info@s2fcharlotte.com.

March 21, Greenville - Race to Rescue 5K, 7:30am. Info: Monique Law (864)313-9473, racetorescue@gmail.com.

March 21, Gilbert - Gilbert Community 5K Color Fun Run, 9am. Info: Mindy Keisler (803)361-0156, mindykeisler05@gmail.com.


March 21, Newberry - Newberry Half Marathon, 8am. Info: Mark Baumgartner (803)348-1984, mark@newberryhalf.com.

March 21, Seneca - City of Seneca Half Marathon & 5K, 8am. Info: Riley Johnson (864)723-3910, rhjohnson@seneca.sc.us.

March 21, Simpsonville - Fan Run 5K for Special Olympics, Runners 8:30am; Walkers 9:30am. Info: Heather Perry (864)346-4194, hperry@greenville.k12.sc.us.

March 21, Spartanburg - Milliken Earth Run, 5K 9am. Info: George Sykes (864)503-2833, george.sykes@milliken.com.

March 21, Spartanburg - Pine Street School 5K, 9am. Info: Evan Hammett (864)809-7974, evanhammett@bellsouth.net.
March 28, Columbia - One Run Columbia, 10K 8am; 5K 8:15am. Info: (803)240-3872, info@oneruncolumbia.org.

March 28, Columbia - Climb the Clay 5K Trail Run, 8:30am; Kid's FR, 9:30am. Info: Smith Harden (803)213-2056, sharden@icrc.net.

March 28, Clover - Miles for Michael 5K, 9:30am. Info: Thelma Helms (704)913-0237, fefe.helms8187@gmail.com.

March 28, Columbia - The Color Run, 5K, 9am. Info: Sharon Rogers, sharon.rogers@thecolorrun.com.

March 28, Columbia - The Color Run, 5K 10am. Info: Sharon Rogers (386)503-1341, sharon.rogers@thecolorrun.com.

March 28, Greenville - Zoom Through the Zoo 5K, 8:30am; Kids 1 Mile FR, 8am. Info: Amanda Osborne (864)627-4200, aosborne@friendsgreenvillezoo.org.


April 4, Columbia - Resurrection Run 5K & Power Walk, 8am. Info: Gert Thompson (803)781-0801 or (803)269-3486, trudence@bellsouth.net.

April 4, Columbia - Downtown YMCA Bunny Hop 5K Run/Walk, 8:30am. Info: Erin Roof (803)407-0179.

April 4, Murrells Inlet - Race for the Inlet, 8K Run/Walk & 5K Run/Walk; 8am. Info: Renee Williamson (843)357-2007, info@murrellsinletsc.com.


April 11, Charleston - The Florence Crittenton Programs of SC P.U.S.H., Walk, Run, 5K 10am, 1 mile run/walk, 10:30am. Info: Simone Jones (843)722-7526, sjones@florencecrittentonsc.org.

April 11, Clover - Run 4 Hope 5K, 8am. Info: Morgan Stewart (803)628-8372, stewartm7@winthrop.edu.

April 11, York - Hippity Hoppity Hope 5K Fun Run/Walk, 8am. Info: Kelly Arwood (803)627-0272, hippityhoppityhope@gmail.com.


April 18, Chapin - Spring Hill Derby Day 5K & 1 Mile FR, 8am. Info: Michael Lofton (803)476-8711, melofton@lexrich5.org.

April 18, Columbia - Sparkleberry Fair Cancer Awareness 5K Run/Walk, 8am. Info: (803)348-2539.

April 18, Fort Mill - Earthshaker 5K Trail Run, 8am. Info: Tammy Woods (803)547-3273, tammywoods@ascgreenway.org.

April 18, Lexington - Super Hero 5K for Jullian's Cure, 7am. Info: Carolyn Nave (803)979-3258, glamgal@marykay.com.

April 18, Lexington - White Knoll Patriot Run 5K, 7:30am. Info: Lori Duncan (803)785-4475.

April 18, Rock Hill - Come-See-Me Road Races, Half Marathon 7am; 5K 7:45am; 1 Mile FR 8:15am. Info: Chandra West (704)374-2651 or Sara Blancke (803)324-7920.

April 18, Sumter - Recovery Road Race, 10K & 5K Run/Walk; 9am. Info: (803)436-2640.

April 18, Turbeville - The Puddin' Swamp 5K Run/Walk, 9am. Info: Strictly Running (803)799-4786.

