



11<sup>th</sup> Annual

# Bear Cupboard Run

**\*\*Due to Covid-19, This Years BCR is a VIRTUAL Run/Walk  
Weekend of June 27<sup>th</sup>, 2020 • Where You Live**

No Refunds or Transfers, One Participant Per Form, Entry Forms May be Photocopied.

[www.bearcupboardrun.org](http://www.bearcupboardrun.org)



## The Cause- Neighbors Helping Neighbors

Please join us for the 11<sup>th</sup> Annual Bear Cupboard Run Event! This year the race will be held where ever you can socially distance and get out and move!

This is Lakeland Pantry's largest fundraiser of the year with all proceeds going to the pantry.

Lakeland Pantry, a 501(c) 3, provides over 25,000 men, women and children yearly with bi-weekly supplemental food, personal care and household cleaners.



## Registration Opens

**May 4 - June 27**

**at 6:00 am**

**Please go to:**

[www.bearcupboardrun.org](http://www.bearcupboardrun.org)



## \*Important!

The virtual races are being conducted on an honor system! Please uphold the spirit of honest racing by running the full distance of your race, and reporting accurate times. Thank you!

## T-Shirts

T-shirts will be given to those that sign up for them. T-shirts will be available in mid July to pick -up (locations TBA) or we'll ship them to you! Finisher medals/or participation year pins, will be included with your participation T-shirt. (Finisher medals and year pins apply to 1/2 marathon finishers only.)



Cut and Return

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### Race Registration

Event*	Entry Fee	Age Limit
1/2 Marathon	\$40 <input type="checkbox"/>	12 yrs and older
5K Run	\$25 <input type="checkbox"/>	--
5K Walk	\$25 <input type="checkbox"/>	--
Cubby Run**	\$10 <input type="checkbox"/>	9 yrs and under

Is this your first BCR 1/2 Marathon?

Yes  No

If yes, would you like us to set aside a medal for you?

Pick Up \_\_\_\_\_  
Mail \_\_\_\_\_

OR, if you have participated for more than one year, what finisher year pin should you receive?

\_\_\_\_\_

Would you like your year pin?

Yes  No

### T-SHIRTS

Would you like to receive your participation T-Shirt? Yes  No

\*\*Please note that shirts, medals and awards will be available for pick-up (locations TBA), mailed to you or you can choose to donate the cost of the shirts, metals, and possible mailing to the Lakeland Food Pantry.

Adult Size  S  M  L  XL  XXL   
Youth Size  S  M  L  \$2 extra

### WAIVER & RELEASE FROM LIABILITY

Waiver: I acknowledge that the registered event is an extreme test of a person's physical and mental limit and carries with it the potential for death, serious injury and property loss. The risks include, but are not limited to, those caused by terrain, facilities, participants, spectators, volunteers, coaches, event officials, and event monitors, and/or producers of the event, and lack of hydration. I hereby assume all the risks for participating in this event. I certify that I am physically fit, have sufficiently trained for participation in the event, and have not been advised otherwise by a qualified medical person. I acknowledge that this Accident Waiver and Release of Liability (AWRL) will be used by the event holders, participants, sponsors, service providers, and organizers in which I may participate and that it will govern my actions and the responsibilities at said event. In consideration of my application and permitting me to participate in the event, I hereby take action for myself, my executors, administrators, heirs, next of kin, successors and assigns as follows: (A) Waive, Release and Discharge from any and all liability for my death, disability, personal injury, property damage, property theft, or actions of any kind which may hereafter accrue to me or my traveling to and from this event, including but not limited to the Bear Cupboard Run, their directors, officers, employees, volunteers, representatives and agents, the event holders, event sponsors, event directors, event volunteers; (B) Indemnify and Hold Harmless the entities or person(s) mentioned in this paragraph from any and all liabilities or claims made by other individuals or entities as a result or my actions during the event. I hereby consent to receive medical treatment, which may be deemed advisable in the event of injury, accident and/or illness during the event. This AWRL shall be construed broadly to provide release and waiver to the maximum extent permissible under the applicable law.

THE ATHLETE HAS READ THE FOREGOING AND INTENTIONALLY AND VOLUNTARILY SIGNS THIS RELEASE AND WAIVER OF LIABILITY AGREEMENT.

SIGNATURE OF PARTICIPANT \_\_\_\_\_ DATE \_\_\_\_\_

SIGNATURE OF PARENT OR LEGAL GUARDIAN \_\_\_\_\_ DATE \_\_\_\_\_  
(if participant is under 18 years of age)

Complete and enclose this entry form in an envelope with payment. Please make check or money order payable to:

**Lakeland Pantry/HYF**  
**P.O. Box 470, Woodruff, WI 54568**  
For more information,  
go to [bearcupboardrun.org](http://bearcupboardrun.org).

First Name \_\_\_\_\_ Gender  M  F

Last Name \_\_\_\_\_

Birth Date \_\_\_\_\_ Age on 6-27-20 \_\_\_\_\_

Email \_\_\_\_\_

Day Phone \_\_\_\_\_

Cell Phone \_\_\_\_\_

Street Address \_\_\_\_\_

City \_\_\_\_\_

State \_\_\_\_\_ Zip \_\_\_\_\_

Signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature if under 18 \_\_\_\_\_ Date \_\_\_\_\_

WAIVER MUST BE SIGNED