

2014
BEAR WALLOW
Run & Ride



A weekend event benefitting World Camp, Inc.

August 9th and 10th
10:00am start time both days

Join us for our 3rd annual event! This year, we will hold our trail run on Saturday, August 9th, and our mountain bike event on Sunday, August 10th. Participate in one or both events!

Bear Wallow Run 8/9: Saturday's event includes a 5-mile or 10-mile trail run (you choose the distance you prefer). Categories include Male and Female individual, any age. Run begins promptly at 10 am; please show up 30 minutes early to sign in/confirm registration.

Bear Wallow Ride 8/10: Sunday's event includes a 6-hour trail ride. Categories include Male, Female, and Co-ed; each team of two will share six hours of riding, with each lap measuring about 10 miles. Ride begins promptly at 10am; please show up 30 minutes early to coordinate the ride with your teammate and to confirm registration.

Location: Long Ridge Farms Trailhead, 2520 Rominger Rd between Banner Elk and Valle Crucis

Entry Fee: \$25 per person, per event (register for one or both events) — all fees collected will directly benefit World Camp, Inc.

For more information on the event, please visit our web page at:

www.longridgefarms.com/RunRide.html