April 25, Aiken - Run United Half Marathon, 7:30am; 5K, 8am; Kids' Fun Run, 9am; $500 prize for 1st place Half Marathon Male/Female; $60/Half, $25/10K, $10 FR by 4/3. Info: Keyatta Priester (803)649-6245, kpriester@aikenco-op.org; www.aikenco-op.org, https://endurancecui.active.com/event-reg/select-race?e=11957352

April 25, Boiling Springs - Chopsticks 5K, 9am. Info: Robin Brannon (864)578-1288, robin.brannon@spartanburg2.k12.sc.us.

April 25, Clemson - The Color Run - Clemson, 5K, 7:30am. Info: Sharon Rogers (386)503-1341, sharon.rogers@bigsley.com.

April 25, Columbia - Lexington Medical Center Women's Heart & Sole Five Miler, 5 Mile Run, 5 Mile Walk & 3 Mile Walk; 8:30am; $28 by 3/20, $33 after 3/20. Info: Carolina Marathon Association, POB 5092, Columbia, SC 29250; (803)731-2100, jeannamoffett@aol.com, www.heartandsolerun.com

April 25, Easley - Run for 51, Run/Walk for 51 Minutes; 10am. Info: Tara Hamlett (864)397-3959, hamlettl@pickens.k12.sc.us.

April 25, Ravenel - Where The Wild Things Run, 5K run and walk, 8:30am. Info: Allison Foster (843)795-4386, publicity@ccprc.com.

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March 1, Greenville – ECU ROTC Patriot Run, 1pm. Info: James Orr (252)902-9712, james@runtheeast.com.
March 1, Salisbury - 5K Run/Walk for Missions, 2pm; 1 Mile FR, 2:30pm. Info: Laura Shaffer (704)636-3724, shafferl19@yahoo.com.
March 6-8, Lumberton - Rumba on the Lumber 5K & 10K, 9am & Family Fun Mile, 11am on 3/7; Ride Robeson Metric 62 Miles, Noon, 20 Miles, 2pm & Family Fun 5K, 3:30pm on 3/8. Info: Robeson Road Runners (910)738-8179, info@robesonroadrunners.com.
March 7, Asheville - The Arc of Buncombe County's 5K March Run/Walk, 9am. Info: (828)253-1255, terry@arcofbc.org.

March 7, Clayton - Run for the Rockets 5K & 1 Mile, 9am. Info: hdmoser78@yahoo.com.

March 7, Chapel Hill - Saint Paul Village Community Walk & 5K Run, 8:30am. Info: Anissa McLendon (919)967-3961, stpaulamechur25@bellsouth.net.

March 7, Charlotte - Run Jen Run 5K, 8am; 1 Mile FR, 8:45am. Info: Robin Pirszner (704)893-3800, robin@s2fcharlotte.com.

March 7, Charlotte - BB&T Corporate Cup Half Marathon & 5K, 8am. Info: brittany.durkin@ymcacharlotte.org.

March 7, Charlotte - Get Your Rear in Gear 5K Run/Walk & Kids' FR, 8:15am. Info: jackieerzinger@getyourrearingear.com.

March 7, Charlotte - Corvian Green on the Green 5K, 4pm. Info: Benji Jones (336)471-3322, Benji@jonesracingcompany.com.

March 7, Durham - Florence Forth Road Race, 10K Run & 5K Run/Walk; 8am. Info: Leslie McDow (919)964-0454, leslie@florenceforth.org.

March 7, Fayetteville - Race for Hope Shamrock 10K, 5K, 1M, 7:15am. Info: James Orr (252)902-9712, james@runtheeast.com.

March 7, Greensboro – Viking Vogage 5K run/walk, 10am. Info: James Orr (252)902-9712, james@runtheeast.com.

March 7, Greensboro - Waggin' Wild 5K Rescue Run/Walk, 10am. Info: Christy Barrier Moran or Dara Lamberson (336)393-0000, eventsLPIA@gmail.com.

March 7, Kinston - REM Run 2015, 5K, 11am. Info: Beth Payne (252)527-6223 ext 347, bapayne05@lenoircc.edu.

March 7, Kure Beach - YCC Beach Dash Obstacle Course, 2pm. Info: Aileen Sutton (910)604-6456, aileen.sutton@wilmingtonfamilyymca.org.

March 7, Morganton - The Good Race 8K & Relay, 10am. Info: Charlotte McMillan, (828)443-9255, mccharlot@gmail.com.

