

Public Contact: 843-795-4386 / [www.charlestoncountyparks.com](http://www.charlestoncountyparks.com)  
Media Contact: Sarah Reynolds / (843) 762-8089 / [sreynolds@ccprc.com](mailto:sreynolds@ccprc.com)  
Read this online: [www.ccprc.com/newsreleases](http://www.ccprc.com/newsreleases)

## Chili 5K Trail Run/Walk set for Nov. 6 at Laurel Hill County Park



[MOUNT PLEASANT] – Mark your calendars and start stretching as the Charleston County Parks is excited to once again host the Chili 5K trail run/walk at Laurel Hill County Park on Saturday, Nov. 6.

Beginning at 9 a.m., runners and walkers will navigate the scenic trails of Laurel Hill County Park in Mount Pleasant. Laurel Hill County Park offers a variety of landscapes throughout its 745 acres, including unpaved trails that traverse a moss-draped oak allee, large open meadows, a small lake and gorgeous scenery.

“The Chili 5K presents one of the most diverse courses in the Lowcountry,” said Allison Foster, CCPRC’s fitness and wellness manager. “It’s difficult to take in all that Laurel Hill offers, much less appropriately describe the immense beauty of the park with words. It’s a must see! The varied terrain features hard packed trails, loose sand, bogs, mud, and grass with scenic views of marsh, estuaries and oak allees.”

Advance registration for the Chili 5K is required and is available at [CharlestonCountyParks.com](http://CharlestonCountyParks.com) for \$35. Online registration ends at 11:59 p.m. on Nov. 1. On-site registration will not be available. Packet pickup will take place on the day of the race from 7:30 – 8:30 a.m.

The course offers occasional areas of uneven terrain and varies from hard-packed trails with roots to grass. Strollers are not recommended, and dogs are not permitted on the race course.

Laurel Hill County Park is located between Highway 17N and Highway 41 in Mount Pleasant. For the Chili 5K, runners must enter through the special event entrance location at 1400 Highway 41 and will be directed to the race start from that entrance. Access through Park West will not be permitted for this event.

For more information on the Chili 5K or Laurel Hill County Park, visit [CharlestonCountyParks.com](http://CharlestonCountyParks.com) or call 843-795-4386. This event is made possible by Food Lion, TD Bank and your Charleston County Parks.



*Laurel Hill County Park is owned by the Charleston County Park and Recreation Commission (CCPRC). The mission of CCPRC is to improve the quality of life in Charleston County by offering a diverse system of park facilities, programs and services. The large park system features over 11,000 acres of property and includes six land parks, a skate park, three beach parks, four seasonally-lifeguarded beach areas, three dog parks, two landmark fishing piers, three waterparks, a historic plantation site, 19 boat landings, a climbing wall, a challenge course, an interpretive center, an equestrian center, cottages, a campground, a marina, as well as wedding, meeting and event facilities. The park system also offers a wide variety of recreational services – festivals, camps, classes, programs, and more. For more information on CCPRC, call 843-795-4386, visit [CharlestonCountyParks.com](http://CharlestonCountyParks.com), or download the Charleston County Parks mobile app.*

*High-resolution photos available upon request.*

**Charleston County Park & Recreation Commission / 861 Riverland Dr./ Charleston, SC 29412 / 843-795-4386**