



DOMESTIC VIOLENCE

**EmpoweRun
5k Walk & Run
3.25.23
Register Today!**

Help us to prevent domestic violence! Join us for the EmpoweRun 5k Walk & Run, sponsored by Jamie Scott Fitness with all proceeds benefitting Sistercare*



WHEN: Saturday, March 25, 2023 *(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 2.15.23 & \$35 after 3.1.23).
One mile fun run for kids: \$10 per entry.

PACKET PICK UP: *Packets include promotions & discounts from participating retailers*

Strictly Running: Friday, March 24, 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



SCHEDULE

- 7:00am** Onsite packet pickup + registration *(cash or check only)*
- 8:00am** Race begins
- 8:30-10:30am** 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.

* Proceeds of the EmpoweRun 5K Walk/Run go directly to Sistercare, a nonprofit organization that provides trauma-informed services, advocates for domestic violence survivors and their children, and promotes prevention of domestic violence through community awareness and training. Sistercare is the only organization that offers specialized emergency shelter, individual and child & family counseling, housing programs, court advocacy, and community support services for survivors of domestic violence and their children in Fairfield, Kershaw, Lexington, Newberry and Richland counties.