

MYRTLE BEACH MARATHON

March 7, 2020



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CITY OF MYRTLE BEACH OFFICE OF THE MAYOR

Welcome to the Grand Strand!

As Mayor of Myrtle Beach, it is my great pleasure to welcome you to the 23rd Annual Myrtle Beach Marathon! We are thrilled to host the marathon weekend activities, March 6-7, 2020.

On behalf of City Council, our residents and our businesses, I commend everyone involved for making this outstanding event possible. We thank you for choosing the Myrtle Beach Marathon during its 23rd year and wish you a safe and successful experience on our streets.



I'm proud to say that the course scenery here is attractive and the people are friendly. I know that our volunteers and city staff will make you feel right at home every step of the way. We're all cheering you on to your personal goals.

The greater Myrtle Beach area welcomes 18,000,000 visitors annually, with good reason. The Grand Strand offers a huge selection of exciting and relaxing opportunities, from our 60 miles of shoreline to our excellent dining, golfing, shopping and entertainment. Myrtle Beach is one of the nation's premier destinations, as you'll soon discover.

Again, on behalf of the city's 30,000 permanent residents and the greater Myrtle Beach area, I'm excited to welcome you to our home. I am confident that you will find plenty to enjoy and experience during your visit.

Sincerely,

A handwritten signature in blue ink that reads "Brenda Bethune".

Brenda Bethune
Mayor

WELCOME TO THE 2020 MYRTLE BEACH MARATHON

ON BEHALF OF THE THOUSANDS of volunteers, police officers, medical professionals, city staff and officials, local businesses and sponsors who invested countless hours and resources into this great event over the last two decades, we extend our sincerest congratulations to you for getting to the start line of the 2020 Myrtle Beach Marathon, Half Marathon, 5K and the Family Fun Run.

Race weekend's events will start on Friday, March 6 with the Myrtle Beach Marathon Health and Wellness Expo at Dave & Buster's. This Expo will be like any other with a FREE Power Card for unlimited video game play and 20% off all food and non-alcoholic drinks!

Thousands of spectators, volunteers, emergency and law enforcement professionals, doctors and nurses will be out in full force to support and cheer each and every participant from start to finish. Runners competing Saturday will enjoy a Finish Line Festival featuring free beer. Runners will also enjoy food from Mellow Mushroom pizza, Krispy Kreme donuts, and more! The South's premier show and dance band, Liquid Pleasure, who has performed with notable artists such as The Temptations, Whitney Houston, LL Cool J, and Aretha Franklin, among many others, will highlight Saturday morning's finish line festivities.

The Myrtle Beach Marathon would not be possible without the deep, unwavering support of the City of Myrtle Beach, the Myrtle Beach Chamber of Commerce, Myrtle Beach Police Department, Horry County Police Department, City of Myrtle Beach Department of Parks Division, South Carolina State Troopers, Horry County Fire and Rescue, Grand Strand Regional Health Center, and the Grand Strand Running Club. Please help us in showing the deep, sincere appreciation of the running community as you cross paths with the men and women that make up each of these wonderful organizations.

Undoubtedly, Saturday will be the culmination of your dedication and commitment. It's not a gift. It's what you have earned from your countless hours of training and preparation. Throughout your race, you will experience highs and lows. You will hurt. In the brief moments of silence, the voice in your head may tell you that you can't do it. The tens of thousands of runners that came before you heard the same voice, and they proved that voice wrong, just like you will. As the back of each of your participant shirt says, You Can. You Will.®

The joy and satisfaction written on the faces of every finisher is the same, year after year – and it never, ever gets old. We'll be waiting at the finish line for you, finisher medal in hand, ready to celebrate your great accomplishment!

-The Myrtle Beach Marathon



*Please note information listed in this guide is subject to change.
Please visit MBMarathon.com for the most up-to-date race weekend information.*

GENERAL RACE INFORMATION

Can I wear headphones?

It is unsafe to wear headphones while running. Event organizers will not restrict headphone use and leave it up to the athlete on his/her ability to follow direction while wearing headphone devices. If you do choose to wear headphones, please keep the volume level down so you are able to hear and follow the direction of course volunteers.

Can someone else run in my place?

