

500 Runners Gather to Tackle Hunger This Saturday

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On Sat., Feb. 1, over 500 runners and walkers and 150 volunteers will gather in downtown Columbia to tackle hunger. Net proceeds from The Long Run 15k and The Not-So-Long Run 5k will benefit [Souper Bowl of Caring](#), a nonprofit that uses the energy of the Super Bowl to mobilize youth in a united national effort to care for people in their local communities who are hungry and in need.

Kicking off Super Bowl weekend, The Long Run 15k and The Not-So-Long Run 5k will begin on Gervais St. and end on Main St. There is a tremendous excitement in the running community, as more than 450 pre-registered runners will gather for this inaugural event. They will be competing for some large cash prizes, as well as a bonus to anyone beating the current 15k state record in the overall division. Civic groups from around the community will compete in the Spirit Contest, encouraging runners along the course, for a chance to win \$500. After crossing the finish line, the After Race Party will take place in the First Citizens Plaza and will include live music from BandKamp, food from Pawley's Mobile Eats, The Wurst Wagon and 2Fat2Fly and beverages provided by Liquid Assets.

The Long Run is presented by McAngus Goudelock & Courie and The Not-So-Long Run 5k is presented by Midlands Orthopaedics, P.A. Other sponsors Midlands Surgical Associates, Janney Montgomery Scott LLC, BB&T Insurance Services, Encompass and Nelson Mullins. For more information about cash prizes and registration, please visit www.mgclongrun.com.

ABOUT THE LONG RUN

The Long Run 15k Road Race and The Not-So-Long Run 5k Run/Walk will take place Sat., Feb. 1 in downtown Columbia. Net proceeds from the races will benefit Souper Bowl of Caring, a nonprofit fighting hunger and poverty. For more information about The Long Run, please visit www.mgclongrun.com.