March 7, Mocksvil - Shomrockin for Rankin 5K, 8am; Fun Run, 8:30am. Info: kbhenley3@carolina.rr.com.

March 7, Pinnacle - Lappers Delight, 24 hr/12hr/Team Relay, 8am. Info: Glenn Wells 336-418-4315, glenn.wells@def-inc.com, www.lappersdelight.com

March 7, Raleigh - Umstead Trail Marathon, 9am. Info: committee@umsteadmarathon.com.

March 7, Raleigh - St. Paddy's Run Green 8K, 3pm; 200 Meter Kilt Run, 2pm. Info: Elizabeth (919)300-6707, info@nogrunclub.com.

March 7, Raleigh - Sola Hot Mini 5K, 8:30am. Info: jackelyn.vanderveer@gmail.com.

March 7, Raleigh - Get Your Rear In Gear 5K Run/Walk, 9am; Kids FR, 8:30am. Info: Elizabeth Anderson (919)239-8610.

March 8, Raleigh - Ashley's Army - War on Cancer Run, 3 & 4 Mile; 1 Mile Walk; Informal Run; 2pm. Info: Paula O'Neal (919)999-7163, run2raleigh@aol.com.

March 14, Asheville - Asheville Shamrock 10K/5K/Fun Run, 8:30am. Info: Greg Duff (828)400-5868, greg@gloryhoundevents.com.
March 14, Albemarle - Color Me If You Can 5K Color Run/Walk, 9:30am. Info: Endy PTO (704)961-3300, endyschoolpto@gmail.com.
March 14, Belmont - The Green Run, 5K Run/Walk & 1 Mile; 4pm. Info: Kaitlynn &amber (704)301-5754, events@capabilitiesfitness.com.
March 14, Beaufort – Purple Rubber Monkey Duck Run, 5K run, 1 mile fun run, 9am. Info: James Orr (252)902-9712, james@runtheeast.com.
March 14, Chapel Hill - Kidney Kare 5K, Kids 1 mile run, 8:30am. Info: Suzie Hosman (919)445-2640, suzie_hosman@med.unc.edu.
March 14, Chapel Hill - UNC Health Care Cure HHT 5K Walk/Run, 8:30am. Info: Laurie Birdsong (919)966-5469, laurie_birdsong@med.unc.edu.
March 14, Charlotte - Color Me Green 5K Color Run, 10am. Info: (704)391-3900, racedirector@usnwc.org.
March 14, Charlotte - Shamrock 4 Miler, Kid's Leprechaun Jog; 8am. Info: (704)358-0717, registration@runforyourlife.com
March 14, Clemmons - Morning Watch 5K, 9:30am; 1 Mile FR/Walk, 9am Info: Adam Cline (704)721-0033, ccc@carolinacrossconnection.org.
March 14, Concord - Cabarrus Puzzle Run for Autism 5K, 9:45am; 1 Mile FR/Walk, 10:45am. Info: Maria Anthony (704)664-9427, info@autismcabarrus.com.
March 14, Davidson - Leprechaun Leap 5K, 9am; $20 by 3/7, after 3/7 $25, $30 on Race Day. Info: Zack Carter, 1031 Jim Barger Ct., Lenoir, NC 28645; Zack Carter (828)757-2196, zcarter@ci.lenoir.nc.us, www.racingtoes.com/2015-events
March 14, Lenoir - Leprechaun Leap 5K, 9am; $20 by 3/7, after 3/7 $25, $30 on Race Day. Info: Zack Carter, 1031 Jim Barger Ct., Lenoir, NC 28645; Zack Carter (828)757-2196, zcarter@ci.lenoir.nc.us, www.racingtoes.com/2015-events
March 14, Lincolnton - S. Ray Lowder Elementary Spring Sprint 5K Run/Walk, 9am. Info: dmharmelink@gmail.com.
March 14, New Bern - Whitley Law Firm Run for the Green, 10K/5K/Kids Dash, 8am. Info: Ann Jones (252)617-0798, ann@gameonnc.com.
March 14, Newport - Go For the Gold 5K, 9:30am. Info: Erica Heimforth (252)393-7022, eheimforth@gmail.com.
March 14, Raleigh - Missions Outreach 5K Run/Walk, 8:30am; 1 Mile, 9:30am. Info: malcolmdeans@wakeupchristianacademy.com.
March 14, Salisbury - Salisbury Fire Dept. St. Patrick's Day 5K, 9am. Info: Terry Smith, tsmit@salisburync.gov
March 14, Washington - WMPCS 5k and Kids Health Expo, 8am. Info: James Orr (252)902-9712, james@runtheeast.com.
March 14, Waxhaw - Run For The Ridge 5K & FR, 8am. Info: Terri Patton (704)458-6756, info@marvinrunfortheridge.com.