No, transfers of bib numbers from person to person is prohibited. Anyone racing with another runner's bib will be disqualified.

Can I register on race day?

Family Fun Run: Packet pick-up and registration will be open on Friday, March 6 from 10am-8pm at the Expo **There will be no race day registration!**

Marathon, Half Marathon & 5k:

Registration will remain open for the marathon and half marathon through 8pm on Friday, March 6. There will be no race day registration nor race day packet pick-up on Saturday for the full, or half. No exceptions can be made.

Am I allowed to walk?

Yes, however, you must meet the requirements of completing each race distance within the following time limits: The Family Fun Run (1 Mile): 1 hour; 5K: 1 hour; Half Marathon: 4 hours (11:00am); Marathon: 6.5 hours (1:30pm). Any runners remaining on the course who will not meet the time limit will no longer be considered race participants and will be required to follow pedestrian laws. Official times and post-race amenities can not be guaranteed for runners who finish after the time limit.

Is there gear check?

There will be gear check for marathon, half marathon and 5K participants. Runners using gear check must use the clear plastic bag given at the expo. Gear check will be located outside Pelicans Stadium near the entrance to the start line chute. Our 5K participants must check their bags at Pelican's Ballpark prior to boarding the shuttles to the start line and will be able to pick them up after the race.

Please note: All spectators' bags will be searched by Myrtle Beach police officers before entering the start chute. We highly recommend that runners arrive early and spectators do not bring bags to the event. There will not be gear check for Family Fun Run participants.

Can I change my race distance?

You may change your race distance in person at the Expo through 8pm on Friday, March 6. There is no fee to downgrade your distance, and no refunds will be given for downgrading. If increasing your race distance, you will be charged the difference in price. Per USATF rules, if you decide to change races unofficially, you will be disqualified. You must run the race for which you registered.

Is there a post-race happy hour?

The Official Myrtle Beach Marathon Post Race Power Hour will be at [Oz The Experience](#) from 6PM - 7PM. Open to runners and volunteers only, the Post Race Power Hour will feature DJs, house liquor, domestic and import bottles of beer and wine. Race staff will issue 2 drink tickets at the door that will allow you two free drinks (No food will be provided). After the power hour is up, the bar will become a cash bar and attendees are encouraged to stay and dance the night away.

HEALTH AND WELLNES EXPO

The [Myrtle Beach Marathon Health and Wellness Expo](#) will be held Friday, March 6 from 10am-8pm at [Dave & Buster's](#). Pick up your race bibs and participant shirt, plus visit sponsor and vendor booths. Official marathon merchandise will also be available! There is no race day packet pick-up for Saturday's Marathon, Half Marathon or 5K events.

Expo Days and Times:

Friday, March 6 | 10am-8pm

Expo Location:

Dave & Buster's ([1322 Celebrity Circle in Broadway at the Beach](#))

Expo Parking:

FREE ample parking at Broadway at the Beach.

RACE PACKET PICK-UP

Bibs will be sorted alphabetically by last name for each distance. You must show photo ID to pick up you race packs. The Health and Wellness Expo is the only location to pick-up your bib and participant shirt. There will be no race day packet pick-up. If you are unable to make it to the Expo from 10 AM - 8 PM you may have someone pick-up your bib for you with your valid ID or a picture of your ID.

All runner's will receive:

- Race bib & participant shirt
- Gear check plastic bag (*Please note: your gear check tag is attached to your race bib*)
- Free Power Card to play unlimited video game play
- 20% off all food and non-alcoholic drinks
- Access to vendor shopping

CHARITY PARTNER: TOYS FOR TOTS

Toys for Tots, a 70-year national charitable program run by the U.S. Marine Corps Reserve, provides happiness and hope to less fortunate children during each Christmas holiday season. The toys, books and other gifts collected and distributed by Marines and volunteers offer these children recognition, confidence and a positive memory for a lifetime. We believe it is such experiences that help disadvantaged children become responsible citizens and caring members of their community. Last year we helped 16,323 children have a beautiful Christmas in Horry County alone.

The Myrtle Beach Marathon will donate \$1 for every registration and will match any donations from our runners. Last year the Myrtle Beach Marathon helped fill the hearts of 7 million less fortunate children on Christmas day and 16,323 of those children were in Horry County. We want to keep the spirit alive and need the help of every single runner. You can donate during registration, at the Health & Wellness Expo or on the Toys For Tots website.

