

6th ANNUAL
RUN W/ the STOIX
Celebration Run

The Run with the Stoix is an event like none other in town. It's meant to be a gathering of friends--old and new--to close out the last day of the year in celebration, honor and shenanigans! There are no race numbers or results posted. Just a good workout and fun times to be had. I like to think of it as a choose your own adventure sort of morning. There will be people walking, running, carrying stuff, pushing strollers, adding in pull-ups and just being there to offer support. I design the route so you can challenge yourself as much as you want or attempt a new distance in a controlled and supported environment.

If I were to throw a party, THIS is what it would like like. So thanks for joining me!

Cheers!

Holly

Please read through the details below to answer FAQ's:

Event Details:

Location: Shelter 29, Cleveland Park, Greenville SC (this is the one closest to the Zoo entrance/restrooms)

Time: Arrive b/t 6 and 6:30 to check in, sign the waiver and initial to pick up your beanie (**Tell Jen at check-in IF you ordered a Smartwool Beanie as you will sign in on a different sheet. THANKS and enjoy your hats!**)

The 10k and 90' events will begin at 7:00 and the 5k will begin at 7:30.

Route: The route will start/end at Shelter 29. The course will be marked with arrows and should be easy to follow. Instructions for an accurate 5k will be given to that group specifically but not included here to avoid confusion. **Keep in mind that this is an open course. There is only one road crossing, and you will briefly be on a residential road; but please keep eyes and ears open to traffic.**

90' AMRAP: There will be a score sheet available at the clock so you can make your "X" at the completion of each lap to keep track of how far you've gone!

Water: There will be a couple of water jugs but please bring a small water bottle if you want water out on the course. You will never be more than 2 miles away from water but plan accordingly.

WUNDERBUS!: I'm so excited to have been able to book the Wunderbus to help you commemorate your morning with super cool photo strips! They will be onsite from 8-9 and you can take as many pics as you want. :)

Feats of Strength: In it's fourth year, I've put together a format that will be manageable for most on one hand and maybe impossible on the other. How far will you get through the progression? You might surprise yourself. Give it a try after you're done running. :)

Year in Review Graffiti Banner: Look for the white banner and do your best graffiti work as you reflect on your year.

Food Drop: After talking with some friends this morning about all that Christmas candy/stuff you have left at your house, I thought this would be the perfect time/place to share it with friends! So if you have a tin of popcorn, extra cookies, or some chocolate covered pretzels (or anything else!!) that you'd like taken off your hands I'm sure there are a few runners who will be happy to see it. :)