



Southeast Georgia Health System Foundation

2018 BRIDGE RUN ENTRY FORM

Register online at the-bridge-run.org, active.com or complete this form and mail to: Southeast Georgia Health System Foundation, Attn: Bridge Run, 2415 Parkwood Drive, Brunswick GA 31520 or fax it 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 11:59p.m. on Tuesday, Feb 13, 2018. Entries received after Feb. 5, 2018 are NOT guaranteed a dri-fit shirt or timing chip for runners.

SOUTHEAST GEORGIA HEALTH SYSTEM
Foundation

EVENT DATE: Saturday, Feb. 17, 2018, 6 a.m.-12 p.m.

LAST NAME	FIRST NAME	M.I.

MAILING ADDRESS

CITY	STATE

COUNTRY	ZIP CODE	BIRTHDAY <small>MM/DD/YYYY</small>	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																				
<table border="1" style="width:100%; border-collapse: collapse;"> <tr> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> <td style="width:20px; height: 20px;"></td> </tr> </table>																					-	-	-

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

EXPIRES: / MM/YYYY

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.

the-bridge-run.org

CHOOSE ONE EVENT

<input type="checkbox"/> Half Marathon	<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"/> First Responder CHALLENGE (FREE)*		
Predicted Time: _____ hr _____ min		

PAYMENT

Deadline	Before 1/31	After 1/31	Amount Due
Half Marathon	\$60	\$80	
5K RUN	\$30	\$40	
5K WALK	\$30	\$40	
Half Marathon Teams of 10 or More	\$58	\$78	
5K Run or Walk Teams of 10 or More	\$28	\$38	
Pasta Party	\$5	\$5	

* The Run and Pasta Party are free to First Responder 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**

Southeast Georgia Health System Foundation 2018 Bridge Run

the-bridge-run.org

Pasta Party

Friday, February 16,
5–8 p.m. at the foot of
Sidney Lanier Bridge, Brunswick

Bridge Run

Saturday, February 17,
6 a.m.–12 p.m. at the foot of
Sidney Lanier Bridge, Brunswick

The Location & Course

Saturday, February 17

The Bridge Run is located at the Sidney Lanier Bridge in Brunswick, Georgia on U.S. Hwy 17. 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 $\frac{3}{4}$ mile, or a greater than six percent grade and then down $\frac{3}{4}$ mile.

Half Marathon Course

New to The Bridge Run this year is a Half Marathon. The course will start and finish on the southbound side of the bridge. Runners will go south over the bridge, turn around and run down to 4th Ave. Turning left on 4th Ave, runners will then proceed to run the remaining miles through Brunswick's historic districts.

First Responders Challenge Course (formerly Firefighter Challenge)

All First Responders are encouraged to participate. We welcome and encourage firefighters, police, paramedics and military to compete. Who are the best of the best First Responders? This challenge is designed for teams of 3 racing against one another. Teams can include a mix of First Responders. The best team time will be determined by the average of each individual team members' time. Full fire turn-out gear and bullet proof vests are welcome to be worn, but not required. The challenge provides us the opportunity to honor First Responders by creating a friendly competition.

5K Run & Walk Course

The 5K course will start and finish on the southbound side of the bridge. Participants will go south over the bridge, turn around and return. It is a steep, daunting 3.1 miles. The USTA has certified this course as the toughest 5K in Georgia.

Visit the-bridge-run.org for more information.

Note: The runs begin on an incline and the 5K only has 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, FEBRUARY 13, 2018,
or register online at active.com.**

There will be no day-of-event runner registration.
Sorry - NO REFUNDS will be issued. Rain or shine.
Only runners and walkers registered before February 5 will be guaranteed a dri-fit shirt.

Late Walker Registration

Saturday, February 17, 7–9 a.m. at the registration tent.
Cost is \$40.

BIB, SHIRT PICK-UP, PASTA PARTY & VENDOR EXPO

Friday, February 16, 5–8 p.m. at the foot of
Sidney Lanier Bridge, Brunswick

There will be a pasta dinner for an additional \$5.
Pick up your bib number and shirt. Timing chips are
attached to bibs. Bring cash for vendor expo.

Awards sponsored by



Awards Cash & Medals

Cash awards of \$1,000, \$500 and \$250 will be presented to:
Top 3 Overall Male and Female in Half Marathon and 5K Run

Top Three First Responder Teams

Medals will be presented to:

All Runners placing in age level for Half Marathon and 5K Run

Top Three First Responder Teams

Top Three Overall Fastest Teams

Top Three Best Team Spirit

**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 Foundation
Attn: Bridge Run
2415 Parkwood Drive, Brunswick, GA 31520**