



Race Day Information

HeartAndSoleRun.com • HeartAndSoleWalk.com

First aid: Basic first aid will be available on the course at the four water stops (approx. miles 1.5, 2.4, 2.7 and 3.7). EMS support will also be available. A medical tent will be located at the Finish Line and will be staffed with certified athletic trainers. Our staff will be available to assist your medical needs from 7:45 to 11 a.m.

Race bibs: Please remember to get your race bib and safety pins at Packet Pick-Up. On race day, **your bib number must be clearly displayed on the front of your shirt at all times. Do not remove your number**, and please memorize it in case it is lost. Both runners and walkers will wear bibs.

Race chips: All five-mile runners will use Chronotrack's B-tag™ race tag system instead of race chips. These disposable tags are attached to your race bib and should not be removed.

Shoes: Bring any "gently used" sneakers and shoes (female or male) to Packet Pick-Up on Friday before the race or on race morning. We will donate these shoes to needy people in the Midlands.

Parking: Ample free, convenient parking is available. Refer to the [parking map](#) on the Heart & Sole website.

Course: A [map of the course](#) is available on the website. All miles will be marked with signs and red balloons. Splits will be given at every mile. Only registered female runners and walkers will be allowed on the course. **Because this is an all-female event, no males will be allowed to pace any runners or walkers on the course. The course will remain open until 11 a.m.**

Soda City Market: Each Saturday morning from 9 a.m to 1 p.m., the City of Columbia hosts the Soda City Market on Main Street in downtown Columbia. This outdoor event takes place on three city blocks of Main Street that overlap the Heart and Sole Five Miler course. Three-mile walkers pass through the market during the last mile of the course, once they turn left on Lady Street. Consider walking on the sidewalk for the three blocks where the market is held in order to avoid pedestrian traffic and congestion.

Start: The Start Line is located at Arsenal Hill on Laurel Street near the intersection of Laurel and Lincoln Streets.

Start times are:	Opening Ceremony	8 a.m.
	5-Mile Run	8:30 a.m.
	3- and 5-Mile Walk	8:35 a.m.

Finish: The finish line is located at Finlay Park (Taylor Street side). A post-event celebration and expo will be held there from 9 to 11 a.m. The food tent will be open from 9 to 11 a.m.

Restrooms: Portable restrooms are located at the start line, finish line and on the course at the corner of Lady and Assembly Streets and at the corner of Gervais and Marion Streets.

Fluids: Water will be available along the course at the four water stops at approximately 1.5, 2.4, 2.7 and 3.7 miles. Water, Gatorade and food will be available at the finish area until 11 a.m.

Awards & Expo: Join Dawndy Mercer Plank and other WIS News 10 personalities in Finlay Park for a very special post-event celebration and expo featuring refreshments, music, health screenings and local vendors. The awards ceremony will take place at approximately 10 a.m. for runners. Awards are based on the gun time, not chip time. Post-race ceremonies for walkers are scheduled to begin around 10:30 a.m. The Live Fearless BlueChoice Health Plan Health & Wellness Expo will take place from 9 to 11 a.m. in Finlay Park.

Results: Preliminary results will be posted in the stage area in Finlay Park. Final race results and photos will be posted on the website as soon as they are available. Please remember, runners must cross the finish line wearing their bibs for their time to be recorded. Although walkers are not timed, the names of all registered participants (runners and walkers) will be posted on the Heart & Sole [website](#).



Thank you for your participation. We hope you enjoy this year's Heart & Sole!