

2009 Gazelle Sports Bridge Run 10 Mile and 5K
featuring the Harvest Health Foods All-Organic Finish Line
– Sunday, September 20 –

Complete race details and on-line sign up can be found at www.thebridgerun.com.

This is our eighth year running and we're moving to Sunday this year!

For the first time this year, the Gazelle Sports Bridge Run will be held on Sunday. Don't worry; runners will still have the same great after race snacks from Harvest Health Foods and tech race shirts from Mizuno! Shirts and sizes are guaranteed for all early registrants enter by the August 16 is the deadline!! We'll try to have enough shirts for all the runners, but if you don't enter early you might be out of luck!

Miss the early registration deadline and still want to guarantee a shirt?

There are still opportunities to save on your entry fee and get a shirt! **On September 9, Gazelle Sports will be hosting a late registration at early-bird prices from 5pm to 8pm. You can also take advantage of this opportunity at all three Harvest Health Foods (Alger Heights from 5- 7) locations on September 10!**

TWEET!!

2009 Gazelle Sports Bridge Run is now on Facebook and Twitter! Make sure you sign up for our race emails. All this can be done at www.thebridgerun.com.

Worship Service on Race Morning

We are planning to hold a worship service on race morning. Watch for more details in upcoming emails and on our web site at www.thebridgerun.com.

Complete race details can be found at www.thebridgerun.com.

Entry Fees by August 31

10 Mile -- \$36 ; Late reg -- \$41 after September 1
5K --\$31 ; Late reg -- \$36 from September 1

Seniors 60 years old and over

10 Mile -- \$25 with no late entry increase!
5K -- \$20 with no late entry increase!

Start Times

10 Mile Road Race & 10 Mile Walk:
8:00 a.m.
5K Road Race:
8:15 a.m.

10 Mile Race Time Limit

A time limit of 2 hours will be placed on the 10 mile run. Runners are being asked to maintain an average pace of 12 minutes a mile. If you on the course over the 2-hour limit, you will be asked to run on the side walk and watch for traffic as the roads will open.

Awards Ceremony and Raffle

A raffle and the awards ceremony will commence at 10:15am.

On-line registration

www.thebridgerun.com

Mail-in registration

Bridge Run
2183 Van Dyke
Conklin, MI 49403
Make checks payable to: rungazelle.com

Packet Pick-Up & Late

Registration

Friday, September 18 @ 4:00pm to 8:00pm at Gazelle Sports,
3930 28th Street, Grand Rapids, MI

Saturday, September 19 @ 10:00am to 2:00pm at Gazelle Sports,
3930 28th Street, Grand Rapids, MI

Race Day, Sunday, September 20 7:00am to 7:45am at Rosa Parks Circle, Grand Rapids, MI

Race Timing and Race Results

Chrono-Track D-Tag Timing System supplied by Classic Race Management. Go to <http://www.classicrace.com> for race day results.

Parking

Parking is available at the Rapid Lot across the Grand River next to the YMCA behind the Big Boy Restaurant. Parking on metered streets will be no cost on Sunday. The Grand Rapids City Parking Ramp on Ottawa will have free parking too. Got to thebridgerun.com for directions.

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Kent County Girls on the Run promotes healthy living, self-esteem and strong values through exercise and mentoring. Girls in 3rd through 8th grade learn life skills and health education while training for a 5K (3.1 miles) running event. 2009 marks the fifth year of Kent County Girls on the Run! In that time, we have grown from 370 girls to more than 750 this season. Our ultimate goal is to provide all our girls with:
<http://www.kcgotr.org>



Hospice of Michigan

Ensuring quality of life, comfort, and peace for our patients and provide support for their loved ones during their end-of-life experience.

<http://www.hom.org>



Access of West Michigan

The mission of ACCESS is to provide opportunities for ministry by linking congregational, individual, and community resources with human needs and to help eliminate poverty in Kent County.

<http://www.accessofwestmichigan.org>

Contact Info

Race Director

Contact Doug Bostian @ 616.890.5978 or email thebridgerun@live.com. If you're trying to contact me during the week of the race, It's better to email because I won't have much time to return calls



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Last Name

First Name

Age (on 9-16-09)

Date of Birth

Male

Female

10 Mile

5K

Address

Apt No

City

State

Zip Code

Phone

Shirt Size

XS

Sm

Med

L

XL

E-Mail Address

Mail-in registration: Bridge Run 2183 Van Dyke Conklin, MI 49403

Make checks payable to: rungazelle.com

Early Entry Fee (by Aug 31)	\$31	\$36
	<input type="checkbox"/>	<input type="checkbox"/>
	5K	10 Mile

Late Entry Fee (after Aug 31)	\$36	\$41
	<input type="checkbox"/>	<input type="checkbox"/>
	5K	10 Mile

Veteran Runner (60 years & older)	\$20	\$25
	<input type="checkbox"/>	<input type="checkbox"/>
	5K	10 Mile

Please Donate to any of our Race Charities (I know times are tough, that's why we need to give now!!).....THANK YOU!!!

"Girls on the Run"	\$3.00	\$5.00	\$10.00	Other
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

"Hospice of Michigan"	\$3.00	\$5.00	\$10.00	Other
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

"Access of West Michigan (Food Bank)"	\$3.00	\$5.00	\$10.00	Other
	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>

Total: _____

Please accept my entry in the 2009 Bridge Run IO Mile/5K. I for myself, my heirs, executors, administrators, personal representatives, successors and assignees waive and release and discharge Gazelle Sports and its employees, City of Grand Rapids, Public Museums of West Michigan, Friends Foundation, the Gazelle Sports Bridge Run and the volunteers, consultants, and sponsors for damages or injuries occasioned by my participation in either 2009 Bridge Run event. I also authorize race officials to utilize photographs and video tape of my participation in the 2009 Bridge Run for any and all purposes. I further authorize the 2009 Bridge Run and any of it's officials, volunteers and representatives to provide my name, address and email to any sponsor of the 2009 Bridge Run. By signing to the right, I hereby certify that I have read all the terms and conditions of this release and do intend to be legally bound thereby. Event Director has the right to cancel this event in case of severe weather. Registration fees are nonrefundable and nontransferable. T-Shirts for late registrants are not guaranteed.

Sign Wavier _____