SENIOR WALK

MARCH
FOR
MEALS

5K RACE

March for Meals 5k

Columbia, SC

9:00am, Saturday, March 8, 2025

Lace up your running shoes and join us for the 23rd 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.

Returning is the 5k Food Challenge sponsored by Devine Cinnamon Roll Deli and the 1-mile Senior Walk!

Participants in the Cinnamon Roll Challenge are required to stop and eat all the cinnamon rolls before continuing the race. Failure to do so will result in disqualification from the challenge. Please note: The Cinnamon Roll Challenge will be timed separately from the 5K. Medals will be awarded to the top 3 overall finishers (1st, 2nd, and 3rd place).

Registration:

Register online at www.Strictlyrunning.com

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

$ 15- One mile Senior Walk

Participants who register before **February 14** will receive a T-shirt

On March 3, 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 9:45 am to recognize top finishers in both races in these categories: In male and female divisions:

5k:

• 1st, 2nd and 3rd place overall

• 1st, 2nd, and 3rd place age groups: the first male and female master (40+) (overall and master winners do not receive age group awards) 14 and under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-75, 75 and up. No double dipping.

Cinnamon Roll Deli Challenge:

• 1st, 2nd and 3rd place overall

1-Mile Senior Walk:

No awards

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:** Runners gather

- **8:55am:** Announcements

- **9am:** All races begin

- **9:45am:** Awards Ceremony

Packet Pick up:

Friday, March 7, 2024, 9am-6pm at Strictly Running

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