

# LOWCOUNTRY ROOTS, ROCK & REGGAE RUN

## ENTRY REGISTRATION FEES

**\$30 - 5K & 10K** Pre-Registration thru 5/4 - \$35 after

*Colorful tech shirt included*

**\$45 - 15K** Pre-Reg. thru 5/4 - \$55 after

*Colorful tech & tie die shirts included*

*15K is combined time of both races, not a separate event.*

Event confirmations will not be sent.

**PACKET PICK-UP** • *Packets cannot be mailed*

**FRIDAY, May 10th, 4:30pm-6:00pm**

**Sports Addiction - 200 Okatie Village - Suite 101.**

**Bluffton, SC ( New location near Sun City )**

**SATURDAY, May 11th, 4:00pm-5:30am**

**Hilton Head Lakes - Hardeeville, SC**

## EVENT LOCATION

• Hilton Head Lakes - formerly Tradition Hilton Head is located 3 miles east of I-95 on HWY 278 at SC Exit 8. Parking is FREE.

## EVENT SCHEDULE

- 5:00pm 5K Root Run & Health Walk
- 6:00pm 10K Rock Run
- 5:30pm-8:00pm Reggae Sunsplash Party & Awards

## RACE COURSE

• Run courses are fast & flat on roads and bike paths.  
**ALL RACES ARE CHIP TIMED** - gun start  
**5K RUN & HEALTH WALK COURSE:** OUT & BACK LOOP  
**10K RUN COURSE:** DIFFERENT LOOP THEN 5K  
**15K RUN COURSE:** COMPLETE BOTH THE 5K & 10K RUNS.

## MORE

- Events will be held rain or shine
- Sorry no refunds
- Pets, strollers & baby joggers are welcome in 5K only

## 5K AWARDS MALE & FEMALE -

*Prizes to top 3 M & F Overall.*

*Awards to top 3 in each division.*

**NO DUPLICATIONS.**

**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+

## 10K AWARDS MALE & FEMALE -

*Prizes to top 3 M & F Overall and Masters.*

*Awards to top 3 in each division.*

**NO DUPLICATIONS.**

**DIVISIONS:** 14 & under, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65-69, 70+

## 15K AWARDS MALE & FEMALE -

*Prizes to top 10 M & F Overall*

*Participants in 15K are eligible to win awards in the 5K & 10K races.*

## REGGAE SUNSPLASH PARTY & AWARD CEREMONY

- Live Reggae Music from "Patwa"
- Craft Beer Garden with \$4 craft beers
- Refreshments, door prizes & more

## TO BENEFIT

• A percentage of proceeds will go to benefit a local area charity:

## ACCOMMODATIONS

- Comfort Suites Bluffton  
*Rate \$89.99 - ph. 843/815-1700*



*The Inaugural Reggae Run promises to be fun and entertaining, it is being held on May 11th in honor of Bob Marley who died on that day back in 1981.*



**RACE HOTLINE**  
**843/757-8520 • bearfootsports.com**

# REGISTRATION FORM

Please make check payable and mail to:

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

*(race use only)*

**Lowcountry Root, Rock & Reggae Run**

Check List	
<input type="checkbox"/>	\$ 30.00 5K Entry Fee
<input type="checkbox"/>	\$ 30.00 10K Entry Fee
<input type="checkbox"/>	\$ 45.00 15K Entry Fee
<input type="checkbox"/>	\$ 3.00 XXL T-shirt
<input type="checkbox"/>	\$ 5.00 For Charity
<input type="checkbox"/>	Late fee (after 5/4)
TOTAL ENCLOSED _____	

First Name:	<input type="text"/>										Age	<input type="text"/>
Last Name:	<input type="text"/>										Date of Birth (mm/dd/yy)	<input type="text"/>
Address:	<input type="text"/>										City	<input type="text"/>
	<input type="text"/>										State	<input type="text"/>
	<input type="text"/>										Zip	<input type="text"/>

**Ph. #** \_\_\_\_\_  
**(check one)**  5 K Run/Walk  10K Run  15K Run **Male/Female**  
*(Circle Sex)*

Adult Shirt Size: (circle one) XS S M L XL (XXL only add \$3.00)

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 \_\_\_\_\_

**GOLD SPONSORS**



**PATRON SPONSORS**



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

**5/11 • Lowcountry Roots, Rock & Reggae Run**  
**7/4 • HILTON HEAD ISLAND FIRECRACKER 5000**

**Publix**  
*Lowcountry*  
**Roots, Rock & Reggae Run**  
5K, 10K & 15K



**May 11th - 5pm**  
**Hardeeville, SC**

*Twilight Run in Hilton Head Lakes*  
*Post Race Sunsplash Party*  
*Live Reggae Music from Patwa*



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