

The Woman's Club of Cayce



*Staying Hot at Any Age*

**SATURDAY, MARCH 18, 2017 · START TIME 9:00 A.M.**

***Member of Tour de Columbia***

**Register at [www.strictlyrunning.com](http://www.strictlyrunning.com)**

*The Woman's Club of Cayce's [HotFlash 5K](#) celebrates the challenges of life's changes. Stay far from the crowds and traffic of St. Patrick's Day and enjoy a run or walk in the quiet peacefulness of the historical and beautiful woodlands of Cayce's new Timmerman Trail along Congaree Creek – and a visit to our health and wellness expo.*

The race begins on Clovis Parkway in Cayce between the Cayce Tennis and Fitness Center and Lexington Otarre Medical Center, past the historical setting of the future 12,000 Year History Park and winds through the beautiful woodlands and waterways of Timmerman Trail.

Check-in begins at 7:30 AM and the HotFlash 5K starts at 9 AM. USATF certified course, finish line and chip timers by Strictly Running, includes t-shirts\* and more.

#### **Age Groups**

For both females and males in the 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and up. Participants age 10 and younger must be accompanied by an adult registered in the race. Participants under the age of 18 must have parent's signature.



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## Awards

\$250 1<sup>st</sup> place, \$150 2<sup>nd</sup> place and \$100 3<sup>rd</sup> place to top overall male and female finishers. \$50 to the first male and female master (40+). Medals to the top three male and female finishers in all age groups (overall and master winners do not receive age group awards). Award ceremony starts at 10 AM.

## Entry Fees and Registration

Fees are \$35 per person; \$30 for five or more runners from the same running club and the March 11, 2016 March for Meals runners. \*T-shirts are not guaranteed for registrations after March 8. Event is rain or shine. Registration is non-refundable and non-transferable. Register online [www.strictlyrunning.com](http://www.strictlyrunning.com) or at Strictly Running, 2515 Devine St, Columbia, SC 29205.

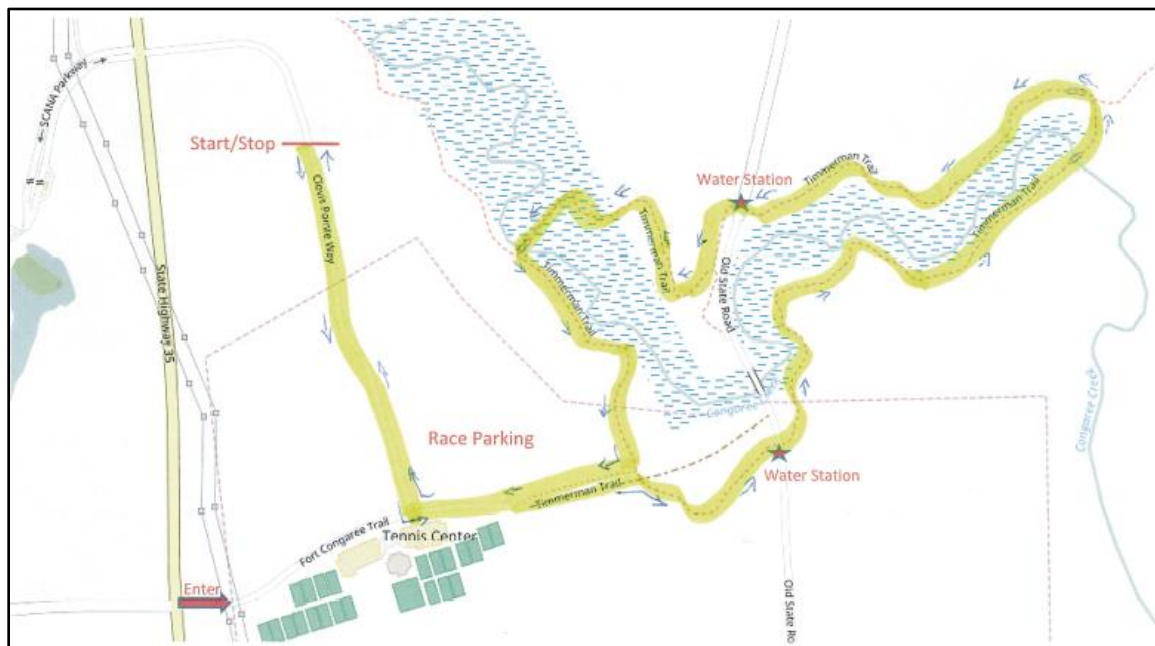
## Packet Pickup

Friday, March 17<sup>th</sup> 11 AM – 6 PM at Strictly Running 2515 Devine St, Columbia, SC 29205; Race Day, March 18<sup>th</sup> 7:30 AM– 8:30 AM at race location.

