

Southeast Georgia Health System Foundation

2023 BRIDGE RUN ENTRY FORM



SOUTHEAST GEORGIA HEALTH SYSTEM
Foundation

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 11:59 p.m. on Tuesday, Feb 14, 2023. Entries received after Feb. 7, 2023 are NOT guaranteed a dri-fit shirt or timing chip for runners.

EVENT DATE: Saturday, Feb. 18, 2023, 6 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)

CIRCLESIZE	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, one wheels, hover boards or bicycles are allowed in this event. Under Georgia law, I understand there is no liability for an injury or death of an individual entering this event if such injury or death results from the inherent risks of contracting COVID-19. I understand, I am assuming the risk by entering 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, Southeast Georgia Health System Foundation, The Georgia Department of Transportation 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.
the-bridge-run.org

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	
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 2023 Bridge Run

the-bridge-run.org

Pasta Party

Friday, February 17,
5–8 p.m. at the foot of
Sidney Lanier Bridge, Brunswick

Bridge Run

Saturday, February 18,
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 18

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 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 14, 2023,
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 7 will be guaranteed a dri-fit shirt.

Late Walker Registration
Saturday, February 18, 7–9 a.m. at the Day of
Registration tent. Cost is \$40.

BIB, SHIRT PICK-UP, PASTA PARTY
& VENDOR EXPO
Friday, February 17, 5–8 p.m.
at the foot of Sidney Lanier Bridge, Brunswick

Pasta Party dinner tickets for \$5 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, JOGGERS, WHEELCHAIRS, ONE
WHEELS, SKATEBOARD OR ROLLERSKATES/BLADES)
Insurance requires immediate runner and
walker disqualification if violated.
No pets allowed on the bridge.

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