March 15, Asheville - Asheville Marathon & Half Marathon at Biltmore Estate, 7:30am. Info: events@idaph.net.
March 15, Cary - Allscripts Tobacco Road Marathon & Half Marathon, 7am; $80/Marathon, $70/Half by 10/31; $90/$80 11/1-12/31; $100/$90 1/1-3/10; after 3/10 $110/$100. Info: www.tobaccoroadmarathon.com
March 15, Durham - Hope Challenge 5K/10K, 4pm. Info: James Orr (252)902-9712, james@runtheeast.com.
March 15, Greensboro - Northern Trails Marathon & 10 Mile, 9am. Info: Richard Swor (313)304-0903, triviumracing@gmail.com.
March 15, Greenville - Jim Kelly Run for the Belly 5K run/walk, 5K, 2pm. Info: James Orr (252)902-9712, james@runtheeast.com.
March 21, Asheboro - The Human Race - Randolph County, 5K, 9am. Info: Sandi Rudzinski, srudzinski@uwrandolph.org.
March 21, Between Brevard & Hendersonville - Dupont Forest 12K Trail Race, 10am; $30 by 3/13, after $35. Info: Jus Running Inc., 523 Merrimon Ave., Asheville, NC 28804; Norman Blair (828)252-7867, jusrun@jusrunning.com.
March 21, Belmont - Belmont Rail Trail 5K, 8:30am. Info: Adrian Miller (704)901-2067, amiller@cityofbelmont.org.
March 21, Bostic - Bear Foot 5k, 1/2 mile fun run, 8:30am. Info: Susan Hollifield (828)429-3597, sahollifield@gmail.com, https://runnerreg.us/bear-foot-5k/.
March 21, Catawba - Catawba Elementary's Rocket Run 5K, 9am; Kid's FR, 8:30am. Info: rocketrun5k@yahoo.com.
March 21, Charlotte - Prediction Run 5K. Info: RFYL (704)358-0717, registration@runforyourlife.com.
March 21, Cherry Point - MCAS Cherry Point Half Marathon, 7:30am. Info: Berna Crosby (252)466-2208, bernadine.crosby@usmc-mccs.org.
March 21, Hudson - Hall Pass 5K, 9am. Info: Matt Ingram (828)396-2188, hallpass5k@gmail.com.
March 21, iKnight Tech Drive 5K, 9am; 1 Mile FR, 8:30am. Info: Jaime@jmcair.com.
March 21, Mount Olive – The Outlaw Foundation 5K run/walk, 9am. Info: James Orr (252)902-9712, james@runtheeast.com.
March 21, Oxford – Granville Ambulance Chase, 5K, 4pm. Info: James Orr (252)902-9712, james@runtheeast.com.
March 21, Reidsville - Band on the Run 5K Run/Walk, 9am; Fun Run, 8:30am. Info: botter@rock.k12.nc.us.
March 21, Spruce Pine - Brandon's Run 5K, 2pm. Info: Matt Hollifield (828)467-1812, matthollifield@mitchellraces.com.
March 21, Winston-Salem - The Color Run 5K, 10am. Info: Walter Sonntag, color-support@thecolorrun.com.
March 22, Charlotte - Rockin' Marathon Relay, 9am. Info: Johnny Teeter (336)409-2295, johnny@triviumracing.com.
March 22, Davidson - Temple Kol Tikvah Run For Youth 5K, 1 Mile Fun Run, 8am. Info: Wayne Eckert (704)895-4016, run4life@bellsouth.net.
March 22, Fletcher - Mountain Life 5K (106.9 fm), 2pm. Info: Mike (828)279-0666, fimobile@yahoo.com.
March 22, Wrightsville Beach - Quintiles Wrightsville Beach Marathon, Relay & Half Marathon, 6:30am. Info: tom@inwithoutlimits.com.
March 27, Cherryville - Splash Dash 5K Run/Walk, 6:30pm. Info: crhahn@gaston.k12.nc.us.
March 28, Albemarle - We Run to Serve 5K & 1 Mile Run/Walk, 9am. Info: Kellie Crump (704)438-0432, kcrump@ncdot.gov.
March 28, Belmont - Lightning Bolt 5K, 8am. Info: Sarah Briggs (704)866-5700, lightningbolt5k@gmail.com.
March 28, Charlotte - Fight For Air Climb Charlotte, 8:30am. Info: Amber Tracewell (980)237-6611, amber.tracewell@lungse.org.
March 28, Goldsboro - EOD Memorial 5K, 9am. Info: James Orr (252)902-9712, james@runtheeast.com.
