



EmpoweRun
5k Walk & Run
4.5.25
Register Today!



WHEN: Saturday, April 5, 2025 (rain or shine)

WHERE: Race starts and ends at Jamie Scott Fitness located behind Cross Hill Market

COST + REGISTRATION: 5k Walk or Run:
 \$25 per entry (\$30 after 3.15.25 & \$35 after 4.1.25)

ONE MILE FUN RUN FOR KIDS: \$10 PER ENTRY

PACKET PICK UP: Packets include promotions & discounts from participating retailers
 Strictly Running: Friday, April 4, 10:00am - 6:00pm

ONSITE ON RACE DAY: 7:00 -8:00 AM

BLOCK PARTY: Join us for a block party after the race featuring music, games, and fun in the parking lot of Jamie Scott Fitness

JAMIE SCOTT FITNESS
EMPOWER RUN
 5K WALK/RUN * BENEFITTING SISTERCARE

SCHEDULE

7:00am : Onsite packet pickup + registration (cash or check only)
 8:00am : Race begins
 8:30 am - 10:30am: Block Party in Cross Hill Market parking lot
 9:30am: Awards Ceremony in Cross Hill Market parking lot

PARKING : Park at Jamie Scott Fitness or in the Cross Hill Market parking lot.

RACE PRIZES : Gift certificates + swag from Trenholm Plaza & Cross Hill Plaza retailers.

