Welcome to the 6th Annual GYG5K run!

This event will be our sixth road race to help raise money for the Upstate Track & Field / Cross Country programs. We hope to not only raise money for the Upstate programs but help promote a healthy lifestyle in the Upstate community.

• 1mi Dog Jog & Fun Run at 9:00am (Dog must be on a leash and accompanied by the owner)
• 5k to begin at 9:00am (packet pick up and race day registration from 7:30 - 8:15am)

• 5k Race Fees - $20 if registered by November 20th, $25 on race day.
• 1mi Dog Jog- $10 if registered by November 20th, $15 on race day.
• Amenities - Special commemorative shirt and finish line refreshments.
  *Shirts are not guaranteed for race day registration*

Special Prizes for best Turkey costume (dog or human)

Age Groups and Awards
Male and female: 14 and under; 15-19; 20-29; 30-39; 40-49; 50-59; 60 and over.
Awards will be given to the top 2 overall male and female as well as to the top runner in each age group male and female.

Best Dressed Turkey Male & Female!

DIRECTIONS TO Upstate: (Hodge Center, 800 University Way, Spartanburg, SC 29303)
From I-85: Take exit 72 onto 176/585 toward Spartanburg and USC Upstate for approximately 1 mi. Take a right on East Campus Blvd. Go left and take a left on University Way just past the pond. The Hodge Center will be on your right.

Make checks payable and mail completed form to:
USC Upstate Track & Field / XC
800 University Way
Spartanburg, SC 29303

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