

# HILTON HEAD ISLAND BRIDGE RUN

## ENTRY FEE & REGISTRATION

\$25.00 Registration Post Marked 11/1  
 Event confirmations will not be sent  
 \$30.00 Registration at Packet Pick-Up 11/6  
 \$30.00 Race Day Registration 11/7 @ 6:30am - 7:30am

## PACKET PICK-UP

Mall at Shelter Cove, Hwy. 278 The Mall at Shelter Cove  
 Friday, Nov. 6th, 5pm-8:00pm  
 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](http://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, 20-29, 30-39,  
 40-49, 50-59, 60 & 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 \$55.95  
 Phone 843/842-6662
- **The Westin Hilton Head Island Resort & Spa**  
 Rate \$99. 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)

## 2009 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 11/1)
<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 11/1)
TOTAL ENCLOSED _____	
no refunds	

**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**

## RACE SPONSORS



## PATRON SPONSORS



Fat Baby's Pizza & Subs  
The Mall at Shelter Cove



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

### BFS Upcoming Events:

11/7 • 18th Hilton Head Island Bridge Run  
12/19 • Hilton Head Jingle 5K Run & Walk  
1/1/10 • BLUFFTON NEW YEARS DAY 5K  
2/6/10 • HILTON HEAD ISLAND HALF MARATHON & 10K/5K

## RUN BROAD CREEK!



HILTON HEAD ISLAND  
**BRIDGE RUN**  
10K - 5K Nov. 7th - 8am



HARGRAY  
RUNNING OVER THE  
CROSS ISLAND PARKWAY

**RACE HOTLINE**  
843/757-8520  
[bearfootsports.com](http://bearfootsports.com)