Horry County Schools

Students, parents, faculty and friends of Horry County Schools participate in the Family Fun Run each year. Thousands of dollars have been contributed directly to local schools through participation in the Family Fun Run.



MYRTLE BEACH MARATHON

Event Details

Start Time: 7:00am (6:55am for Wheelchair and Crankchair) on Saturday, March 7, 2020

Start: Just South of the intersection of Grissom Parkway and 21st Ave. N, Myrtle Beach, SC.

Finish: In the parking lot of Pelicans Stadium at TicketReturn.com Field.

Parking: There is ample parking will be available at Broadway at the Beach. See page 9 for shuttles.

Course Information

The Myrtle Beach Marathon course will close at 1:30pm (6.5 hour time limit).

Pacing Times:

3:00 | 3:15 | 3:30 | 3:45 | 4:00 | 4:15 | 4:30 | 4:45 | 5:00 | 5:15 | 5:30

If you would like to run in a pace group, please find the pace group leader holding the sign with your desired pace in the corral when lining up to start the race!

Course Aid Stations

Water and AminoVITAL Rapid Recovery Blueberry will be available approximately every two miles along the marathon course and at the finish. GU will be served at mile 10 and bananas will be served at mile 20 along with GU.

Port-a-Johns will be available at the start/finish and at each aid station along the course.

Click the map to go to the official course map!



MYRTLE BEACH HALF MARATHON

Event Details

Start Time: 7:00am on Saturday, March 7, 2020

Start: Just South of the intersection of Grissom Parkway and 21st Ave. N, Myrtle Beach, SC.

Finish: In the parking lot of Pelicans Stadium at TicketReturn.com Field.

Parking: There is ample parking will be available at Broadway at the Beach. See page 9 for shuttles.

Course Information

The Half Marathon course will close at 11:00am (4 hour time limit).

Pacing Times:

1:30 | 1:45 | 2:00 | 2:15 | 2:30 | 2:45 | 3:00

If you would like to run in a pace group, please find the pace group leader holding the sign with your desired pace in the coral when lining up to start the race!

Course Aid Stations

Water and AminoVITAL Rapid Recovery Blueberry will be available approximately every two miles along the marathon course and at the finish. Port-a-Johns will be available at the start/finish and every 2 – 3 miles along the course.



Click the map to go to the official course map!

RACE DAY INFORMATION

On-Course Sports Drink: The official on course sports drink is AminoVITAL Rapid Recovery Blueberry.

Course Direction: Please adhere to all course signage and listen to all volunteers along the course to ensure a safe and accurate race. You must run the distance you registered for, as volunteers will instruct you along the course based on your race bib.

Gear Check: There will be gear check at the Full & Half start line for all participants. Gear check will be open 6:00am-1:30pm. You must use the clear drawstring bag given at packet pick-up, and attach the gear check tag on your race bib to the bag. Bags will be available for pick-up after the event through 2:00pm. *Race organizers are not responsible for any items left in the street or bags left after the event.*

Pre-Race Security: All bags are subject to search by Myrtle Beach Marathon Staff and Myrtle Beach Marathon Police. You must use the clear plastic bag given at packet pick-up for any gear check items, and no bags will be allowed inside the start chute. All bags are subject to search. We highly recommend spectators do not bring any bags or large purses.

Medical: There will be medical, police and EMS personnel throughout the course, as well as dozens of course volunteers keeping our participants and spectators safe! Please notify the nearest volunteer with any emergency needs along the course.

Photographs: Photographers will be stationed along the course and at the finish line. Please wear your bib on your front with the number clearly visible. A link to view and purchase photos will be available within 2-3 days after the race.

