

May 30 • 9:00am
5K Trail Run & Nature Walk
Sergeant Jasper Park • Hardeeville, SC



Dynamic Bodywork Myofascial Therapy



Race Hotline 843/757-8520
WWW.BEARFOOTSPORTS.COM

5K Trail Run & Nature Walk - Hardeeville, SC

ENTRY FEE: \$25 Early thru 5/15/09
 \$28 Pre 5/16 - 5/27 and \$30 Race Day

START TIME: 9:00am Saturday, May 30th

RACE DAY REGISTRATION: 8:00am - 8:45am - Sergeant Jasper Park

PACKET PICK-UP: Race Day - 8:00am - 8:45am (*packets will not be mailed*)

EVENT T-SHIRTS: 100% cotton Hog Jog shirts

AWARDS: Male & Female - Prizes to top 3 M & F Overall.
 Prizes to top Clydesdales (male over 200lbs - female 150lbs)
 Awards to top 3 in each division. *No duplications.*

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

COURSE Scenic trail run thru Sergeant Jasper Park

AWARD CEREMONY Following race: *BBQ from Jim & Nicks, Music, Refreshments, Door prizes & much more*

Toddler Trot: For kids under 8 before Award Ceremony

DIRECTIONS: Off Exit 8 at I-95 and Highway 278
 behind the **Coastal Carolina Medical Center.**

To BENEFIT Bluffton High School Bobcats - Cross Country



Jasper County
 Parks & Recreation

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 thru 5/15
- \$ 28.00 5/15-5/27
- \$ 3.00 XXL T-Shirt
- \$ 5.00 For Charity
- Late fee (after 5/27)

TOTAL ENCLOSED _____

First Name: _____

Last Name: _____

Address: _____

City _____ State _____ Zip _____

Age _____ (as of 5/30/09) Phone _____

Male _____ Female _____

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

_____ 5K Run _____ 5K Nature 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 _____



BEAR FOOT SPORTS

20 Towne Drive - PMB #200
Bluffton, SC 29910

UPCOMING BEAR FOOT SPORTS EVENTS:

May 30th - 9am - LowCountry Hog Jog

June 20th - 8am - RUN BIKE RUN of the Lowcountry

July 4th - 8am - Hilton Head Island Firecracker 5000

**May 30th • 9:00am
Trail Run & BBQ**



Sergeant Jasper Park • Hardeeville, SC



**ph # 843/757-8520
www.bearfootsports.com**