



March for Meals 5k

Columbia, SC

9:00am, Saturday, March 9, 2024

Lace up your running shoes and join us for the 22nd March for Meals 5k benefitting Senior Resources and Meals on Wheels Richland County.

March for Meals 5k starts and finishes at Strictly Running, taking you through beautiful Shandon and part of Historic Melrose. This is a mostly flat certified course, with one hill at the beginning to get your heart pumping. A lot of PRs will be set! Columbia has an average high temp of 80F and a low of 46F, ideal temps for a great race.

New this year, will be a 5k Food Challenge sponsored by Devine Cinnamon Roll Deli. Returning, will be the 1-mile Senior Walk!

Registration:

Register online at www.Strictlyrunning.com

Prices are \$30- 5K and 5K with food challenge + T-shirt

\$ 15- One mile Senior Walk

On March 1, prices will raise to \$35 and \$20 respectively. Race day registration will be \$40 and \$25.

Timing

March for Meals 5k will be timed by Strictly Running (<https://www.strictlyrunning.com/>).

Awards

An awards ceremony will be conducted at approximately 10:00 am to recognize top finishers in both races in these categories: In male and female divisions:

- 1st, 2nd and 3rd place overall
- 1st, 2nd, and 3rd place age groups: 12 and under, 13-19, 20-29, 30-39, 40-49, 50-59, 60- 69, 70+ T-shirts

Participants who register before **February 18** will receive a T-shirt

Race Day Schedule:

- **7:45am-8:45am:** Same Day packet pickup and race day registration
- **8:00am:** Vendors/Sponsors arrive to set up
- **8:50am:** Start gathering runners and make an announcement to head to the start line- have senior walkers line up in the back behind the runners
- **8:55am:** Thank everyone for coming
 - (National Anthem, Course Rundown, etc)
- **9am:** 5k & 1 Mile Senior Walk Starts
- **10am:** Awards Ceremony

Packet Pick up:

Friday, March 8, 2024, 10am-6pm at Strictly Running

Saturday, March 9, 2024, 7:45am-8:45am at Strictly Running