

<sup>2</sup>0 Box 5296 MS: 409-1-PH facoma, WA 98415-0296





The Tacoma Narrows Bridge 5K Run/Walk will be the first, last, and only time the new span of the Tacoma Narrows Bridge will be open exclusively for runners and walkers to cross the bridge, EVER.

So sign up today. Take a jaunt across the bridge with other runners and walkers and feel the breeze in your face and the wind in your hair. Make it happen and be part of history.



A MultiCare Event Benefiting the Neonatal Intensive Care Unit at Tacoma General Hospital





July 15, 2007

Presented by

WESTERN WASHINGTON

DEALERS



The Run of a Lifetime!

**Race Schedule** 6:00 A.M. Packet Pick Up for registered runners ABSOLUTELY NO REGISTRATION ON DAY OF RACE 8:00 A.M. Start of 5K Run/Walk 10:00 A.M. Course closed

Online Registration at www.bridgerun.multicare.org For info call 800-392-9253

### Registration

### Free Entry for Children! (Courtesy of the Korum for Kids Foundation)

Children aged 12 and younger who do not want to be timed have free entry for The Toyota Tacoma Narrows Bridge Run, T-shirt is NOT included in the free child's entry but may be purchased for \$12 (limited supply). Children who wish to be timed must pay the "individual" rate.

**Entry Fee** (Nonrefundable/nontransferable) T-shirt included \$30.

**Online Registration** (closes at midnight Thursday, July 12) Log on to www.bridgerun.multicare.org to register online.

**In-store Registration** from June 11-July 10:

In-store registration for walkers and untimed runners. Timed runners may register in-store, but timing chips will be distributed at packet pick-up on Saturday, July 14.

#### South Sound Running

1736 Pacific Avenue, Tacoma, (253) 593-8786 3409 Capitol Blvd., Olympia, (360) 705-2580

Super Jock n' Jill - Seattle, 7210 Greenlake Dr., (800) 343-4411

Mail Registration (Received by Friday, July 6) Mail registration to: Bridge Run, PO Box 5296, Tacoma, WA 98415. **Free Express Bus** Due to limited parking near the start/finish area, it is recommended that all participants and spectators utilize the free express TACOMA bus service from Tacoma Community College (TCC). COLLEGE To reach the TCC transit center, take Interstate 5 to Highway 16, take the 19th Street exit (westbound), proceed to the corner of 19th and Mildred Streets, where you may park for free. MultiCare provides free Pierce Transit express bus service between Living War Memorial Park and the transit center at TCC. Early arrival is recommended. Express bus service will begin at 5:30 a.m. and will run continuously throughout the day. Most buses are wheelchair accessible. Security will patrol the parking lot at TCC during the event.

Strollers, Babyjoggers and Pets. Baby joggers and strollers are allowed at the back of the runners pack along North Jackson Street. Pets, bicycles, skateboards, and inline skates are not permitted.

Pre-race registration will be held Saturday, July 14, at the Opgaard Student Center at TCC in Tacoma from 10:00 a.m. to 4:00 p.m.

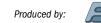
Registered participants are encouraged to pick up their bib numbers. T-shirts and timing chips on July 14 to avoid congestion on race day. Untimed runners and walkers can pick up bib numbers and T-shirts at our in-store registration locations from June 11-July 10. Those registering online or by mail can pick up their bib numbers, T-shirts and timing chips at TCC on Saturday, July 14. Additional T-shirts for children under 12 will be available for \$12. Pre-registered participants can also pick up packets on race day from 6 a.m. - 7:30 a.m. at Living War Memorial Park. Race will begin at 8 a.m. NO REGISTRATION ON RACE DAY.

## **Course Description**

The once-in-a-lifetime Toyota Tacoma Narrows Bridge Run is a 5K (3.1 miles) course. From Living War Memorial Park the course descends along eastbound Jackson St. off-ramp going westbound across the new span of the Tacoma Narrows Bridge. Around the 1-mile mark, just on the Gig Harbor side of the new span, runners climb slightly to the turnaround point just east of the toll booths, bringing them to the highest point in the race. The remainder of the course gradually flows downhill to the west edge of the new span and across the bridge deck to the Tacoma side where the finish line is located.









# **Beneficiary: Tacoma General NICU**

MultiCare Health System, a not-for-profit health care system based in Tacoma, operates Tacoma General Hospital, Mary Bridge Children's Hospital, Allenmore Hospital, and Good Samaritan Community Healthcare. MultiCare exists to provide a broad array of health care services to patients in multiple settings, providing acute care hospitals, regional tertiary programs, ambulatory centers and communitybased services, regardless of the patient's ability to pay. MultiCare is committed to the pursuit of total quality and valued service.

At Tacoma General, we are fortunate to have a highly developed Neonatal Intensive Care Unit (NICU), one designated by the State of Washington as Level III, signifying the highest level of care available. Such care requires very specialized and expensive equipment and equally specialized physicians, nurses and technicians. It makes good economic sense to house such care in one center of excellence and transport infants to that center. Tacoma General is that center of excellence for neonatal intensive care. Along with these designations comes the responsibility of providing specialized care for infants not only from the South Puget Sound area, but also those transported to our NICU from throughout Southwest Washington.

> MultiCare 🚨 MultiCare Health Foundation

Allenmore Hospital • Tacoma General Hospital





All registrants for the Toyota Tacoma Narrows Bridge Run who are 16 or older will automatically qualify to win a 2007 Toyota Tacoma!

So sign up today and be part of history and give yourself a chance to drive away in a new Toyota Tacoma. Winner must be of legal driving age on July 15, 2007, and is

responsible for all applicable taxes and licensing.

à at Register Mail-in e

5k Run (timed)           5k Run (untimed)           5k Run (untimed)           5k Valk (all walkers untimed)
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