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 ● M A R C H ●  
 ● ● F O R ● ●  
 ● M E A L S ●  
 ● 5K run & walk ●  
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 ● March 11, 2017 ●  
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# 14th Annual 5K Run/Walk Timmerman Trail, Cayce, SC

PRE-REGISTRATION DEADLINE 2/24/17

RACE DAY  
 REGISTRATION  
 7:30AM

USTAF CERTIFIED COURSE!

REGISTER AT [STRICTLYRUNNING.COM](http://STRICTLYRUNNING.COM)

REGISTRATION FEE: \$25

\$30 REGISTRATION AFTER 2/24/17

RACE  
 STARTS at  
 9AM

T-SHIRTS GUARANTEED FOR  
 PREREGISTRANTS ONLY

Awards: Top overall Male & Female and 3 deep in the following age groups (M&F):  
 6-10,11-14,15-19,20-24,25-29,30-34,35-39,40-44,45-49,50-54,55-59,60-64,65-69,70 & over.

PACKET PICKUP  
 MARCH 10 at STRICTLY RUNNING 11AM-6PM

CONTACT SENIOR RESOURCES FOR MORE INFORMATION  
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