

The Woman's Club of Cayce



Staying Hot at Any Age

RUN/WALK FOR MEN & WOMEN
SAT, MAY 4, 2019 - START TIME 8:00 AM
USATF Certified Course SC17010DW
Member of Tour de Columbia
Register at www.strictlyrunning.com

The Woman's Club of Cayce's [HotFlash 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! *Serving liquid refreshments, fruit, energy bars, homemade baked goods, generous awards and gifts.*

The race begins on Clovis Parkway in Cayce between the Cayce Tennis and Fitness Center and Lexington Otarre Medical Center. Check-in begins at 7:00 AM and the HotFlash 5K starts at 8 AM. USATF certified course, finish line and chip timers by Strictly Running, includes tech t-shirts (Small – 3X Large) and more.



Entry Fees and Registration

Individual fees are \$25 per person until 3/4/2019; \$30 until 4/4/2019; \$35 until Race Day. *Group fees are \$20 for five or more runners from the same running club until 3/4/2019; \$25 until 4/4/2019; \$30 until 5/1/2019.* *T-shirts are not guaranteed for registrations after April 23. 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 AM – 6 PM at Strictly Running 2515 Devine St, Columbia, SC 29205; Race Day, May 4, 7:00 AM – 7:45 AM at race location.

Awards

\$250 1st place, **\$150** 2nd place and **\$100** 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 9:15 AM.

Age Groups

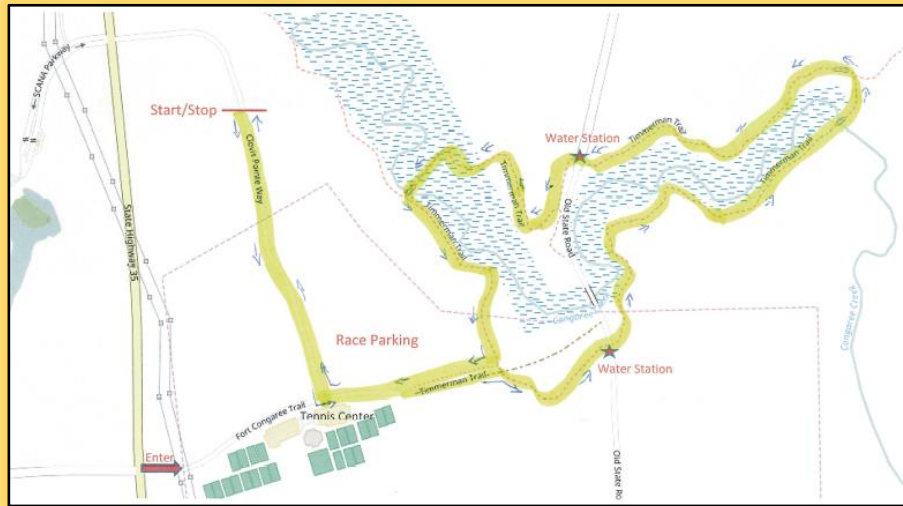
For both females and males in the 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 and up. Participants age 10 and younger must be accompanied by an adult registered in the race; under age 18 must have parent's signature.



Race Location

GPS address: 1120 Fort Congaree Trail, Cayce, SC 29033. Enter from 12th Street at Cayce Tennis and Fitness Center, just off of I-77 Exit 2 and park in designated race parking area. This is a relatively flat course that starts on Clovis Parkway to Fort Congaree Trail to Timmerman Trail, which is a new, smoothly concreted trail between 12th Street and the Congaree River in Cayce.

The Course



Skip Willits Fine Art Photography



Skip Willits Fine Art Photography

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. For 80 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, volunteering and funding God's Helping Hands (a Cayce emergency ministry), holding an Easter Party for Lexington County Foster Children, making Cancer Care Caps for local cancer patients and providing funds and used books to the Friends of the Cayce-West Columbia library. Your support of the HotFlash 5K helps us reach our service goals and maintain our historic 1940's log cabin clubhouse so it can also be a community resource.

The Woman's Club of Cayce Facebook:

<https://www.facebook.com/TheWomansClubOfCayce/>



The Woman's Club of Cayce



HOTFlash 5K
Run/Walk for Men & Women
Saturday, May 4, 2019

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 8:00 AM, Saturday, May 4. The course, certified by Strictly Running/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. The event is sponsored by the City of Cayce Hospitality Fund to encourage tourism to the City. We want to help people learn about our City and to bring them in to patronize local restaurants and businesses. In prior years, 80% of the runners and their families came from outside of Cayce. We encourage you to participate in some way.

Contributors providing products or services to the race in lieu of monetary donations will be recognized at the appropriate level. No electricity or shelter is provided for booth spaces; and tents are recommended. The City of Cayce requires tents to have weighted tie-downs. T-shirt advertising is not guaranteed for sponsorships received after April 20, 2019.

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
Custom FaceBook Post
2 10x10 vendor booth spaces
4 free runner spaces or t-shirts

Volcano Level \$500

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

Heat Wave Level \$250

Logo Advertising on t-shirts
Logo Advertising on flyers and posters
Logo Advertising on race Facebook page
Custom FaceBook Post
1 10x10 vendor booth space

Tropical Moment Level \$100

Name listed on t-shirts
Name listed on race Facebook page
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:

SHERI DOVELL

Race Chairman

KCGirl2615@gmail.com

803-391-6430

VICKIE SHAFER

Vendor/Site/Baking Coordinator

Vfs57@yahoo.com

803-727-7410

KAY HUTCHINSON

COC/Refreshments Coordinator

tigershutch@gmail.com

803-546-2121

PAMME EADES

Advertising Coordinator

pamme@att.net

803-730-5487

For more information:

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

Email: kcgirl2615@gmail.com

The Woman's Club of Cayce is a 501(c)(3) entity; Federal Tax ID# 57-6034030.

Address:

The Woman's Club of Cayce

P.O. Box 4273

Cayce, SC 29171