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Ready, Set, Go! 2023 Bridge Run Registration is Now Open

BRUNSWICK, Georgia: November 15, 2022 – The Southeast Georgia Health System Foundation Bridge Run is back and registration is now open! If you love pushing your physical fitness to new heights, you will not want to miss this challenging annual tradition, which takes you up and over the Sidney Lanier Bridge. Proceeds from the Bridge Run benefit the Health System's cancer and cardiac care programs.



Unique among 5K runs, the Foundation's Bridge Run takes place entirely on the 7,780-foot long Sidney Lanier Bridge which rises 480 feet above the Brunswick River in Brunswick, Georgia. The course is sufficiently difficult enough to entice professionals and experienced amateur runners, yet manageable enough for amateurs and walkers to enjoy.

The 2023 Bridge Run will take place on Saturday, Feb. 18, 7 a.m.-noon. The event also includes a Pasta Party and Vendor Expo on Friday, Feb. 17, from 5-8 p.m., at the foot of the Sidney Lanier Bridge.

The 2023 Bridge Run also includes the ultimate challenge of the 10K Double Pump. At least twice as strenuous as the 5K, participants will run over the bridge a total of four times. Due to the steep, intense course only experienced runners should attempt the 10K Double Pump.

In addition to the 10K, the event will include a First Responders' Challenge (no registration fee) and 5K run and walk.

Pets, strollers, wheelchairs, in-line skates and other wheeled devices are not permitted on the bridge during the events.

Gates will open at 6 a.m. Saturday, Feb. 18; 10K Double Pump 7 a.m.; First Responders 8:30 a.m.; 5K Run 9:30 a.m.; 5K Walk 10:30 a.m.; awards ceremony 11 a.m.

Free parking is available, but heavy traffic is expected. Participants are encouraged to arrive early to avoid parking delays.

Event registration is available online at the-bridge-run.org or active.com, or by calling 800-537-5142, ext. 2786. Runner registration ends at midnight on Tuesday, Feb. 14. There will be no day-of-event runner registration; however, walkers may register on event day.

Adult registration fees: 10K Double Pump: \$50 before January 31, \$60 after January 31; 5K Run/Walk: \$30 before January 31, \$40 after January 31; 5K Run/Walk teams of 10 or more: \$28 before January 31, \$38 after January 31.

Youth registration fees: 10K Double Pump: \$40; 5K Run: \$20; 5K Walk: \$15; 5K Run/Walk teams of 10 or more: \$15.

All participants will receive a T-shirt, and registered runners will also receive a timing chip and race bib, which can be picked up at 7 a.m. on the morning of the event or at the pre-race pasta party the night before.

Vendors, sponsors and volunteers play a key role in the success of the event. One of the biggest challenges can be finding enough energetic volunteers to ensure the event runs smoothly. Volunteers are needed both Friday and Saturday to provide assistance with set-up, food and water stations, parking, T-shirt and runner packet distribution, clean-up and more. For more information about sponsorship, vendor or volunteer opportunities, please call 912-466-3360.

ABOUT SOUTHEAST GEORGIA HEALTH SYSTEM

Southeast Georgia Health System is a not-for-profit health system comprised of two acute care hospitals, two long term care facilities, two comprehensive Cancer Care Centers and multiple specialty care centers, including orthopaedic and spine care, joint replacement, breast care, maternity, outpatient rehabilitation, sleep management and wound care. The Brunswick Campus Cancer Care Center is accredited by the American College of Surgeons Commission on Cancer and is one of the few centers in Georgia to offer CyberKnife® M6 with MLC. Additionally, the Brunswick Campus is accredited by The Joint Commission as an Advanced Primary Stroke Center and the Camden Campus is accredited as an Acute Stroke Ready Hospital. The Southeast Georgia Physician Associates medical group includes more than 160 providers working in 20 different medical specialties at more than 50 locations. The Health System is part of Coastal Community Health, a regional affiliation between Baptist Health and Southeast Georgia Health System, a highly integrated hospital network focused on significant initiatives designed to enhance the quality and value of care provided to our contiguous communities. For more information, visit sghs.org.

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