March 28, Greensville - Pirate Nurse 5K, 9am. Info: James Orr (252)902-9712, james@runtheeast.com.
March 28, Greenville - Love a Sea Turtle Trail Run, 5K, 10am. Info: James Orr (252)902-9712, james@runtheeast.com.
March 28, Huntersville - TCE and GOE Unity 5K & Fun Run, 8am. Info: Lynny Waddell (704)664-9427, lynywwaddell@gmail.com.
March 28, Kenansville - Squealin' for a Cure Glow run/walk, 8pm. Info: James Orr (252)902-9712, james@runtheeast.com.
March 28, Kinston - Run for the River, 8K & 5K 9am; 1 Mile 8:30am. Info: Adrian King (252)939-3336, aking.director@suddenlinkmail.com.
March 28, Troy - Pennies for Pigs 5K, 9am. Info: Jill Williams (336)460-0349, penniesforpigs5k@yahoo.com.
March 28, Winston-Salem - Physical Therapy Cares 5k, 1 mile fun run, 5K 9:30am, 1 mile 9:35am. Info: Michael Arcidiacono (786)239-0603, marcidiacono112@rams.wssu.edu.
March 28, Winston-Salem - Commuter Dash 5K, 9am. Info: Alexa Powell (336)291-4314, alexp@partnc.org.
March 29, Cary - Rockin' Marathon Relay, 9am. Info: Johnny Teeter (336)409-2295, johnny@triviumracing.com.
March 29, Charlotte - Sticks & Bones Trail Race, 10K & 5K 8am; 1 Mile Dog Jog 9:30am. Info: Start2Finish (704)893-3800, info@s2fcharlotte.com.
March 29, Greenville - The Hornet Hustle 5K, 3pm. Info: James Orr (252)902-9712, james@runtheeast.com.
March 29, Raleigh - Mountains-to-Sea Trail 12 Mile & 50K Challenge, 50K 7am; 12 Mile 8am. Info: Kim Page (919)265-3904, mtst12milechallenge@gmail.com.
April 1, Albemarle - April Fools Day 500,000 Centimeter (5K) Classic, 6:30pm. Info: Vac & Dash (704)983-3274, peter@vacanddash.com.
April 4, Charlotte - Know Your Craft 5K, 9am. Info: Start2Finish Event Mgmt. (704)893-3800, info@s2fcharlotte.com.
April 4, Greensboro - RunnerDude's 25K, 9am. Info: Johnny Teeter (334)409-2295, johnny@triviumracing.com.
April 4, Hendersonville - Kiwanis Bunny Hop 4k Fun Run, 4K, 10am. Info: Laurie Elliott, elliottslehrat@yahoo.com.
April 4, Morehead - Run Like a Kid 10K, 5K & Family Fun Mile Run; 8am. Info: James Orr (252)902-9712, james@runtheeast.com.
April 4, Raleigh - MyRun for Myron, 5K 9am, kid's dash 10am. Info: Janet Howard (919)274-4874, 2jhoward@gmail.com.
April 4, Asheville - Rotary Ray of Hope 5K/8K Trail Run & Family Fun Day, 8:30am. Info: Phil Pratt (828)450-0189, PPratt@silverhawkassoc.com.
April 11, Cary - Greater Raleigh Young Life 5K, 9am. Info: greaterraleighyounglife@gmail.com.
April 11, Cary - Cary Road Race, 10K, 8:30am; 5K, 9:45am; Mile 11am. Info: Kirk Matthews (919)469-4363, kirk.matthews@townofcary.org.
April 11, Charlotte - Hodges Farm - April Fools Run, 5K w/obstacles; 8am. Info: Frank Hodges (704)494-0107, hodgesdairyfarm@aol.com.
April 11, Concord - The Puppy Rescue 5K, 10am; 1 Mile FR, 9:30am. Info: Monica Robinson (704)786-8994, 5k@thepuppyrescue.com.
April 11, Greenville - Pirate Alumni Road Race, 5K & 1 Mile FR; 9am. Info: James Orr (252)902-9712, james@runtheeast.com.
April 11, Hickory - Hike For Hope + 5K, 9am. Info: Leslie Cohren (828)850-2704, leslie@refocusonlife.com.
April 11, Harrisburg - Harrisburg 5K, 8am; 1 Mile FR, 9am. Info: (704)454-7800, mcondie@cannonmyca.org.
April 11, Hillsborough - Occoneechee Speedway 5K, 10am. Info: Bryan Hampton (919)448-6587, occoneechee5k@gmail.com.
April 11, Kannapolis - Feeding Frenzy 5K, 9am. Info: feedingfrenzy5k@gmail.com.
