

**Account:** South Carolina State Parks

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## South Carolina State Parks

at 18:00:00 on 4/08/2016 UTC · 🌐

Dust off those running or walking shoes and sign up for the Spring Sprint 5K at Table Rock State Park on Saturday, April 16. Race starts at 10 a.m. \$25 to participate and that includes a t-shirt! Register here: <http://www.go-greenevents.com/event/id/4864>

Explore Table Rock State Park  
and get active at the

**SPRING  
SPRINT**

APR 16 | 10A.M.

Registration for each race is **\$25/person**.

Register online at [www.Go-GreenEvents.com](http://www.Go-GreenEvents.com) today!

Door prizes and top finish prizes will be awarded.

All proceeds from the race will support local projects  
and trail improvements at Table Rock State Park.

Need overnight accommodations?  
Contact the park for cabin or camping reservations.

[SouthCarolinaParks.com](http://SouthCarolinaParks.com)



**Meredith Langley** Candace Medlin

at 18:14:22 on 4/08/2016 UTC



**Candace Medlin** You in?

at 19:01:17 on 4/08/2016 UTC



**Meredith Langley** I would love to go, but I'm already signed up for a campout at Sesqui on that day.

at 20:33:12 on 4/08/2016 UTC



**Candace Medlin** Well thanks for the invite to Sequi... Gage doesn't have baseball that weekend. Who's coming with you?

at 20:34:14 on 4/08/2016 UTC



**Meredith Langley** We're doing the Palmetto Campout. It's a family camping event for people who don't know how to camp. We've never been before. They teach how to start campfires, cook, etc.

I'm sure they have regular camping spots available too though if y'all want to come too.

at 20:38:13 on 4/08/2016 UTC



**Candace Medlin** They do. You guys have fun.

at 20:55:45 on 4/08/2016 UTC



**Dr Kimberly McGeorge, ND, CNH** . I understand what you're saying ...  
at 13:44:37 on 4/11/2016 UTC



**Dr Kimberly McGeorge, ND, CNH** - Respect all of the topics unfolding on this page.  
at 13:44:40 on 4/11/2016 UTC