



# Southeast Georgia Health System Foundation

## 2020 BRIDGE RUN ENTRY FORM

Register online at [the-bridge-run.org](http://the-bridge-run.org), [active.com](http://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 11, 2020. Entries received after Feb. 4, 2020 are NOT guaranteed a dri-fit shirt or timing chip for runners.

SOUTHEAST GEORGIA HEALTH SYSTEM  
Foundation

**EVENT DATE: Saturday, Feb. 15, 2020, 6 a.m.-12 p.m.**

LAST NAME	FIRST NAME	M.I.

MAILING ADDRESS

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

EMAIL ADDRESS (TO SEND CONFIRMATION)

CIRCLE SHIRT SIZE	S	M	L	S	M	L	XL	XXL
	Youth 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
<input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> - <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/> <input type="checkbox"/>			

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 programs.

### CHOOSE YOUR EVENT

10K Double Pump   
  5K RUN   
  5K WALK  
 5K RUN TEAM   
  5K WALK TEAM  
 First Responder CHALLENGE (FREE)\*  
 Predicted Time: \_\_\_\_\_ hr \_\_\_\_\_ min

### PAYMENT

Deadline	Adult Before 1/31	Adult After 1/31	Youth 12 & under	Amt Due
10K Double Pump	\$50	\$60	\$40	
5K RUN	\$30	\$40	\$20	
5K WALK	\$30	\$40	\$15	
5K Run or Walk Teams of 10 or More	\$28	\$38	\$15	
Pasta Party	\$5	\$7	\$5	

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

Charitable Donation	
<b>Total Amount Due</b>	

**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 2020 Bridge Run

[the-bridge-run.org](http://the-bridge-run.org)

## Pasta Party

Friday, February 14,  
5–8 p.m. at the foot of  
Sidney Lanier Bridge, Brunswick

## Bridge Run

Saturday, February 15,  
Gates open at 6 a.m.  
10K Double Pump at 7 a.m.  
First Responders – 8:30 a.m.  
5K Run – 9:30 a.m.  
5K Walkers – 10:30 a.m.  
Awards Ceremony will start around 11 a.m.  
Located at the foot of  
Sidney Lanier Bridge, Brunswick

## The Location & Course

Saturday, February 15

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.

### 10K Double Pump - 7 a.m.

The 10K Double Pump is at least twice as challenging as the 5K. Participants run the bridge not once but two times! This steep, demanding and very intense course should only be attempted by experienced runners! Runners will finish on the southbound side of the bridge.

### First Responders Challenge Course - 8:30 a.m. (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 - 9:30 a.m. & Walk Course - 10:30 a.m.

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](http://the-bridge-run.org) for more information.

Note: The runs begin on an incline and the 10K Double Pump only has 600 yards of FLAT COURSE & 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 11, 2020,  
or register online at [active.com](http://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 4 will be guaranteed a dri-fit shirt.

### Late Walker Registration

Saturday, February 15, 7–9 a.m. at the Day of  
Registration tent. Cost is \$40.

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

Friday, February 14, 5–8 p.m.  
at the foot of Sidney Lanier Bridge, Brunswick

There will be a pasta dinner for an additional \$7  
(unless paid before 1/31).  
Pick up your bib number and shirt. Timing chips are  
attached to bibs. Bring cash for vendor expo.

Presented by

**ROBINS & MORTON**

BUILDING WITH PURPOSE

## Awards

### Cash & Medals

Cash awards of \$1,000, \$500 and \$250 will be presented to:  
Top 3 Overall Male and Female in 10K Double Pump & 5K Run  
Top Three First Responder Teams

Medals will be presented to:  
All Runners placing in age level for 10K Double Pump & 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**