April 11, Monroe - Wild Turkey 5K Trail Run/Walk, 8am. Info: Sonia McElveen (704)283-3822, ucmgwebsite@gmail.com.
April 11, Rockwell - East Academy Diamond Sports 5K, 8am; FR, 8:05am. Info: Ricky Slaydon (704)239-1798, rdslaydon@gmail.com.
April 11, Raleigh - The Race 4 Change, 5K Run/Walk 9am. Info: info@therace4change.org.
April 11, Raleigh - Rock 'n Rebellion 13.1 Fun Run, 7:30am Info: Paula O'Neal (919)999-7163, runraleighraces@aol.com.
April 11, Wake Forest – Faster Than a Pastor 5K, 8am. Info: Cindy (919)880-1356, fasterthanapastorinfo@gmail.com.
April 11, Washington - 5K Run to Remember, 9am. Info: James Orr (252)902-9712, james@runtheeast.com.
April 12, Raleigh - Rock 'n' Roll Raleigh Marathon & Half Marathon, 7am. Info: Competitor Group (858)450-6510, calendars@competitorgroup.com
April 12, Wilmington - Coastal 10 Miler, 8:30am. Info: Doug Wheeler (910)279-5881, coastal10miler@gmail.com.
April 12, Winterville - PCC Bulldog Run, 5K, 1M Fun Run/Walk, 5:30pm. Info: James Orr (252)902-9712, james@runtheeast.com.
April 17, Lincolnton - Childers Chase 5K, 6:30pm. Info: sarahhovis7@yahoo.com.
April 17-19, Charlotte - Tuck Fest, 4/17: Adventure Race 6:30pm, 5K Trail, 7pm; 4/18: 8am/Half Marathon Trail, 1/4 Mile Trail, 8:30am; 4/19: 5K Trail Race 8:30am. Info: Race Director (704)391-3900, racedirector@usnwc.org.
April 18, Albemarle - Vac & Dash Moonlight 1/2 Marathon, 9pm; 5K, 7pm. Info: lseighman@unitedwaystanly.org.
April 18, Blowing Rock - Corkscrew 5K, 8:30am. Info: Greg Woolard (828)295-5533, gwoolard@chetola.com.
April 18, Belhaven - Raider Run on the Pungo 5K, 9am. Info: James Orr (252)902-9712, james@runtheeast.com.
April 18, Charlotte - Governor's Village 5K & one mile FR, 8am. Info: governorsvillage5k@gmail.com.
April 18, Charlotte - Heart of the City 5K, 8am. Info: Start2Finish (704)893-3800, info@s2fcharlotte.com.
April 18, Gastonia - Community Foundation Run, 5K Run & 2K Walk; 8am. Info: (704)864-0927.
April 18, Goldsboro - Greater Goldsboro 10K, 5K & 1 Mile; 9am. Info: James Orr (252)902-9712, james@runtheeast.com.
April 18, Greenville - Hamstring Hustle 5K Run/Walk, 9am. Info: James Orr (252)902-9712, james@runtheeast.com.
April 18, Hollister - Haliwa-Saponi 5K, 8am. Info: Al Cooper (252)257-2594, alc5308@gmail.com.
April 18, Elkin - Habitat HAMMER 5K, Half Marathon, 8am. Info: Claire Sellars (336)5262277, habitat@UYVhabitat.org.
April 18, Elizabeth City - Run for HOPE, K Run/Walk, Kid's 1M Fun Run, 8am. Info: James Orr (252)902-9712, james@runtheeast.com.
April 18, Fletcher - Fleet Feet Sports 5k run, 8:30am; $30 by 4/10, after $40. Info: Greg Walker 300 Old Cane Creek Road, Fletcher, NC 28732, (828)687-0751, g.walker@fletchercm.org, www.fletcherparks.org.
April 18, Kannapolis - Rhythm & Run 5K, 9am. Info: NCMHOF Museum (704) 934-2320, info@northcarolinamusichalloffame.org.
April 18-19, Kitty Hawk - Flying Pirate Half Marathon, 7am (4/19); 5K Run, 7:30am (4/18); Double Dare Challenge (run both races on 4/18 & 4/19). Info: info@obxse.org.
April 18, Louisburg - Louisburg 5K, 9am. Info: rockeyhesterv@gmail.com.
April 18, Lumberton - Running With Nicki 5K Run & Fun Walk, 12:30pm. Info: runningwithnicki14@gmail.com.
April 18, Monroe - Running for U - 5K Run/Walk for Union County Education Foundation, 8am. Info: amyd.sperry@ucps.k12.nc.us.