## Race Location

GPS address: 1120 Fort Congaree Trail, Cayce, SC 29033. Enter from 12<sup>th</sup> Street at Cayce Tennis and Fitness Center, just off of I-77 Exit 2.

## The Course



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This is a relatively flat course that starts on Clovis Parkway to Fort Congaree Trail to Timmerman Trail. Timmerman Trail is a new, smoothly concreted trail between 12<sup>th</sup> Street and the Congaree River in Cayce. The trail winds its way through beautiful woodlands and crosses over Congaree Creek several times via new bridges.

## T-SHIRT SIZES

### WOMEN

Small

Medium

Large

X-Large

2X-Large

### MEN

Small

Medium

Large

X-Large

2X-Large



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### **About the Woman's Club of Cayce:**

The proceeds of this event support the community programs of the [Woman's Club of Cayce](#). Organized in 1937, the mission of the Woman's Club is to promote the community of Cayce and the health and well-being of its citizens. As we head into our 80th year, the Woman's Club of Cayce still supports the Cayce and Lexington County community by providing funding and canned goods to God's Helping Hands (a Cayce emergency ministry organization), volunteering at Nancy K. Perry Children Shelter, holding an Easter Party for Lexington County Foster Children, making and distributing Cancer Care Capes for local cancer patients, providing a yearly scholarship for a qualified High School Senior, and hosting the yearly Christmas Tree Lighting for the City of Cayce. We are also working on a special Random Acts of Kindness project that will cumulate in a city-wide event in the fall of 2017. Your support of the HotFlash 5K helps us reach our service goals.

HotFlash 5K Race Facebook: <https://www.facebook.com/events/1806533972953929/>

The Woman's Club of Cayce Facebook: <https://www.facebook.com/TheWomansClubOfCayce/>

The Woman's Club of Cayce



**HOTFlash 5K Run/Walk - March 18, 2017**

**SPONSORSHIP OPPORTUNITIES**

The HotFlash 5K Run/Walk, sponsored by the Woman's Club of Cayce, celebrates the challenges of life's changes for men and women. It will take place 9:00 a.m. Saturday, March 18. The course, certified by Strictly Running/the USATF, begins on Clovis Parkway in Cayce between the Cayce Tennis and Fitness Center and Lexington Otarre Medical Center, past the historical setting of the future 12,000 Year History Park and winds through the beautiful woodlands and waterways of Timmerman Trail and Congaree Creek.

The Woman's Club of Cayce is a 501(c)3 nonprofit whose mission is to promote the community of Cayce and the wellbeing of its citizens. Contributions are tax-deductible. Contributors may set up a booth at the race's Health and Wellness Expo to provide information or sell products and services under the event's group business license with the City of Cayce.

Contributors providing products or services to the race in lieu of monetary donations will be recognized at the appropriate level. If providing gifts or coupons for the runner's packets, the contributor must provide a minimum quantity of 200.

**Nuclear Level \$1000**

Prominent Logo Advertising on race t-shirts,  
banners at race  
Logo Advertising on flyers and posters  
Logo Advertising on race Facebook page, Webpage  
2 10x10 vendor booth spaces  
4 runner spaces

**Volcano Level \$500**

Logo Advertising on t-shirts, banners at race  
Logo Advertising on flyers and posters  
Logo Advertising on race Facebook page, Webpage  
1 10x10 vendor booth space  
2 runner spaces

**Heat Wave Level \$250**

Logo Advertising on t-shirts  
Logo Advertising on flyers and posters  
Logo Advertising on race Facebook page, Webpage  
1 10x10 vendor booth space

**Tropical Moment Level \$100**

Name listed on t-shirts  
Name listed on race Facebook page, Webpage  
1 10x10 vendor booth space

**Summer Breeze Level \$50**

Name listed on t-shirts

To become a sponsor, contact a member of the Race Steering Committee:

**KAY HUTCHINSON**

**Sponsorship/Refreshments Coordinator**

tigershutch@gmail.com

803-546-2121

**VICKIE SHAFER**

**SWAG Coordinator**

Vfs57@yahoo.com

803-727-7410

**PAMME EADES, WCC President**

**Advertising Coordinator**

pamme@att.net

803-730-5487

**SHERI DOVELL, WCC Treasurer**

**Race Chairman**

KCGirl2615@gmail.com

803-603-7340

**ADRITH RIVERS**

**Site Prep/Vendor Coordinator**

Ads6011@gmail.com

803-543-6337

**SUE SEXTON**

**Volunteer Coordinator**

bsjinsexton@bellsouth.net

803-873-3053

**DORIS BRUMFIELD**

**Packet Coordinator**

dsbrumfield@yahoo.com

803-331-6467

**For more information:**

HotFlash 5K Race Facebook: <https://www.facebook.com/events/1806533972953929/>

The Woman's Club of Cayce Facebook: <https://www.facebook.com/TheWomansClubOfCayce/>

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