

HILTON HEAD HALF MARATHON & 10K/5K

ENTRY FEE & REGISTRATION

\$35 1/2 Registration Post Marked 1/1
 \$40 1/2 Registration Post Marked 1/2 - 1/31
 \$25 10K/5K Pre-Registration or \$30 1/2 - 1/31
 \$45 1/2 - Late Registration @ Packet Pick-Up
 \$35 10K/5K - Late Registration @ Packet Pick-Up
 Event confirmations will not be sent.

PACKET PICK-UP • Packets cannot be mailed

FRIDAY, Feb 5, 4pm-7:00pm
 Westin Resort Hilton Head, Port Royal Plantation

SATURDAY, Feb 6, 6:30am-7:30am

Jarvis Creek Park - Hwy 278 & Jarvis Park Rd
 You can pick-up on Friday PM or Saturday AM

LONG SLEEVE T-SHIRTS

• Guaranteed to first 1200 participants

SCENIC COURSE - USTF Cert #SC06008BS

• Start at Jarvis Creek Park down Natures Way and Pembroke Rd and back thru Jarvis Creek Park onto Cross Island Pkwy, **over Broad Creek**, left at Bay Pines onto Arrow Rd towards Dunagans Alley towards Town Hall. Turn around and return on same route via Arrow Rd, Pow-erline Rd, **over Broad Creek**, Cross Island Pkwy to Finish at Jarvis Creek Park.
 • The course will remain open until 11:00am. Traffic control cannot be guaranteed after this time.
 • **Course Map available at www.bearfootssports.com**

HALF MARATHON

• Miles will be clearly marked split times provided
 • Water/Sports Drinks available at 2 mile intervals
 • First aid stations will be available at start/finish, 10K turn & 1/2 turn.

5K & 10K RUN/WALK

• Start and finish at **Jarvis Creek Park**
 • Same fast and flat starting loop as Half Marathon
 • Miles will be clearly marked split times provided
 • Awards to top 3 M/F in seven divisions
 • Walkers will start shortly behind runners

PARKING

• Free parking at School Campus off 278 @ Wilborn Rd

STROLLERS

• NO Strollers, baby joggers or pets are permitted.

HALF MARATHON RUN DIVISIONS

Male
 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,
 50-54, 55-59, 60-64, 65-69, 70 & over.
 Clydesdale- 190-225 lbs, 226 lbs & over

Female
 19 & Under, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49,
 50-54, 55-59, 60 & over • Zina - 145 lbs & Over

HALF MARATHON AWARDS

- Gift Cards to top 3 M/F Overall
- Gift Cards to top 3 M/F Masters 40+
- Gift Cards to top M/F Grand Masters 55+
- Awards to top 3 M/F in each division
- *Finisher's Medal for all Half Finishers.*

5K & 10K DIVISIONS Male & Female

U-13, 14-19, 20-29, 30-39, 40-49, 50-59, 60+
 • Gift Certificates to top 3 M/F Overall
 • Awards to top 3 M/F in each division

NO DUPLICATIONS

TODDLER TROT, POST RACE PARTY & AWARD CEREMONY

- Jarvis Creek Park
- Music, refreshments, massages
- Door prizes & Westin Grand Prize Drawing

TO BENEFIT

• A percentage of proceeds go to benefit:

Strive to Excel: Works in our schools to develop academic & social skills along with self esteem.



The Hilton Head Island Children's Memorial

Garden: A beautiful place to honor and remember sons & daughters who have died.

ACCOMMODATIONS

- **HOST HOTEL:**
The Westin Resort & Spa Hilton Head
 ph. 843/681-4000 • Rate \$99
- **Comfort Inn**
 ph. 843/842-6662 • Rate \$42.95
- **Holiday Inn Oceanfront**
 ph. 843/785-5126 • Rate \$69

REGISTRATION FORM

Please make check payable and mail to:

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

HILTON HEAD ISLAND HALF MARATHON & 10K/5K

(race use only)

<input type="checkbox"/>	\$ 35.00	1/2 Pre-Reg. (til 1/1)
<input type="checkbox"/>	\$ 40.00	1/2 Reg. (1/2-1/31)
<input type="checkbox"/>	\$ 25.00	5 & 10k Pre-Reg. (1/1)
<input type="checkbox"/>	\$ 30.00	5 & 10k Reg. (1/2-1/31)
<input type="checkbox"/>	\$ 45.00	1/2 Late-Reg.
<input type="checkbox"/>	\$ 35.00	5 & 10k Late-Reg.
<input type="checkbox"/>	\$ 3.00	XXL Shirt
<input type="checkbox"/>	\$ 5.00	Charity
TOTAL ENCLOSED _____		
sorry no refunds		
pre-registration deadline (1/31/10)		

First Name:											Last Name:											Age		
Address:																					Date of Birth (mm/dd/yy)			
City											State			Zip										

Male/Female
(Circle Sex)

(check one) 5 K Run/Walk 10 K Run/Walk Half Marathon

Womens Zina/Filly / Weight _____ (Women 145lbs + only)
 Mens Clydesdale / Weight _____ (Men 190lbs + only)

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 _____

RACE HOTLINE
843/757-8520 • bearfootssports.com

GOLD SPONSORS



**Hilton Head
BMW**



PATRON SPONSORS

ECOWATER SYSTEMS



THE SALTY



BANANA REPUBLIC



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

2/6/10 • TIME WARNER CABLE HILTON HEAD ISLAND HALF MARATHON • 8:00AM
3/13/10 • HILTON HEAD SHAMROCK RUN • 8:00AM

Hilton Head Island



Half
**Marathon
& 10k/5k**

**February 6, 8:00am
JARVIS CREEK PARK
CROSS ISLAND BRIDGE**

**HALF MARATHON
10K RUN/WALK
5K RUN/WALK
TODDLER TROT
POST RACE PARTY
Host Hotel Westin Resort**

**843/757-8520
bearfootsports.com**