

SGHS Bridge Run Team

Be a Part of Team Christ Church at the 2016 SGHS Bridge Run

The 2016 SGHS Bridge Run will take place during the morning of Saturday, February 13, 2016 at the Sidney Lanier Bridge, Brunswick. Once again, Christ Church will have two teams, one for walkers and one for runners. **The cost for team members is \$35** and includes a 2016 Bridge Run dri-fit shirt, as well as your Christ Church team shirt. If you would not like to participate but would like to sponsor a runner or a walker, we will gladly accept your donation. Please make checks payable to CCF with "Bridge Run" in the memo line. All donations over and above the registration fee will go to support Cancer Care Programs of SGHS. Our registration deadline is Sunday, January 10, 2016.

To Register

Complete the attached form and return the completed form and payment (check only) by January 10, 2016 to the church office, attention Glenn Queener. Please make checks payable to Christ Church, Frederica, and mark Bridge Run in the memo line. Forms are also available at the church office. Friends are welcome to join our team as well, and runners are especially needed.

Honoring Our Loved Ones

As a way of honoring friends and family who have been affected by cancer, we are soliciting the names of those who have had or currently have cancer so that they can be printed on the back of our Team Christ Church shirt. If you would like to include the name of someone who has been affected by cancer, please email the name to Glenn Queener. Team shirts will be available for \$12 for all to purchase.

More Information

For more information on the 2016 Bridge Run, please visit the SGHS page: <http://www.sghs.org/bridgerun> or contact the church office.



Southeast Georgia Health System 2016 BRIDGE RUN ENTRY FORM

Register online at **active.com** or **completely** fill out this form and mail it to:

Christ Church, Frederica

6329 Frederica Road, St. Simons Island, GA 31522.

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 Sunday, Jan. 10, 2016. Entries received after Feb. 2, 2016, are not guaranteed a dri-fit shirt or timing chip for runners.

EVENT DATE: Saturday, Feb. 13, 2016, 7 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)

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

TEAM CAPTAIN: Glenn Queener

TEAM NAME: Christ Church, Frederica

(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/YYYY)

CHOOSE ONE EVENT:

- ☐ 5K RUN ☐ 5K WALK
☐ 5K RUN TEAM ☐ 5K WALK TEAM
☐ FIREFIGHTERS CHALLENGE (FREE)*

Predicted Time: hr min

PAYMENT:

DEADLINE	Before 1/12	1/12-2/2	2/3-2/10	AMOUNT DUE
ITEM				
5K Run	\$25	\$30	\$40	
5K Walk	\$25	\$30	\$40	
Pasta Party	\$5	\$5	\$5	
Teams of 10 or more	\$23	\$28	\$38	

*The Run and Pasta Party are free to Firefighter Challenge participants.

Charitable Donation to Cancer Care Programs	
Total Amount Due	

Make checks payable to: Christ Church, Frederica,
ATTN: Bridge Run
For more information, call 912-638-8683

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.



Southeast Georgia Health System 2016 Bridge Run

Pasta Party: Friday, Feb. 12,
5–8 p.m. at the foot of
the Sidney Lanier Bridge,
Brunswick

Bridge Run: Saturday, Feb. 13,
7 a.m.–12 p.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 U.S. Hwy 17. Please go to sghs.org for directions to the 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 six percent 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 11:59 p.m. ON SUNDAY, JAN. 10, 2016, or register online at active.com. Make sure to use our team name, Christ Church, Frederica. *There will be no day-of-event runner registration.*

\$25 per walker/runner before Jan. 10; \$30 per walker/runner Jan. 12-Feb. 2; \$40 per walker/runner Feb. 3-10. \$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

Only runners and walkers registered before February 2 will be guaranteed a dri-fit shirt.

LATE WALKER REGISTRATION:

Saturday, Feb. 13, 7–9 a.m. at the registration tent. Cost is \$40.

PACKET PICK-UP, PASTA PARTY & EXPO:

Friday, Feb. 12 from 5–8 p.m. at the foot of the Sidney Lanier Bridge, Brunswick. There will be a pasta dinner for an additional \$5. Participate in the event EXPO! Pick up your bib number and shirt. Timing chips are attached to bibs.

Awards
Sponsored by: 

Cash awards of \$1,000, \$500 and \$250 will be presented to the top three overall male and female runners. Medals presented to 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 event.

NO WHEELED DEVICES (NO STROLLERS, BABY JOGGERS OR ROLLERSKATES/BLADES).

Insurance requires immediate runner and walker disqualification if violated.

For more information, call 912-638-8683. Checks are payable to CCF, ATTN Bridge Run.
DO NOT MAIL CASH.

Mail to:

Christ Church, Frederica, 6329 Frederica Road, St.
Simons Island, GA 31522