

# 27th Annual Hilton Head Bridge Run

## 5K ENTRY FEE & REGISTRATION

\$30.00 Pre Registration thru 11/3/18  
\$35.00 Late Registration after 11/3/18

## 10K ENTRY FEE & REGISTRATION

\$35.00 Pre Registration thru 11/3/18  
\$40.00 Late Registration after 11/3/18

### TECH-SHIRTS

- Tech-shirts guaranteed to first 500 participants

### PACKET PICK-UP - Breakthrough Fitness Center @ 130 Arrow Road, HHI

Friday, Nov 9th, 4:00pm-6:00pm

Packets can also be picked up at race in the morning but cannot be mailed, you must pick-up

### THE RACE - 10K & 5K RUN STARTING LINE - Runners will start at 8:00am

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

### 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 span, then about 1 mile flat, then turn around and come back. **MAP Available at [www.bearfootssports.com](http://www.bearfootssports.com)**

### 10K RUN AGE GROUPS - 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+

### 10K AWARDS - NO DUPLICATIONS

- Awards & Gift Certificates to top 3 M/F Overall, M/F Masters 40+
- Awards & Gift Certificates to top M/F Grand Masters 50+
- Awards to top 3 M/F in each age group

### 5K COURSE RUNNERS & WALKERS

- 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.
- Walkers will start shortly behind runners. **Walkers will have 1 hour to complete walk**

### 5K RUN AGE GROUPS

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+

### 5K AWARDS -

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

### AWARD CEREMONY & POST RACE PARTY

Music, Papa John's Pizza, Refreshments, Door Prizes & More

### PARKING

- Free parking is available at Crossings Park

### TO BENEFIT

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

**NO STROLLERS, BABY JOGGERS, OR PETS, PLEASE !**

**VOLUNTEERS ALWAYS NEEDED**

### ACCOMMODATIONS

check race web site for hotel options



# REGISTRATION FORM

Please make check payable and mail to:

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

## 2018 HILTON HEAD BRIDGE RUN 5K•10K

\_\_\_\_\_  
(race use only)

Age \_\_\_\_\_ Date of Birth (mm/dd/yy) \_\_\_\_\_

First Name: \_\_\_\_\_  
Last Name: \_\_\_\_\_

Address: \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_

Zip \_\_\_\_\_

(Please check one)

- 5KRun or Health Walk  10 K Run Only

### Male / Female

(choose one)

Adult Shirt Size: (circle one)

XS S M L XL (XXL only add \$3.00)

### CHECK LIST

- \$ 30.00 5K Entry Fee
- \$ 35.00 10K Entry Fee
- \$ 3.00 XXL T-shirt
- \$ 5.00 Children's Relief Fund
- \$ 5.00 Late Fee (after 11/3/18)

TOTAL ENCLOSED \_\_\_\_\_  
sorry no refunds

Ph \_\_\_\_\_ E-mail \_\_\_\_\_

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



**official race sponsors**



**10K RUN • 5K RUN/WALK**  
**Saturday November 10th**  
**Crossings Park @ 8:00am**

**Hilton Head Island, South Carolina**

**Running over the Broad Creek**

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