MYRTLE BEACH 5K

Event Details

Start Time: 8:00am on Saturday, March 7, 2020

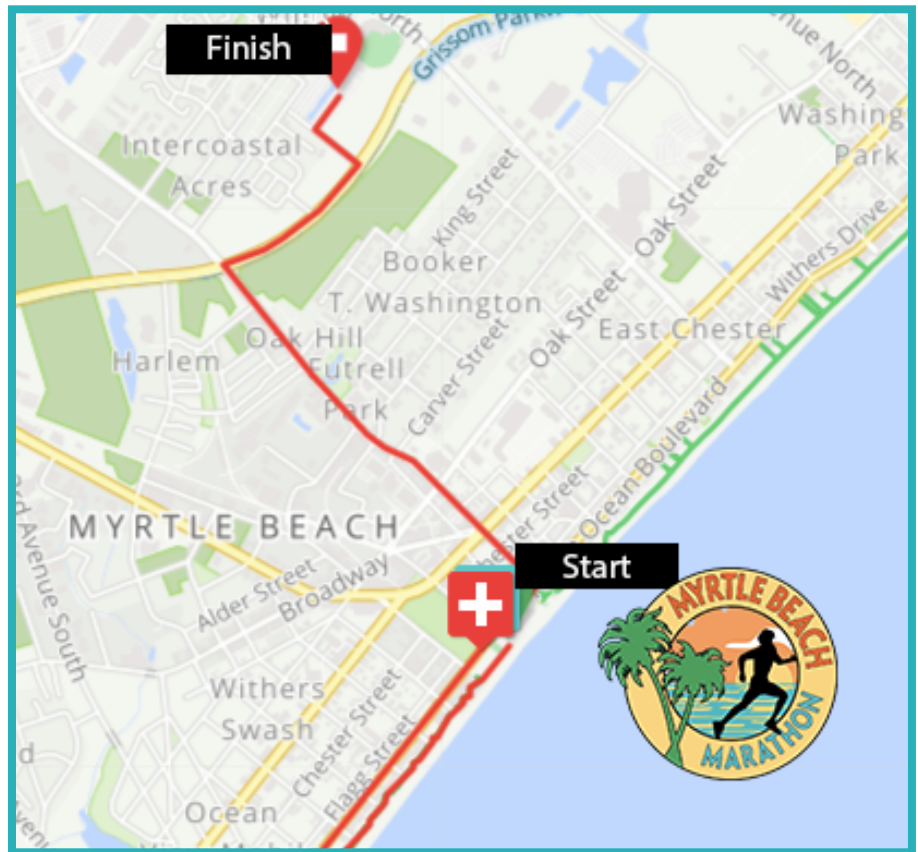
Start: Along the Boardwalk at the Myrtle Beach Pavilion (just south of Plyler Park).

Finish: The parking lot of TicketReturn.com Field at Pelicans Ballpark

Parking: There is ample parking available at Broadway at the Beach. See page 9 for shuttles.

Course Aid Stations

Water and AminoVITAL Rapid Recovery Blueberry will be available at approximately mile 1.75 and at the finish.



Click the map to go to the official course map!

FAMILY FUN RUN

Event Details

Start Time: 1:00pm

Location: Inside TicketReturn.com Field at Pelicans Ballpark Outfield

Parking: See page 9 for details.

Start/Finish: The Family Fun Run will start inside the TicketReturn.com Field at Pelicans Ballpark and finish will be in the parking lot of the TicketReturn.com Field at Pelicans Ballpark

Please note that packet pick-up will be held Friday, March 6 from 10am-8pm at the Health and Wellness Expo. If you're unable to make it to the Expo on Friday, you'll be able to get your packet Saturday March 7 from 12pm-1pm at the Customer Service Tent. We recommend runners going to the Expo! **There will be no race day registration!**



RACE DAY: SHUTTLES , HOST HOTELS AND 5K

Shuttles:

All Marathon, Half Marathon, and 5K participants and spectators staying at one of the official 2020 Myrtle Beach Marathon Host Hotels, Ocean Reef Resort Hotel and Breakers Hotel, can take advantage of the pre-race and post-race shuttles that will run between the hotels and the main start/finish area outside of Pelicans Stadium.

Shuttles will run in a continuous loop pre-race from 5:00am-6:30am from the Host Hotels to the shuttle stop near the start/finish area outside Pelicans Stadium. Please remember that the 5K will start at 8:00am, and the Marathon, and Half Marathon will start at 7:00am. No shuttles will be available to pick up at hotels after 6:30 am. We strongly advise taking the earliest possible shuttle to ensure timely arrival. **Anyone who is not staying at our host hotels or who are not using shuttles may park at Broadway at the Beach!**

After you have completed the race and celebrated at the Finish Line Festival shuttle buses will run between finish line and host hotels from 21st Avenue North in front of Pelicans Stadium from 8:00am-2:00pm. Please be sure to take the correct shuttle loop that will be stopping at your hotel.

