



# Southeast Georgia Health System Foundation 2017 BRIDGE RUN ENTRY FORM

**Register online at [active.com](http://active.com) or completely fill out this form and mail it to:**

Southeast Georgia Health System, Attn: Bridge Run,  
2415 Parkwood Drive, Brunswick, GA 31520 or fax to 912-466-5156.

**Incomplete forms will be considered walkers.**

No wheeled devices allowed. Confirmations will be emailed. Runner registration forms must be RECEIVED by 11:59 p.m. on Tuesday, Feb. 14, 2017. Entries received after Feb. 6, 2017, are not guaranteed a dri-fit shirt or timing chip for runners.

**EVENT DATE: Saturday, Feb. 18, 2017, 7 a.m.–12 p.m.**

LAST NAME	FIRST NAME	M.I.

MAILING ADDRESS

CITY	STATE
COUNTRY	ZIP CODE
BIRTHDAY MM/DD/YYYY	M/F
AREA CODE	DAY PHONE NUMBER

EMAIL ADDRESS (to send confirmation)

CIRCLE SHIRT SIZE:	CL	S	M	L	XL	XXL
	Child Sizes					Adult Sizes

TEAM CAPTAIN:

TEAM NAME:

(Fill in only if you are forming a team of at least 10 people. No limit and you will receive a \$2 discount per person for the team category. However to ensure participation and discount, all members must enter the team name **identically.**)

PAYMENT: (Circle)	VISA	MASTERCARD	CHECK

If using credit card, fill in credit card number above.

EXPIRES: \_\_\_\_\_ / \_\_\_\_\_ (MM/YYYY)

### CHOOSE ONE EVENT:

<input type="checkbox"/> 5K RUN	<input type="checkbox"/> 5K WALK
<input type="checkbox"/> 5K RUN TEAM	<input type="checkbox"/> 5K WALK TEAM
<input type="checkbox"/> FIREFIGHTERS CHALLENGE (FREE)*	

Predicted Time: \_\_\_\_\_ hr \_\_\_\_\_ min

### PAYMENT:

DEADLINE	Before 1/31	After 1/31	AMOUNT DUE
ITEM			
5K Run	\$30	\$40	
5K Walk	\$30	\$40	
Pasta Party	\$5	\$5	
Teams of 10 or more	\$28	\$38	

\*The Run and Pasta Party are free to Firefighter Challenge participants.

Charitable Donation to Cancer Care Programs	
Total Amount Due	

**Make checks payable to: SGHS Bridge Run, or complete credit card information.**

**For more information, call 912-466-BRUN (2786) or 1-800-537-5142 x 2786**

I know that running/walking a road race is a potentially hazardous activity. I should not enter and run/walk unless I am medically able and properly trained. I agree to abide by any decision of an event official relative to my ability to safely complete the event. I assume all risks associated with running/walking in this event including, but not limited to: falls, contact with other participants, the effects of the weather, traffic and the conditions of the road, all such risks being known by me. I understand that no strollers, baby joggers, roller blades, wheelchairs, skateboards, or bicycles are allowed in this event. Having read this waiver and knowing these facts and in consideration of your accepting my entry, I, for myself and anyone entitled to act on my behalf, waive and release Southeast Georgia Health System, GA DOT, and all sponsors, their representatives and successors from all claims for liabilities of any kind arising out of my participation in this event even though liability may rise out of negligence or carelessness on the part of the persons names in this waiver.

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

Signature of parent or legal guardian if under 18 \_\_\_\_\_

I understand that the entry fee is NON-REFUNDABLE and supports the Southeast Georgia Health System cancer care programs.



## Southeast Georgia Health System 2017 Bridge Run

**Pasta Party:** Friday, Feb. 17,  
5–8 p.m. at the foot of  
the Sidney Lanier Bridge,  
Brunswick

**Bridge Run:** Saturday, Feb. 18,  
7 a.m.–12 p.m. at the foot of  
the Sidney Lanier Bridge,  
Brunswick

### LOCATION/COURSE:

Run start is located on the southbound side of the Sidney Lanier Bridge on U.S. Hwy 17. Please go to [sghs.org](http://sghs.org) for directions to the Run.

The course will start on the southbound side of the bridge and go south over the bridge and return back over the bridge. The bridge is 7,780 feet long with the main span distance between towers being 1,250 feet. The climb up the bridge will be about 200 vertical feet within 3/4 mile or a greater than six percent grade and then down 3/4 mile.

**NOTE:** The run begins on an incline and there are only 300 yards of FLAT COURSE. This is a physically challenging course and should NOT be attempted by those not properly trained.

### RUNNERS & WALKERS:

ENTRY FORMS MUST BE RECEIVED BY 11:59 p.m. ON TUESDAY, FEB. 14, 2017, or register online at [active.com](http://active.com). *There will be no day-of-event runner registration.*

\$30 per walker/runner before Jan. 31; \$40 per walker/runner after Jan. 31. \$2 discount per runner for teams of 10 or more. Pay by check or credit card with mail-in registration. You can also register online at [active.com](http://active.com).

Sorry - NO REFUNDS

Only runners and walkers registered before February 6 will be guaranteed a dri-fit T-shirt.

### LATE WALKER REGISTRATION:

Saturday, Feb. 18, 7–9 a.m. at the registration tent. Cost is \$40.

### PACKET PICK-UP, PASTA PARTY & EXPO:

Friday, Feb. 17 from 5–8 p.m. at the foot of the Sidney Lanier Bridge, Brunswick. There will be a pasta dinner for an additional \$5. Participate in the event EXPO! Pick up your bib number and shirt. Timing chips are attached to bibs.

Awards  
Sponsored by: 

Cash awards of \$1,000, \$500 and \$250 will be presented to the top three overall male and female runners. Medals presented to:

Top Three Overall Fastest Teams  
Top Three Best Team Spirit

Awards ceremony will be held following the event.

### NO WHEELED DEVICES (NO STROLLERS, BABY JOGGERS OR ROLLERSKATES/BLADES).

Insurance requires immediate runner and walker disqualification if violated.

For more information, call 912-466-BRUN (2786) or 1-800-537-5142 ext. 2786. Checks are payable to SGHS Bridge Run. DO NOT MAIL CASH.

Mail to:  
Southeast Georgia Health System, Attn: Bridge Run  
2415 Parkwood Drive, Brunswick, GA 31520