

HILTON HEAD ISLAND BRIDGE RUN

ENTRY FEE & REGISTRATION

\$25.00 Registration Post Marked 10/18
 Event confirmations will not be sent
 \$30.00 Registration at Packet Pick-Up 10/22
 \$30.00 Race Day Registration 10/22 @ 6:30am - 7:30am

PACKET PICK-UP

Mall at Shelter Cove, Hwy. 278 The Mall at Shelter Cove
 Saturday, Oct. 22nd, 4pm-7:00pm
 Packets cannot be mailed, you must pick-up

THE RACE

- Each mile will be clearly marked with split times
- Water will be available on the course
- First aid station will be available at start/finish area.

T-SHIRTS

- 100% cotton T-shirt guaranteed to all participants

THE BRIDGE

- One Bridge and Overpass, over 1 mile span, out & back

10K COURSE

- The Hilton Head Island Bridge Run will start and finish at Crossings Park at 8:00am. The course is out and back, first two miles are flat, then over bridge and overpass for one mile, then about 1 mile flat, then turn around and come back. **MAP** Available at www.bearfootsports.com

5K COURSE

- The 5K will also start and finish at Crossings Park at 8:00am. The course is out and back, first 2 miles are flat, then half way up bridge turn around and come back.

PARKING

- Free parking is available at Crossings Park

10K & 5K RUN STARTING LINE

- Runners will start at 8:00am

5K HEALTH WALK START/FINISH

- Walkers will start shortly after runners
- Walkers will not be officially timed
- Walkers will have 1 hour to complete walk

10K RUN DIVISIONS

Male & Female
13 & Under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70-74, 75 & over.
NO DUPLICATIONS

10K AWARDS -

- Awards & Gift Certificates to top 3 M/F overall
- Awards & Gift Certificates to top 3 M/F Masters 40+
- Awards & Gift Certificates to top M/F Grand Masters 55+
- Awards to top 3 M/F in each division

5K RUN DIVISIONS

Male & Female
13 & Under, 14-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over.

5K AWARDS -

- Awards & Gift Certificates top 3 M/F overall
- Awards to top 3 M/F in each division

AWARD CEREMONY & POST RACE PARTY

- Crossings Park
- Live music, Papa John's Pizza refreshments, door prizes & more
- **Grand Prize Drawing - TBA**

TO BENEFIT

- A percentage of proceeds go to benefit several local charities including: Region 9 Special Olympics and the Children's Relief Fund



ACCOMMODATIONS

- **Comfort Inn** - Room Rate \$59.00
Phone 843/842-6662
- **The Westin Hilton Head Island Resort & Spa**
Rate \$89. Ph. 843/681-4000

NO STROLLERS, BABY JOGGERS, OR PETS, PLEASE !

VOLUNTEERS ALWAYS NEEDED

REGISTRATION FORM

Please make check payable and mail to:

Bear Foot Sports, 20 Towne Drive - PMB #200 • Bluffton, SC 29910

 (race use only)

2011 HILTON HEAD ISLAND BRIDGE RUN

First Name: _____ Age: _____
 Last Name: _____ Date of Birth (mm/dd/yy): _____
 Address: _____ City: _____ State: _____ Zip: _____
 Children's Relief Fund
 Walk a Mile in My Shoes
 Hilton Head, SC

Check List	
<input type="checkbox"/>	\$ 25.00 Entry Fee (prior to 10/18)
<input type="checkbox"/>	\$ 3.00 XXL T-shirt
<input type="checkbox"/>	\$ 5.00 Children's Relief Fund
<input type="checkbox"/>	\$ 5.00 Late Fee (after 10/18)
TOTAL ENCLOSED _____	
<i>no refunds</i>	

Male / Female
 (Circle Sex)

(Please check one) 5 K Run or Health Walk 10 K Run

Adult Shirt Size: (circle one) S M L XL (XXL only add \$3.00) Ph _____

In consideration of your accepting me/my child's registration, I herby for myself, my child, my heirs, executors and administrators waive and relieve 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 _____

Date _____

843/757-8520 • bearfootsports.com

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LAND ROVER
HILTON HEAD



PATRON SPONSORS



Bear Foot Sports
20 Towne Drive - PMB #200
Bluffton, SC 29910

BFS Upcoming Events:

10/23 • 20th Hilton Head Island Bridge Run
12/17 • Hilton Head Jingle 5K Run & Walk
1/1/12 • BLUFFTON NEW YEARS DAY 5K
2/11/12 • HILTON HEAD ISLAND HALF MARATHON & 10K/5K



HILTON HEAD



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celebrating 20 years

RUN BROAD CREEK!
Sunday, October 23rd

8:00am @ Crossings Park
10K RUN & 5K RUNWALK
Cross Island Parkway

"a rock n roll tune up run"

RACE HOTLINE
843/757-8520
bearfootsports.com