

5th Annual Bridge at Ocean Isle Beach, NC

RUN FOR FOOD Half Marathon & 5K Saturday, January 10, 2009

The course will take runners over the scenic high-rise bridge to the Ocean Isle Beach, NC mainland and back to the island. The views of the Intracoastal

Waterway on one side of the isle and the Atlantic Ocean on the other make the journey even more pleasant and exciting.



CHECK IN AT OCEAN ISLE BEACH TOWN HALL

3 West Third St. Ocean Isle Beach, NC

Saturday, January 10th

7:00-8:45AM

EARLY PACKET PICKUP

Friday, January 9th

5:30-7:30 PM

*Call Ocean Isle Inn
at 1-800-352-5988 for
Special Run For Food Rates*

RACE START TIME 9:00 AM

Register online at www.active.com no later than 01/08/09 or mail completed registration form by 1/06/09 with a check payable to SBIC to:
SBIC Run For Food HALF-MARATHON: \$30 5K: \$25
PO Box 1461 All proceeds benefit the South Brunswick
Shallotte, NC 28459 Interchurch Council Food Pantry

Name _____ Race Day Age _____

Address _____

Phone _____ Male ___ Female ___ Shirt size S M L XL XXL

Waiver & Release: I am in proper physical condition to participate in this event, and I waive any and all claims for myself and my heirs against officials, volunteers, and/or sponsors of the Bridge at Ocean Isle Beach, NC Run For Food for any injury or illness which may directly or indirectly result from my participation.

I grant permission to use any photos or other recordings of me for any legitimate purpose.

Signature _____ (Under 18, signature of parent/guardian)

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