April 18, Mooresville - Joggin' for Jugs 5K Run, Jog or Walk; 8:30am. Info: Ronda Patel (336)403-8195, jogginforjugs@gmail.com.
April 18, Moncure - Jordan Lake 12-Hour Challenge, 7am. Info: Erin Suwattana (919)542-6644 (x14), erin@childcarenetworks.org.
April 18, Statesville - Thorlo Classic Foot Health Awareness 5K & 1 Mile Walk, 9am. Info: m Wilkinson@statesvillenc.net.
April 18, Smithfield - JCC Live 5K Run/Walk, 10am; 10K, 10:30am; 1 Mile FR, 9:30am; Jagger Dash to follow 5K. Info: Courtney Bobb-Mellinger (919)464-2378, jcclive@mail.johnstoncc.edu.
April 18, Waynesville -Reeves' Readers Run, 5K, 9am. James Orr (252)902-9712, james@runtheeast.com.
April 19, Bath - Gull Run 5K, 2pm. James Orr (252)902-9712, james@runtheeast.com.
April 19, Candler - Conquer A Cove, 5K, 2 pm. Info: Savana Seals (828)708-3017.
April 19, Cary - Running Over Cancer 5K, 2:30pm. Info: Doug Haensel (919)599-8226, runningovercancer@gmail.com.
April 19, Grifton - Grifton Shad Mud Run, 5K mud run, 1pm. Info: James Orr (252)902-9712, james@runtheeast.com.
April 19, Rocky Mount - SEAM 5K, 3pm. Info: James Orr (252)902-9712, james@runtheeast.com.
April 24, Mebane - Mebane Dogwood Festival 5K, 6:30pm. Info: John Barnhart (919)923-8984, johnbarnhart@hpw.com.
April 25, Asheville - Race to the Taps #1, 4 miles, 1 pm. Info: Leslie Grotenhuis (828)338-8380, info@kickitevents.com
April 25, Camp Lejeune - MARSOC Mud, Sweat & Tears 5 Mile Mud Run - USAA Grand Prix Series 2015, 8am; $30 by 3/27; $40 by 4/3; $50 by 4/21; $55 on Race Day. Info: (910)451-0025, lejgrandprix@usmc-mccs.org, www.mccslejeune-newriver.com/grandprix/
April 25, Charlotte - CPCC Charlotte Skyline Run 5K, 1 Mile; 8am. Info: CPCC Foundation (704)330-6816, ben.kubie@cpcc.edu.
April 25, Chapel Hill - 5K For Fitness Walk/Run, 9am. Info: Christine Cotton (919)968-8819,cmcotton11@yahoo.com.
April 25, Chapel Hill - Briar Chapel Earth Day 5K & Kid's Dash, 9am. Info: James Orr (252)902-9712, james@runtheeast.com.
April 25, Durham - Angels Among Us 5K, 9am. Info: ellen.stainback@duke.edu.
April 25, Greenville - Tonight, yes Tonight! 5K, 6:30pm. Info: James Orr (252)902-9712, james@runtheeast.com.
April 25, Greensboro - Bengal Dash 5K, 9am; Kid's Dash, 8:30am; 1 Mile FR, 8:40am. Info: (386)288-8590.
April 25, Laurinburg - FUNd Run-4-Life, Half Marathon 8am; 5K 8:30am; 1 Mile FR/Walk, 9am. Info: renee.collins@scotlandhealth.org.
April 25, Middlesex - Home Run 5K Run/Walk for the Children, 9am. Info: James Orr (252)902-9712, james@runtheeast.com.
April 25, Morehead - Lookout Rotary Road Race, 10K, 5K & 1 Mile; 8am. Info: James Orr (252)902-9712, james@runtheeast.com.
April 25, Ocracoke - The Carolina Blonde Ocracoke Island 10K/5K, 8am; 1 Mile Family Fun Run, 8am. Info: Greg Honeycutt (252)207-1305, greg@oceanatlanticrentals.com.
April 25, Waynesville - 5Kare and fun run, 5K 9am, 1K 8:30am. Info: Julie Schroer (828)456-8995, jschroer@karehouse.org.
April 26, Cary - Triangle 5K Run to Remember, 3pm. Info: development@alznc.org.
April 26, Erwin - RailTrail Run for CareNet, 5K & 1 Mile Kid's FR; 2:30pm. Info: James Orr (252)902-9712, james@runtheeast.com.
April 26, Morrisville - Stampede 5K Run, 1 Mile; 2pm. Info: James Orr (252)902-9712, james@runtheeast.com.
April 26, Raleigh - Second Empire 5K Classic, 5K, mile, kids dash, 2pm. Info: Jim Young (919)873-1207, jim@runnc.com.

