



Southeast Georgia Health System Foundation 2026 BRIDGE RUN TEAM MEMBER ENTRY FORM

10K Double Pump \$40; 5K Run or Walk \$20

Southeast Georgia Health System Foundation, Attn: Bridge Run
2415 Parkwood Drive, Brunswick GA 31520 or Fax it to 912-466-3186

Incomplete forms will be considered walkers.

Registration must be completed by 11:59 p.m. on Monday, Feb 9, 2026.

Entries received after Tuesday, Feb. 3, 2026 are NOT guaranteed a dri-fit shirt or timing chip.

No wheeled devices allowed. Confirmations will be emailed.

EVENT DATE: Saturday, Feb. 14, 2026, 6 a.m.-12 p.m.

LAST NAME	FIRST NAME	M.I.

MAILING ADDRESS

CITY	STATE

COUNTRY	ZIP CODE	BIRTHDAY MM/DD/YYYY	AGE	M/F

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)	Credit/Debit	Cash	Check
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CIRCLE YOUR EVENT

10K double pump 5K run 5K walk

Predicted Time: _____ hr _____ min

PAYMENT

Deadline	Adult Before 1/31	Adult After 1/31	Youth 16 & under	Amt Due
10K Double Pump	\$40			
5K RUN	\$20			
5K WALK	\$20			

DONATION

Charitable Donation	
Total Amount Due	

**Make checks payable to: SGHS Bridge Run,
or call 912-466-BRUN (2786) with credit or
debit card information.**

For more information, call 912-466-BRUN (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, injuries, 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. I understand the entry fee is NON-REFUNDABLE and supports Southeast Georgia Health System programs.

Signature

Signature of parent of legal guardian if under 18

Date

Date

Southeast Georgia Health System 2026 BridgeRun Presented by



MARSHLAND
CREDIT UNION

The Location & Course

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.

Firefighter Challenge - 8:30 a.m.

All Firefighters are encouraged to participate in full gear for a 5K run and be recognized for their service. This challenge is designed for teams of 3 racing against one another. The best team time will be determined by the average of each individual team members' time. The challenge provides us the opportunity to honor Firefighters 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.

*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.

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.

Power-Up Party

Friday, Feb. 13,
5-8 p.m. at the foot of
Sidney Lanier Bridge, Brunswick

Bridge Run

Saturday, Feb. 14, Gates open at 6 a.m.
10K Double Pump at 7 a.m.
Firefighter Challenge at 8:30 a.m.
5K Run at 9:30 a.m.
5K Walkers at 10:30 a.m.
Awards Ceremony will start at 11 a.m.
Located at the foot of
Sidney Lanier Bridge, Brunswick

Runners & Walkers

Registration must be completed by
11:59 p.m. on MONDAY, Feb. 9, 2026

There will be no day-of-event runner registration.
Sorry - NO REFUNDS will be issued. Rain or shine.
Only runners and walkers registered before
Tuesday, Feb. 3 will be guaranteed a dri-fit
shirt.

Late Walker Registration

Saturday, Feb. 14, 7-9 a.m.
Go to the Day of Registration tent.

Bib & Shirt Pick-up, Power-Up Party & Vendor Expo

Friday, Feb. 13, 5-8 p.m.
Sidney Lanier Bridge, Brunswick
Pick up your bib number and shirt.
Timing chips are attached to bibs.
Bring cash for Vendor Expo!

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 Firefighter Teams

Medals will be presented to:

All Runners placing in age level for 10K Double Pump & 5K Run Top
Three Firefighter Teams
Top Three Overall Fastest Teams
Top Three Best Team Spirit

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