

March 13 • 8:00am 5K Run & Health Walk



the SANCTUARY
A EUROPEAN DAY SPA

New York City Pizza



5K Run & Fun Walk - Pope Ave - Hilton Head Island, SC

ENTRY FEE: \$25 post marked 3/5/10 - \$28 from 3/6 - 3/11
\$30 Friday at Race Packet Pick-Up or \$30 Race Day

PACKET PICK-UP: Friday, March 12, 4:30pm-6:00pm
New York City Pizza - Heritage Plaza - Pope Ave, Hilton Head
Race Day - 8:00am - 8:30am (*packets will not be mailed*)

RACE DAY REGISTRATION: 7:00am - 7:30am - New York City Pizza

T-SHIRTS: Guaranteed to first 400 people registered

AWARDS: Male & Female - Prizes to top 3 M & F Overall.
Prizes to top 3 M & F Overall Master.
Awards to top 3 in each division. *No duplications.*

FINISHERS: St. Pat's beads to all finishers

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

COURSE Flat and very fast

AWARD CEREMONY Following race: Refreshments, door prizes & more

To BENEFIT **RAIN OR SHINE**



REGISTRATION FORM

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race use only

Please make check payable and mail to: **Bear Foot Sports,**
20 Towne Drive - PMB#200 • Bluffton, SC 29910

Check List

- \$ 25.00 Fee thru 3/5
- \$ 28.00 Fee 3/6-3/11
- \$ 30.00 Fee 3/12-3/13
- \$ 3.00 XXL T-shirt
- \$ 5.00 For Charity

First Name: _____

Last Name: _____

Address: _____

City _____ State _____ Zip _____

Age _____ (as of 3/13/10) Phone _____

Male _____ Female _____

Adult Shirt Size: (circle one) S M L XL (XXL only \$3 additional)

_____ 5K Run _____ 5K Walk

In consideration of your accepting me/my child's registration, I hereby for myself, my child, my heirs, executors and administrators waive and release any and all rights and claims for damages I or my child may have against Bear Foot Sports, including all representatives who are in any way connected with this event/program. Further, in the event of any injury, I do hereby give permission and consent to authorize such First Aid and/or Medical and/or Hospital care or treatment as deemed appropriate. In addition, I am fully aware of the provisions covered by the fee for this event and I understand that if any emergency arises, any and all additional expenses incurred must be borne or assumed by the participants. Bear Foot Sports has permission to take photographs of my child or myself while participating in any Bear Foot Sports events. I understand that these photographs may be used for Bear Foot Sports advertising and public relations through and not limited to brochures, flyers, or newspapers.

Signature: Participant/Parent/Guardian _____

Race Hotline 843/757-8520

WWW.BEARFOOTSPORTS.COM



20 Towne Drive • PMB #200
Bluffton, SC 29910

www.bearfootsports.com

UPCOMING EVENTS

Saturday, March 13th, 8:00am Hilton Head Island Shamrock Run

Saturday, June 5th, 9:00am Lowcountry Hog Jog Trail Run

15th Annual Running of the Green



Saturday, March 13 @ 8:00am
NY City Pizza - Pope Ave

New York City Pizza



register on line at:
bearfootsports.com
or call **843/757-8520**