

The Woman's Club of Cayce



Get Heat in Your Feet!

RUN/WALK FOR MEN & WOMEN
SAT, MAY 4 - START TIME 8:30 AM
USATF Certified Course SC15022KWL
Member of Tour de Columbia
Register at www.strictlyrunning.com

*The Woman's Club of Cayce's **HOT Flash 5K** celebrates the challenges of life. Enjoy a run through the quiet peacefulness of the historical and beautiful woodlands of Cayce's new Timmerman Trail along Congaree Creek and look for the delightful and whimsical chainsaw art carved into fallen trees by Wade Geddings along the way – including owls, turtles, a raccoon, salamander, fox and bear! Relax afterwards to the lively tunes, refreshments, fruit, energy bars, homemade baked goods, and generous awards.*

It all begins on Fort Congaree Trail in Cayce near the Cayce Tennis and Fitness Center. Check-in begins at 7:30 AM and the HotFlash 5K starts at 8:30 AM. The race features a USATF certified course, finish line and chip timers by Strictly Running, includes tech t-shirts (Small – 3X Large) and more.



Awards

\$100 1st place, **\$75** 2nd place and **\$50** 3rd place to top overall male and female finishers. **\$50** to the first male and female master (40+). **Custom race medal for all finishers.** Award ceremony starts at 9:30 AM.

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; under age 18 must have parent's signature.



The Course:

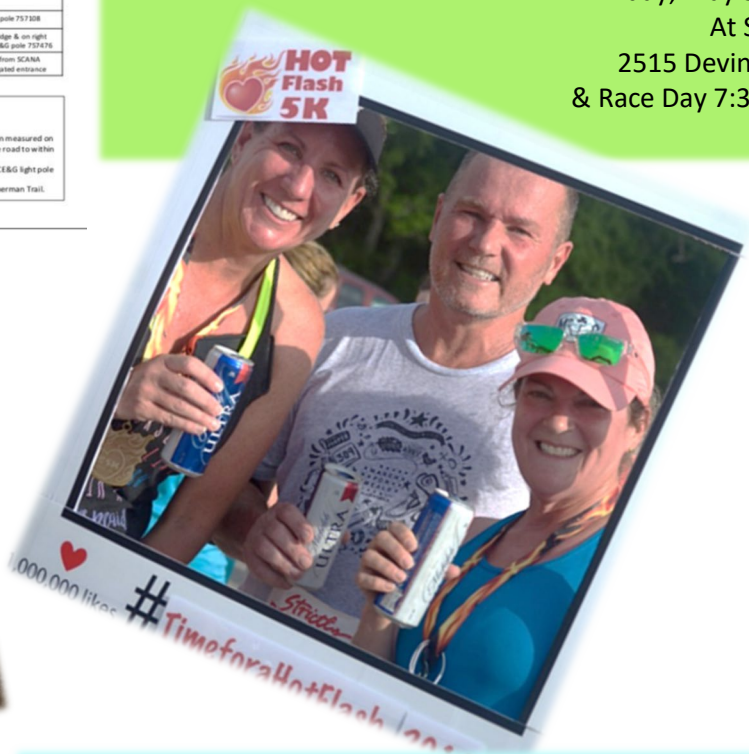


Entry Fees and Registration

Individual fees are \$35. *Group fees are \$30 for five or more runners from the same running club registering together.* *T-shirts are not guaranteed for registrations after April 15. Event is rain or shine. Registration is non-refundable and non-transferable. Register online www.strictlyrunning.com or at Strictly Running, 2515 Devine St, Columbia, SC 29205.

Packet Pickup

Friday, May 3, 12 PM– 6 PM
 At Strictly Running
 2515 Devine St, Columbia,
 & Race Day 7:30AM – 8:15AM



The Course



About the Woman's Club of Cayce:

The proceeds of this event support the [Woman's Club of Cayce](http://www.womansclubofcayce.org). 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. For 86 years, the Woman's Club of Cayce has supported the Cayce and Lexington County community by providing a yearly scholarship for a qualified High School Senior, hosting the yearly Christmas Tree Lighting for the City of Cayce, funding God's Helping Hands (a Cayce emergency ministry) and Scooter Scott Project, making Cancer Care Caps for local cancer patients and providing funds and used books to the Friends of the Cayce-West Columbia library. In 2022-23 we focused on literacy efforts at Cayce Elementary. Your support of the Hot Flash 5K helps us reach our community service goals and maintain our historic 1941 log cabin clubhouse as a community resource.

Funding assistance provided by the
 City of Cayce through Hospitality Tax Funds

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