

17th Annual

Bear Foot 5K and 1/2 Mile Fun Run

Proceeds go to:

Sunshine Elementary School

Fun Run is for children 5th grade and under. Do not register on this form if only running Fun Run.

There is no charge for Fun Run, but does not include shirt. You may purchase a shirt by contacting Robin Smith at rsmith@rcsnc.org.

<https://runsignup.com/Race/NC/Bostic/BearFoot5KandFunRun>

Virtual Race provided by:
Total Race Solutions



BEAR FOOT 5K
SUNSHINE ELEMENTARY SCHOOL
231 TONEY ROAD
BOSTIC, NORTH CAROLINA 28018

Bear Foot 5K
and Fun Run

March 19, 2022

8:30 a.m.

Sunshine Elementary
231 Toney Road
Bostic, NC 28018



Rain or Shine
No pets, please!

Sunshine Elementary

231 Toney Road
Bostic, NC 28018

Registration Information

Make checks payable to :

Sunshine School 5K

Mail to:

Bear Foot 5K
433 South Creek Rd
Bostic, NC 28018

Early Registration Deadline
Friday, February 25, 2022

**** All 5K participants will receive a hoodie if registered by**

February 25, 2022

After Feb. 25, you will receive a short-sleeved t-shirt on first come, first serve basis.

Race Day Registration

7:00-8:15 at Sunshine Elementary

Age Divisions (Male & Female)

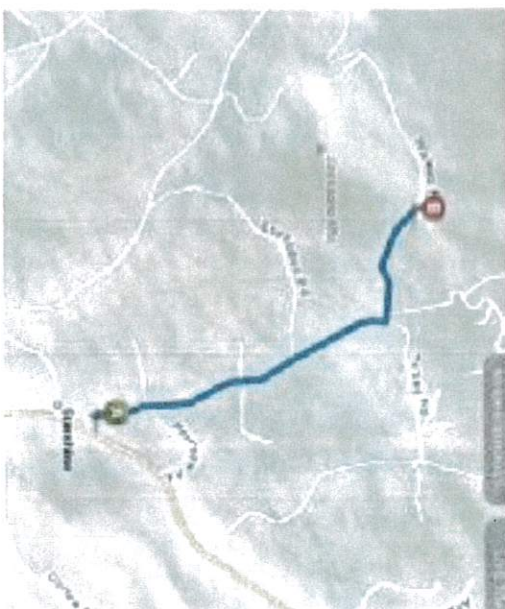
1/2 mile Fun Run for 5th grade & under

(Fun Run is not timed but every child will receive a medal!)

5K Run/Walk

5 and under, 6-7, 8-9, 10-11, 12-13, 14-15,
16-19, 20-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-64,
65-69, 70-74, 75-79, 80-84, 85-89, 90-94

Course Map



Course is out once and back

Fast, flat course through scenic countryside

To register online:

<https://runsignup.com/Race/NC/Bostic/BearFoot5KandFunRun>

For any concerns or questions please

contact:

Robin Smith

rsmith@rcsnc.org

828-429-7822

Age on Race Day



Gender (Circle One)	Male	Female
5K Walk/Run - \$25 (Circle One)	Yes	No
*** Middle School Age & Under \$20 (Circle One)	Yes	No
Phantom Runner: I don't want to run, but I do want a hoodie to show my support for Sunshine Elementary - \$25	Yes	No

Circle Shirt Preference & Size:

Short Sleeve Tee Long Sleeve Tee Hoodie

Youth: Sm. Med. Lg.

Adult: Sm. Med. Lg. XL 2XL 3XL

Name _____

Address _____

Phone _____

Email _____

Make checks payable to Sunshine School 5K. Registration before Feb. 25 guarantees a hoodie. After Feb. 25, short-sleeved t-shirts are on a first come, first serve basis. Entry fees are non-refundable. Race is rain or shine.

I hereby waive all claims against Sunshine Elementary School, Total Race Solutions, staff, volunteers, and anyone associated with this race. I further state that I am in a proper physical condition to participate in this event and understand the risks associated with this event. I also give permission for my name and picture to be used by Sunshine Elementary for promotion materials.

Signature (guardian if under 18 years old). _____ Date _____

Emergency Contact Name and Phone # _____