

SC Flood Strong

5k

10.8.16

WHILE I BREATHE, I HOPE.

WHAT:

5K Road Race

WHEN:

October 8

CHECK-IN

7:00AM

RACE

8:00AM

AWARDS

9:15AM

COST:

EARLY \$25

BEFORE SEPT. 8

Includes t-shirt.

LATE \$35

SEPT. 9 - OCT. 7

*Shirt not guaranteed
after October 1.*

RACEDAY \$40

OCT. 8

Shirt not guaranteed.

REGISTER:

StrictlyRunning.com

Pre-registration is online at **StrictlyRunning.com**.

Race Day registration will be available at 7AM.

AWARDS:

Overall

1ST \$100

2ND \$50

3RD \$25

1ST male and female Masters Division (40+) **\$25**

1ST F3 finisher

1ST male and female in the following age groups:

10 & under,	20-24,	35-39,	50-54,	65-69,
11-14,	25-29,	40-44,	55-59,	70-74,
15-19,	30-34,	45-49,	60-64,	75 & Over

(Overall award winners not eligible for age group awards.)

Proceeds from the race will be donated to organizations and families still recovering from last year's flood.

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WHERE:

Behind Hand Middle School

Corner of Woodrow & Duncan, Columbia SC 29206

PACKET PICKUP:

October 7 // 11AM-6PM

@ STRICTLY RUNNING

COURSE:

Same course as Hot Summer Nights 5K

A flat and fast course through the Shandon Neighborhood, starting and finishing near Hand Middle School.

Post-race refreshments will be available.



**NOBODY IS GONNA HIT AS HARD AS
LIFE. BUT IT AIN'T ABOUT HOW HARD
YOU HIT. IT'S ABOUT HOW HARD YOU
CAN GET HIT AND KEEP MOVING
FORWARD; HOW MUCH YOU CAN TAKE
AND KEEP MOVING FORWARD. THAT'S
HOW WINNING IS DONE!**

— ROCKY



#SCFLOODSTRONG