



7th Annual

Bear Tear Out of Hibernation 5k, 1mi Fun Run, & 7K Challenge

Saturday, January 30, 2016

ALL PROCEEDS BENEFIT THE MOUNTAIN VIEW CROSS COUNTRY STUDENT ATHLETES

9:30 am 1mi Fun Run – 10:00 am 5K Run/Walk & 7K Challenge

Mountain View High School Football Stadium: 2351 Sunny Hill Road Lawrenceville, Georgia 30043

!!!! All runners receive a MV logoed Polar Fleece Headband !!!!

ENTRY FEE:

- \$25- 19 and over 5k and 7k Challenge
- \$15- 18 and under 5k and 7k Challenge
- \$10- 1 mi Fun Run 10 and under

HOW TO REGISTER:

Mail: Fill out attached and mail as below by 01/24/16

Online:

<https://runsignup.com/Race/Ga/Lawrenceville/BearTear5K>
www.mtnviewxc.onmycalendar.com

CAN'T MAKE IT?

No problem! PHANTOM runners and donations are appreciated!



- Info
- Register
- Sponsor

AWARDS!!:

- Overall Men's & Women's
- Top 3 finishers M/F in the following age groups:
10 and under, 11-14, 15-19, 20-24, 25-29, 30-34, 35-39, 40-44, 45-49, 50-54, 55-59, 60-64, 65 & over.
- Finishing medals for Fun Run participants
- Top 3 CHALLENGE winners

THE CHALLENGE:

Add a 2k trail run **AND** eat 3 Honey Buns to CHALLENGE

Race shirts are guaranteed for all runners registered prior to April 14, race day quantities limited

QUESTIONS: w.keller26@gmail.com; www.mtnviewxc.onmycalendar.com

Mail entries payable to: **Mountain View Cross Country Booster Club Inc.**, POB 491343 Lawrenceville, Ga. 30049

Name: _____ Age on race day: _____ Male: _____ Female: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ Email: _____

Race (Circle one): 5K -7K Challenge - Fun Run - Phantom

Registration Fee: \$ _____ (see above) Additional support is greatly appreciated \$ _____ = Total : _____

In consideration of acceptance of this entry I hereby waive any and all claims for myself and/or my heirs against Mountain View High School, Mountain View Cross Country Boosters Inc., officials, sponsors, race-related organizations and volunteers for any illness, injury, damages or other liabilities that may be incurred as the result of my voluntary participation in the event. I further state that I am properly trained and in physical condition to participate in this event. I understand my entry is non-refundable and that the event will take place rain or shine. Please check the Mountain View Cross Country Website for updates: <http://mtnviewxc.onmycalendar.com/>

Signature (parent or guardian if participant is under 18): _____ Date: _____

****OUR STUDENT ATHLETES GREATLY APPRECIATE YOUR GENEROUS SUPPORT AND PARTICIPATION****