

The Woman's Club of Cayce



Put the Heat in Your Feet!

**RUN/WALK FOR MEN & WOMEN**  
SAT, MAY 2 - START TIME 8:15 AM  
USATF Certified Course SC15022KWL  
Member of Tour de Columbia  
Register at [www.strictlyrunning.com](http://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 Timmerman Trail. Relax afterwards to lively tunes, refreshments, fruit, energy bars, our famous 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 7:15 AM and the HotFlash 5K starts at 8:15 AM. The race features a USATF certified course, finish line and chip timers by Strictly Running, includes t-shirts and more.



2025 HOT FLASH FINISHER MEDAL!

#### Awards

**\$100** 1<sup>st</sup> place, **\$75** 2<sup>nd</sup> place and **\$50** 3<sup>rd</sup> 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.



## The Course



## Entry Fees and Registration

Individual fees are \$35 and *Group fees are \$30 for 3 or more runners registering together until April 19.*

*Registration after April 19 will \$40 for individual and \$35 for each Group member.*

\*T-shirts are not guaranteed for registrations after April 19. Event is rain or shine. Registration is non-refundable and non-transferable. Register online [www.strictlyrunning.com](http://www.strictlyrunning.com) or at Strictly Running, 2515 Devine St, Columbia, SC 29205.

## Packet Pickup

Friday, May 1, 12 PM– 6 PM  
 At Strictly Running  
 2515 Devine St, Columbia,  
 & Race Day 7:15AM – 8:15AM



## About the Woman's Club of Cayce:

The proceeds of this event support the [Woman's Club of Cayce](http://www.womansclubofcayce.com). 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 89 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 2025, we focused on supporting our community's At Risk Adults and Children population as well as reading skills 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.



Use [#HotFlash5K](https://www.facebook.com/HotFlash5k) in your social media posts

<https://www.facebook.com/HotFlash5k>

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

<https://www.instagram.com/hotflash5k/>