5K Participants and Spectators:

The Myrtle Beach 5K will start at Boardwalk at the Myrtle Beach Pavilion (just south of Plyler Park) and will finish in the parking lot of the TicketReturn.com field at Pelicans Ballpark.

Shuttles will pick up at the host hotels starting at 4:30am and will drop off at Broadway at the Beach where participants will be able to check their bags at Gear Check located outside of Pelicans Stadium. All 5k runners will need to catch a shuttle starting at 7:00am from Broadway at the Beach (intersection of John Q. Hammond and 21st Avenue N.) to the start line. After 7:30am, 5K participants and spectators will need to walk to the start line due to road closers for the race.



Ocean Reef Resort (7100 Ocean Blvd, Myrtle Beach, SC 29572)



The Breakers Resort (2006 N Ocean Blvd, Myrtle Beach, SC 29577)

RACE DAY TRAFFIC

The following information is intended to help you minimize travel delays on Saturday, March 7. Area traffic will be impacted only from 4am–2pm on Saturday. Please be patient, share the roads, and be aware that congestion along the course will be at its height 9am–12pm. Hwy. 17 Bypass will not be affected by marathon activities and should be used as the primary route for north/south travel through the city. Please visit to MBMarathon.com/Traffic complete details.

To access Broadway At The Beach, use Hwy. 17 Bypass and 29th Ave. North. There will be no access to Broadway At The Beach from the two Grissom Pkwy. entrances from 4am to 2pm.

Expect delays in front of TicketReturn.com Field – Pelicans Ballpark until 2pm while a temporary cross-walk is in use.

If traveling Grissom Pkwy., all lanes will be closed from 21st Ave. N. to Mr. Joe White Ave. from 4am–11am. All lanes will be closed from 29th Ave. N. to 21st Ave. N. from 4am to 8am. One southbound lane will be closed from Grand Daddy Blvd. to TicketReturn.com Field – Pelicans Ballpark from 8am to 2:30pm.

Expect major delays when attempting cross Grissom Pkwy. at 48th Ave. N., 38th Ave. N., 29th Ave. N. and 21st Ave. N. from 8:30am to 2:30pm.

Mr. Joe White Ave. will be closed to all traffic from Kings Hwy. to Grissom Pkwy. from 5:30am until 7am.

If traveling Kings Hwy. between Mr. Joe White Ave. and the southern city limit, leave before 6:30am to enjoy an open window of access.

Expect an increasingly difficult exit from side streets and parking lots on the west side of Kings Hwy. from 6:30am until approximately 8am.

North and southbound lanes of Kings Hwy. will experience major delays near the intersection of Mr. Joe White Ave. from 7:30am until 10am.

Northbound lanes entering the city on Kings Hwy. from the south will experience major delays at the intersection of S. Ocean Blvd. from 7:15am until 9am.

Farrow Pkwy. will be closed to all traffic from Kings Hwy. to Phillis Blvd. from 6:30am to 9am.

Westbound traffic on Farrow Pkwy. from Hwy. 17 Bypass will be detoured at Meyers Ave. to Kings Hwy. There will be NO access to northbound Kings Hwy. until 9 a.m. All northbound traffic from this area should use Hwy. 17 Bypass. There will be access to businesses on Farrow Pkwy. from

Shine Ave.

If you are traveling Ocean Blvd., expect delays while attempting to enter or exit hotels on the east side of Ocean Blvd.

All northbound lanes of Ocean Blvd. from S. Kings Hwy. to 31st Ave. N. will be closed from 6:30am to 10am.

One northbound lane of Ocean Blvd. from 31st Ave. N. to 52nd Ave. N. will be closed from 6:30am to 11am.

All northbound lanes of N. Ocean Blvd. from 52nd Ave. N. to 82nd Parkway. will be closed from 6:30am to 12pm.

Southbound lanes of Ocean Blvd. from 12th Ave. N. to 8th Ave. N. will be closed from 6:30am to 10am.