**NEWSPAPER RUNNING COVERAGE IN SOUTH CAROLINA**

Now only one newspaper has regular scheduled coverage of running events in South Carolina since the Greenville News just dropped it. The State newspaper in Columbia has a once per month by Larry Hamilton.

The second Thursday of each month you can check The State (Columbia, SC) by going to www.TheState.Com and clicking on sports, then you have to search under local events for a headline pertaining to running. Larry Hamilton covers all the runs held during the previous month in South Carolina.
David Quick’s blog at the Post and Courier newspaper site has been discontinued. The Post and Courier website has gone from clear and easily usable, to very difficult to use or to find anything – with the change they deleted and apparently discontinued all the interesting (and some not as interesting) blogs.

If you know of any other SC newspapers with regular running coverage, please send me the information to include. JaggersRun@Comporium.net.

Thanks, Cedric.
I just got this from Ken.

Congrats,

Cedric

From: Wild Blue-Ken Young
Sent: Tuesday, January 13, 2015 1:47 PM
To: C & K Jaggers
Subject: Re: Charlie Post 15k 5k results for internet site

Hi Cedric,

Thanks. Dave Geer made the cut for the all-time V60 men 15K road listings.

Best wishes,

Ken

From: Dave Geer
Sent: Wednesday, January 14, 2015 5:32 AM
To: C & K Jaggers
Subject: RE: Charlie Post 15k 5k results for internet site

Cedric,

Wow, Thanks. I know you're very familiar with that course. That wind from the north was tough to deal with in the 4th and 5th mile. It wasn't much fun in the last mile either when you turn north again. You don't have hills to contend with just a wind that will stand you up. Hope you are well.

Dave

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PLENTY OF SPACE HERE FOR YOUR E-MAIL – LET ME HEAR FROM YOU. CJ

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ABOUT THE SC RUNNERS' GAZETTE

Thanks for reading this Gazette. The Gazette is a bi-monthly, electronic magazine designed for the runners of South Carolina (and any other interested runner) with information about every race in South Carolina. It also contains anything else which the editor thinks might be of interest to runners.

Contributions, articles, e-mails, whatever, are welcome – preferably in Word format. The Gazette is all compiled into a gigantic Word document then converted to PDF before being e-mailed.

About the Editor. I minored in journalism in college which was where I began running to train for an intra-mural Cross Country race. I was a correspondent for Running Times and for Racing South magazines. I was asked to become a contributor and later a monthly columnist for CAROLINA RUNNER and am a contributing editor to RUNNING JOURNAL. I am a past vice president and editor who gave the name the LOW COUNTRY RUNNER to the newsletter of the Charleston Running Club and a past president and editor of the Rock Hill Striders newsletter.

The first issue of the SC Runners’ Gazette was January-February 2005. I’ve saved every issue on a CD-R, so in the unlikely event you want one of them just let me know. I wonder if anyone will even read this far into this Gazette, and would be happy to send out old issues. I respond to every e-mail. If you wish to be deleted from the mailing list, just send me an e-mail requesting removal. Since my e-mail provider will not send out big files or groups, the mailings are by group lists. It helps if you let me know which group of lists you are in (I try to include that info in each mail out.) I do not sell or give out my mailing lists. Cedric Jaggers
JaggersRun@Comporium.net