

RUN BIKE RUN & 5K OF THE LOWCOUNTRY

ENTRY REGISTRATION FEES

\$25 **5K** Pre-Registration thru 6/13 - \$30 after
 \$25 **Kids** Pre-Registration thru 6/13 - \$30 after
 \$40 **Adult** Pre-Registration thru 6/13 - \$45 after
 \$60 **Relay** Pre-Registration thru 6/13 - \$70 after
Event confirmations will not be sent.

PACKET PICK-UP • Packets cannot be mailed
 You can pick-up on Friday PM or Saturday AM

FRIDAY, June 19th, 4:30pm-7:00pm
 Sports Addiction - Village of Sheridan Park Bluffton

SATURDAY, June 20th, 7:00am-8:30am
 Tradition Hilton Head - Hardeeville, SC
 Kids must pick up packets before 7:30am

100% ORGANIC COTTON T-SHIRTS
 • Guaranteed to first 400 participants

EVENT LOCATION

• Tradition Hilton Head is located 3 miles east of I-95 on HWY 278 at SC Exit 8. Parking is FREE.
 Map at www.traditionhh.com

EVENT SCHEDULE

- 8:00am Kids Run Bike Run
- 9:00am 5K Run
- 9:00am Adult Run Bike Run

RACE COURSE

- Road course thru fast flat scenic roads inside Tradition Hilton Head. Bike Helmets Required

RUN BIKE RUN DISTANCE

- Kids: 1mile, 5K, 1 mile
- Adult: 5K, 20K, 5K

RACE DAY TECH SUPPORT

- The Bike Dr & Sports Addiction



ADULT RUN BIKE RUN

Male & Female
 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over.

KIDS RUN BIKE RUN

Male & Female
 U-8, 9-10, 11-12, 13-14

RUN BIKE RUN ADULT TEAM RELAY

Male, Female, Mixed
 Entry Form available at bearfootsports.com
 Relay teams must consist of 2 Runners and 1 Cyclist

5K DIVISIONS

Male & Female
 10 & under, 11-14, 15-19, 20-29, 30-39, 40-49, 50-59, 60-64, 65-69, 70 & over

EVENT AWARDS

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

NO DUPLICATIONS

POST RACE PARTY & AWARD CEREMONY

- Music, refreshments, door prizes & more

STROLLERS

- NO Strollers, baby joggers or pets are permitted.

MORE

- Events will be held rain or shine
- Sorry no refunds

ACCOMMODATIONS

- Holiday Inn Express - Hardeeville Exit 8
 Rate \$79 - ph. 843/784-2800
- Hampton Inn & Suites Bluffton
 Rate \$99 - ph. 843/705-9000

TO BENEFIT

- A percentage of proceeds go to benefit:



REGISTRATION FORM

Please make check payable and mail to:

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

(race use only)

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Check List

\$ 25.00 5K Pre-Reg.
 \$ 25.00 Kids RBR Pre-Reg
 \$ 40.00 Adult RBR Pre-Reg
 \$ 3.00 XXL Shirt
 \$ 5.00 Charity
 \$ 5.00 Late fee after 6/13

TOTAL ENCLOSED _____

sorry no refunds

pre-registration deadline (6/13/09)

First Name:

Last Name:

Age:

Address:

Date of Birth (mm/dd/yy):

City:

State:

Zip:

Ph. #

Male/Female
(Circle Sex)

5 K Run/Walk Kids RBR Adult RBR

RELAY TEAMS - please go to www.bearfootsports.com and use print and mail team relay form on our web site

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

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 _____

RACE HOTLINE 843/757-8520 • bearfootsports.com

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PATRON SPONSORS



Dynamic Bodywork
Myofascial Therapy

SPECIAL THANKS

Dr. Annette Thomas
Play Hard Sports
Adventure Radio
The Bluffton Sun
HHITRI.com
WJCL TV



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

7/4 • HILTON HEAD ISLAND FIRECRACKER 5000

KIDS DUATHLON • ADULT DUATHLON • TEAM DUATHLON RELAY • 5K RUN/WALK



Of The Lowcountry

June 20th • Tradition Hilton Head • Hardeeville, SC