

The Woman's Club of Cayce



Put the Heat in Your Feet!

At the Timmerman Trail in Cayce

Register at strictlyrunning.com

SATURDAY, MAY 4, 2024 · START TIME 8:30 A.M.

Run/Walk. Register at www.strictlyrunning.com

*The Woman's Club of Cayce's HotFlash 5K celebrates the challenges of life's changes for **men and women**. Enjoy a run or walk in the quiet peacefulness of the historical and beautiful woodlands of **Cayce's Timmerman Trail** along Congaree Creek.*

\$35 Per Person or \$30 for Running Groups of 5 or more.

**T-Shirts guaranteed for participants registered by April 15, 2023*

Awards for Top Overall Males and Females include:

1st Place - \$150; 2nd Place - \$100; 3rd Place - \$50

Top Male and Female Masters: \$50

Medals for 1st, 2nd and 3rd place in age groups

Member of *Tour de Columbia*



Skip Willits Fine Art Photography



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Like us on Facebook @ <https://www.facebook.com/HotFlash5K>

1120 Fort Congaree Trail, Cayce, SC 29033.

Near the Cayce Tennis and Fitness Center, just off of I-77 Exit 2



Funding assistance provided by City of Cayce through Hospitality & Accommodations Tax Funds and Our Wonderful Sponsors!