2012 Southeast Georgia Health System

BRIDGE RUN ENTRY FORM CELEBRATING 10 YEARS RUNNING

Completely fill out and mail to: 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. Entry forms must be RECEIVED by Monday, February 13th, 2012. Entries received after February 13, 2012 are not guaranteed a T-shirt or timing chip for runners.

LAST NAME _____ FIRST NAME _____ M.I. ____

MAILING ADDRESS _____

CITY _____ STATE ____

COUNTRY ____ ZIP CODE ____ AGE ON 2/18/2012 ____ M/F ____

AREA CODE ____ DAY PHONE NUMBER ____ – ____

EMAIL ADDRESS _____

CIRCLE SHIRT SIZE: **CS CM** (Child Sizes) **S M L XL XXL** (Adult Sizes)

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/yr)

CHOOSE ONE EVENT:

- ☐ 5K RUN
- ☐ 5K WALK
- ☐ 5K RUN TEAM
- ☐ 5K WALK TEAM

Predicted Time: _____hr _____min

PAYMENT:

ITEM	BEFORE 2/14	AFTER 2/14	AMOUNT DUE
5K Run	$25	$35	
5K Walk	$25	$35	
Pasta Party	$5	$5	
Team Discount of 10 or more	$23 per person	$35	

Charitable Donations to Cancer Programs	
Total Amount Due	

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

For more information call, 912-466-5160

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 programs.

Tenth Annual 2012 Southeast Georgia Health System Bridge Run Ten Years Running!

Pasta Party: Friday, February 17, 5-8 p.m.
Coastal Kitchen Grill & Raw Bar,
Golden Isles Marina,
St. Simons Island

Bridge Run: Saturday, February 18,
7:00–11 a.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 GA Highway 17. Please go to sghs.org for directions to 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 6% 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 MONDAY, February 13, 2012 or register online at active.com. There will be no day-of-event registration.

$25 per runner. $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.

Sorry - NO REFUNDS

LATE REGISTRATION:

Between February 13 and 16, you may still register online at active.com for $35.

PACKET PICK-UP, PASTA PARTY & EXPO:

Friday, February 17 from 5-8 p.m. at Coastal Kitchen Grill & Raw Bar, Golden Isles Marina. There will be a pasta dinner for an additional $5. Participate in the event EXPO! Pick up your bib number and shirt. Timing chips will be issued the morning of the run.

AWARDS:

Awards will be presented to the top three overall male and female, overall masters male and female, and the top three males and females in each of the following age groups:

14 & under

15-19	25-29	35-39	45-49	55-59	65-69
20-24	30-34	40-44	50-54	60-64	70 & over

Fast But Last
Oldie But Goodie

Top Three Overall Fastest Teams
Top Three Best Team Spirit

Awards ceremony will be held following the Run.

Only pre-registered runners and walkers will be guaranteed a commemorative T-shirt.

NO STROLLERS, BABY JOGGERS OR ROLLER BLADES ALLOWED IN THE RUN/WALK.
Insurance requires immediate runner disqualification if violated.

For more information call 1-800-537-5142 ext. 5165. Checks are payable to Southeast Georgia Health System, DO NOT MAIL CASH.

Attn: Health Promotion & Wellness
2415 Parkwood Drive, Brunswick, GA 31520