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## 2024 Bridge Run Registration Now Open

### *Southeast Georgia Health System Foundation Celebrates Bridge Run's 20<sup>th</sup> Anniversary*

BRUNSWICK, Georgia: November 20, 2023 – The Southeast Georgia Health System Foundation is celebrating the 20<sup>th</sup> anniversary of its Bridge Run in 2024 and event registration is now open. More than just a celebration of the Bridge Run's history, the 20<sup>th</sup> anniversary is also a salute to the thousands of athletes who, over the past two decades, have challenged their physical fitness and endurance levels to conquer what's been recognized as the "toughest 5K in Georgia."



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 runners, yet manageable enough for amateur athletes and walkers of all ages to enjoy.

The 2024 Bridge Run will take place on Saturday, Feb. 17, 6 a.m.-noon. The event also includes a Pasta Party and Vendor Expo on Friday, Feb. 16, 5-8 p.m. Proceeds from the Bridge Run benefit the Southeast Georgia Health System cancer and cardiac care programs.

The 2024 Bridge Run will include a Firefighter Challenge, 5K run and 5K walk, and the ultimate challenge--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.

Event registration is available online at [the-bridge-run.org](http://the-bridge-run.org) or [active.com](http://active.com), or by calling 800-537-5142, ext. 2786. Runner registration ends at midnight on Tuesday, Feb. 13. There will be no day-of-event runner registration; however, walkers may register on event day.

Adult registration fees: 10K Double Pump: \$50 before February 1, \$60 after; 5K Run/Walk: \$30 before February 1, \$40 after; 5K Run/Walk teams of 10 or more: \$28 before February 1, \$38 after.

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 shirt and registered runners will also receive a timing chip and race bib, which can be picked up at 6 a.m. on the morning of the event or at the Pasta Party the night before.

Gates will open at 6 a.m. on Saturday, Feb. 17; 10K Double Pump 7 a.m.; Firefighter Challenge 8:30 a.m.; 5K Run 9:30 a.m.; 5K Walk 10:30 a.m.; awards ceremony 11 a.m.

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

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

This event would not be possible without the dedication of vendors, volunteers, sponsors and the support of the community over the past two decades. 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, shirt and bib 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 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](http://sghs.org).

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