Grand Dunes Blvd. will be closed from 8am to 12pm.

If you are traveling Kings Hwy.: All traffic will experience major delays near the intersection of Grand Dunes Blvd. from 8:30am to 11am. Motorists are encouraged to avoid this area and use Hwy. 17 Bypass.

Traffic crossing Kings Hwy. at 82nd Pkwy., 79th Ave. N., 76th Ave. N. and 67th Ave. N. will experience major delays from 9am to 12pm.

65th Ave. N. will be closed to westbound traffic from 8:30am to 12:30pm.

Frontage Rd. will be closed to southbound traffic from 8:30am to 12:30pm.

Grand Daddy Blvd. will be closed – Please enter Pine Lakes golf course from Woodside Ave.

48th Ave. N. will be closed to westbound traffic from Grissom Pkwy. to Hwy. 17 Bypass from 8am to 12:30pm.

Oleander Dr. will be closed to southbound traffic from 48th Ave. N. to 44th Ave. N. from 8am to 1pm.

44th Ave. N. will be closed to eastbound traffic from Oleander Dr. to Mayfair St. from 8am to 1pm.



Where to Watch

Spectators can watch runners from anywhere along the course, but the best spots are:

- Start Line – Grissom Pkwy. at 21st Ave. N.
- Grand Park on Farrow Pkwy. in The Market Common
- Howard Pkwy. in The Market Common (in front of Gordon Biersch)
- Plyler Park (N. Ocean Blvd./Mr. Joe White Ave.) Best for 5k!
- 29th Ave. N. and Ocean Blvd.
- 76th Ave. N. and Kings Hwy.
- Grand Dunes Blvd. (approach from 82nd Pkwy. and park on Cipriana)
- Grissom Pkwy. from London St. to 21st Ave. N.
- Finish Line - near TicketReturn.com Stadium

Please observe all parking regulations as you cheer on the Marathon, Half Marathon, and 5K participants.

LIBERTY TAP ROOM & GRILL OYSTER ROAST

SAT, MARCH 7TH • 1-4PM

\$10 STEAMED OYSTER BUCKETS

\$8 BBQ PLATE
IF BIRDS COULD FLY *Live*

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SUNDAY - THURSDAY: 11AM - 11PM / FRIDAY & SATURDAY: 11AM - 12AM

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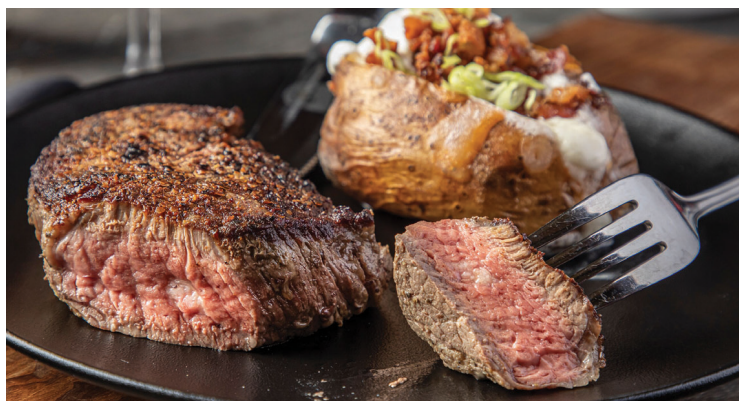


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GROUP

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that embodies a casual, friendly
and eclectic atmosphere.*



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SEABOARD
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MYRTLE BEACH, SC

LIBERTY
TAP ROOM & GRILL
NORTHWOOD
SHOPPING PLAZA
MYRTLE BEACH, SC

**FLYING
FISH**
Public Market & Grill
BAREFOOT
LANDING
NORTH MYRTLE BEACH, SC

TACOMUNDO
KITCHEN Y CANTINA
BAREFOOT
LANDING
NORTH MYRTLE BEACH, SC

hghosp.com

Not valid on alcohol, tax or gratuity. Not valid with any other discount, promotion, special menu or coupon. Dine in only. 1 coupon per table. EXPIRES MARCH 9TH, 2020. MUST PRESENT AD TO RECEIVE 20% OFF

LIVE TRACKING AND RESULTS

Live Tracking:

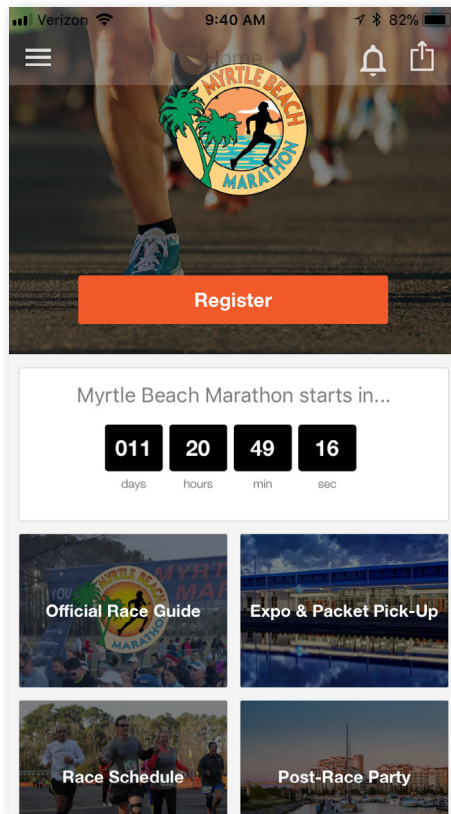
All Marathon, Half Marathon and 5k runners will have access to view and print off their results at the Results tent in the finish area. Live results will also be posted online to <https://mbmarathon.com/results>.

In addition, all Marathon and Half Marathon, 5K runners will have free live tracking through the Sportshive Live App! Visit mbmarathon.com/results for details on downloading the app and setting up live tracking for runners and spectators.

Participant Results:

All Marathon, Half Marathon and 5K runners will have access to view and print off their results at the Results tent in the finish area at Pelicans Stadium.

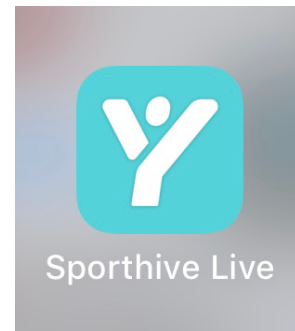
Please note that the Family Fun Run is not a timed event.



For Android Users: The App is available in the Google Play Store. To download, search by keyword "Sportshive Live".

For iOS Apple Users: The App is available in the Apple App Store. To download, search by keyword "Sportshive Live".

Once downloaded, search for the "Myrtle Beach Marathon". [Click here](#) for the direct download link.



LET'S CELEBRATE YOU!

Finish Line Festival- After Race

After completing your race, join us for our Finish Line Festival in the parking lot of TicketReturn.com Field at Pelican Ballpark. Runners will be able to pick up their 2020 Finisher Tanks and enjoy music, fresh food, and drinks. There will be live music provided by Liquid pleasure along with DJ Pdogg to boost the mood of the Finish Line Festival.

In addition to live music and awards, we'll have plenty of food and drinks for all participants. Runners will be able to replenish with food from Mellow Mushroom Pizza, Krispy Kreme donuts, and more!

Awards will be announced during the Finish Line Festival! **See page 12 for more details on awards!**



Post Race Power Hour - Night Event

The Official Myrtle Beach Marathon Post Race Power Hour will be at [Oz The Experience](#) from 6:00pm-7:00pm. Open to runners and volunteers only, the Post Race Power Hour will feature DJs, house liquor, domestic and import bottles of beer and wine.

Race staff will issue drink tickets at the door that will allow you to indulge in post race drinks on us while supplies last (No food will be provided). Must show race bib or volunteer confirmation at the door and must be 18+ to enter and 21+ to drink!



OVERALL & AGE GROUP AWARDS

Awards and Medals

All Marathon, Half Marathon and 5k finishers will receive a finisher's medal at the finish line. Participants must be present to pick up their award. Awards will not be mailed out.

Overall awards will go to the top three Male and Female finishers in the Marathon and Half Marathon. Only first place overall winners will receive an award in the 5k. Overall Awards are based on gun-time.

The overall awards for the 5k will be announced at 9:15am, half marathon will be announced at 10:15am, and the full marathon will be announced at 11:15am.

