



Sat. Jan. 5th • 10am

Hilton Head Lakes - Hardeeville, SC
5K Run • 1 Mile Health Walk • Pool Plunge



Hilton Head Honda



ANKLE & FOOT ASSOCIATES, LLC



BEARFOOTSPORTS.COM • 843/757-8520

2019 Low Country Polar Bear Run, Walk & Plunge

EVENTS: 1 MILE FUN RUN & HEALTH WALK • 5K RUN & FITNESS WALK

1 MILE FUN RUN & WALK : (shirt included) \$20 post marked 1/2/19 • \$25 Late
 5K RUN (shirt included) \$30 post marked 1/2/19 • \$35 Late

START/PARKING: HILTON HEAD LAKES COUNTRY CLUB - Hardeeville, SC

PACKET PICK-UP & LATE REGISTRATION:

Fri. Jan 5th - 5 til 7pm - Dicks Sporting Goods Bluffton -
 20% off throughout the store for Polar Bear participants during packet pickup ! (some exclusions do apply)

Race Day - HH Lakes Country Club - 9:00am - 9:45am

1 MILE FUN RUN & HEALTH WALK COURSE: LOOP

5K RUN & FITNESS WALK COURSE: 5K IS CHIP TIMED - OUT & BACK LOOP -
 Flat and very fast. Hilton Head Lakes

5K AWARDS: Male & Female - Prizes to top 3 M & F Overall and Masters.
 Awards to top 3 in each division. *No duplications.*

5K MALE & FEMALE DIVISIONS: 10 & under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39,
 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70 & Over

BLOCK PARTY Post Race Party - awards, refreshments, door prizes & PLUNGE
 TO BENEFIT A portion of proceeds to benefit a local charity.

PETS, STROLLERS & BABY JOGGERS ARE WELCOME

PB-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

First Name: _____
 Last Name: _____
 Address: _____
 City _____ State _____ Zip _____
 Phone _____
 Age _____ (as of 1/05/19) Male _____ Female _____
 Shirt Size: (circle one) YM YL S M L XL (XXL only \$3 additional)
 Check Event _____ 1 Mile _____ 5K Run

Check List

\$ 20.00 Mile Fun Run
 \$ 30.00 5K Entry Fee
 \$ 3.00 XXL T-shirt
 \$ 5.00 For Charity
 Late fee (after 1/2/19)

TOTAL ENCLOSED _____

In consideration of your accepting me/my child's registration, I herby 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 _____