

10th Annual

Bearcat Wrestling

Fall
5K Run/Walk



Saturday, November 2nd, 2019

BHS- Wrestling Team

The Bonita Bearcat Wrestling Team is hosting it's 10th annual "FALL UP 5K Run/Walk" on Saturday, November 2nd, 2019 starting/finish at Bonita HS (Registration: 7:30 to 8:30 AM)!!

Please come out and show your support of the Bearcat Wrestlers.... You can bring the whole family!!

**As an added BONUS to our Wrestlers.....We are fundraising for new Team Singlets this year, PLUS, each wrestler will receive a 2019/20 USA WRESTLING CARD for off season tournaments (\$52.00 value).*

Get a FREE 5K T-shirt!!

Awards!

Kids, Mens &
Womens
Divisions



I am running in support of (wrestlers name)

Pre-Registered Runners: \$30.00

*Pre-Registration ends October 25th

Walk up Registration: \$35.00

T-Shirt Size-

Youth- SM MD LG

Adult- SM MD LG XL XXL

*Registration: 7:30 to 8:30 a.m.

*Race Begins: 9:00 am
SHARP

*Location: **Bonita Hight School** in La Verne (3102 D St. in La Verne) we will run around the school and back!

*Make Checks Payable to "**Bonita High School**" memo Wrestling 5K.

*Please complete the Registration Form on the reverse side of this flyer.

*Wrestlers can bring completed forms and payments to practice or you can mail completed forms and payments to Bonita High School Attn: Wrestling- Brian Sandmark to 3102 "D" St. La Verne, CA 91750 before October 25th **or simply bring it by the school.**

Contact Coach Sandmark
(909) 538-5774