Age Group Awards will be presented to the top three Male and Female of the Marathon and Half Marathon finishers in the age groups: 19 & under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over. Awards will be presented for the First Place Male and Female 5k finishers in each age group. Age group awards are based on chip time.

Participants are eligible for ONLY ONE award and can pick up their age group award any time during the Finish Line Festival.

Awards Ceremony Times

5k: 9:15am | **Half:** 10:15am | **Marathon:** 11:15am





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COASTAL NORTH

1216 Highway 17N
North Myrtle Beach, SC 29582
(843) 353-6201

GRANDE DUNES

980 Cipriana Drive
Myrtle Beach, SC 29572
(843) 353-2967

SURFSIDE

181 Brookton Circle Unit 5
Myrtle Beach, SC 29588
(843) 492-4246

Open Late, Nights & Weekends

*Membership includes one 60-minute massage, facial or stretch session monthly. Session times include a total of 10 minutes of time for consultation and dressing, that occurs pre- and post-service. Additional taxes and fees may apply. Prices subject to change. Rates and services may vary by location and session. Not all Massage Envy franchised locations offer every service or enhancement. For a specific list of services or additional information about joining as a member, check with the specific location or see [MassageEnvy.com](https://www.MassageEnvy.com). Each location is independently owned and operated. ©2019 Massage Envy Franchising, LLC.

WEEKEND EVENTS

Friday, March 6

Expo: 10am-8pm

Saturday, March 7

Myrtle Beach Marathon: 7:00am

Half Marathon: 7:00am

5K: 8:00am

Family Fun Run: 1:00pm

Awards

5K Overall Awards: 9:15am

Half Marathon Overall

Awards: 10:15am

Marathon Overall

Awards: 11:15am

Age Group Awards:

Visit the Customer Service tent to claim your award about 10-15 minutes after crossing the finish line.

PLEASE NOTE: If you are unable to stay for the award ceremony and believe you won an overall award please see the Customer Service Tent race day to ensure you receive the medal. Overall Award and Age Group medals will **NOT** be mailed out after the event.

Course Entertainment:

Mile 8: Kiss DJ

Mile 11: DJ Jordan- (Sharkey's)

Mile 12: Coffin Island Boys

Lulu's Café: 100 Grand Band

34th avenue: Super Reggae Man

Mile 14 (beach access): Billy King

Mile 14 (Cherry Tree): Mike O'Donnell

Mile 16: Kiss DJ

Mile 18: Jamin Ortiz Duo

Mile 18: N'Tranze

Mile 18: Stiltwalkers

Mile 20: The Paul Grimshaw Band

Mile 22: Kiss DJ

Mile 23: The New High

Mile 25: Backfire

The Grand Strand Running Club: We Run this Beach



The Grand Strand Running Club has dedicated itself to promoting healthy hearts and a fit lifestyle through running and walking along the Grand Strand since 2003 and provides numerous opportunities to fall in love with running. You can find club members training in Myrtle Beach, Pawley's Island, Conway, North Myrtle Beach and Little River.

Each year The Running Club recognizes local high school seniors, one male and one female, who have put their hearts into academics as well as the sport of running. These seniors are chosen based on academics, running and community outreach.

The Running Club regularly assists organizations by helping them conduct fundraising races.

The Grand Strand Running Club holds monthly meetings where running and other health related activities are shared with all members.

The club is for all runners and walkers regardless of skill or experience. Safe running will always be encouraged and supported through our weekly social runs, training groups and participation in local races. The club offers members an opportunity to participate in their Grand Prix series during the calendar year as well as compete against the Wilmington Road Runners Club at the annual Battle at the Border each July.

For more information or to become a member, visit our website at www.grandstrandrunning.com.



POST-RACE SURVEY & PHOTOS

Post-Race Survey:

You will receive a link to complete a post-race survey within a few days after the race. Your feedback helps us make improvements for future races so that we can continue to provide an extraordinary race experience. Thanks in advance!

Participant Photos:

There will be professional photographers stationed along the course as well as the start and finish area to take pictures of every runner throughout the race. Please ensure your bib is on your front to help them assign your photos properly. You will receive an email 2-3 days after the race that will grant you access to view and purchase all of your race photos or you can access your photos [here](#).

SHARE YOUR RACE DAY PHOTOS!



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