

The Woman's Club of Cayce



Staying Hot at Any Age

SATURDAY, MARCH 24, 2018 · START TIME 10:00 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 new Timmerman Trail along Congaree Creek – and a visit to our health and wellness expo.

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

**T-Shirts guaranteed for participants registered by 3/10/18*

Awards for Top Overall Males and Females include:

1st Place - \$250; 2nd Place - \$150; 3rd Place - \$100

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



Skip Willits Fine Art Photography

Like us on Facebook @ <https://www.facebook.com/events/1806533972953929/>

Contact Sheri Dovell: KCGirl2615@gmail.com 803-391-6430, or

Kay Hutchinson: tigershutch@gmail.com 803-546-2121

1120 Fort Congaree Trail, Cayce, SC 29033.

Enter from 12th Street at Cayce Tennis and Fitness Center, just off of I-77 Exit 2

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