



CHUBB®
BERMUDA
TRIANGLE CHALLENGE

OFFICIAL PROGRAMME

JANUARY 12TH - 14TH, 2024

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GOVERNMENT OF BERMUDA

Between 12 to 14 January 2024, Bermuda will once again play host to a number of athletes, both local as well as overseas, who will be competing in the 2024 Chubb Bermuda Triangle Challenge.

Whether you are a primary student taking part in the Butterfield Mile; an amateur taking part in the BF&M 10k Run/Walk or a professional taking part in the PwC Half Marathon, Marathon Relay or Marathon, there is something for everyone at the Challenge. Each year the Challenge has a charitable component and in 2024 not only will participants be encouraged to raise funds for five local charities - Bermuda Diabetes Association, Bermuda Environmental Sustainability Taskforce, Bermuda SPCA, Meals on Wheels Bermuda and St John Ambulance - but for every registration to participate in the Challenge, \$1 will be donated toward the purchase of seedlings for the Bermuda Zoological Society's MicroForest Project.

Government House has a long history of using native/endemic trees for commemorative plantings and we were pleased to collaborate with the Bermuda Botanical Society and others in 2021 to plant 70 trees on Government House grounds in celebration of Her Late Majesty Queen Elizabeth II's Platinum Jubilee. The planting of trees is a simple and effective way to help reduce the impact of carbon emissions and restore natural ecosystems in a bid to sustain Bermuda's environment for all to enjoy.

I wish all involved, both participants and volunteers, a successful 2024 Chubb Bermuda Triangle Challenge.

H.E. MS. RENA LALGIE

Governor and Commander-in-Chief



GOVERNMENT OF BERMUDA

On behalf of the Ministry of Tourism, Culture and Sport, it gives me great pleasure to join you in welcoming the athletes, supporters, volunteers and participants to the 2024 Bermuda Triangle Challenge.

Our island comes alive with excitement every January when the international sports event takes place on our shore.

Comprising “3 races in 3 days” - the Butterfield Mile, the BF&M 10K Run & Walk, and the PwC Bermuda Full Marathon, PwC Bermuda Half Marathon and PwC Bermuda Half Marathon Relay - this three-day event is a highlight for our community and our visitors. We are excited to extend our hospitality to the local and international competitors, and I have no doubt that they will put on an amazing display of stamina and talent. I also want to take this opportunity to congratulate the Bermuda Triangle Challenge Race Committee.

To all our race participants, I along with countless others will be cheering you on. I wish you all the best.

Have an enjoyable weekend.

A handwritten signature in black ink, appearing to read 'Owen K. Darrell'. The signature is stylized and fluid.

SENATOR. THE HON. OWEN K. DARRELL, JP
Minister for Tourism, Culture and Sports



Greetings,

On behalf of the Bermuda National Athletic Association (BNAA) and our running community, I extend a heartfelt welcome to our island paradise.

As you traverse the country, through the mile, the 10K, the half, half relay, or marathon, Bermuda will seduce your senses with its breathtaking natural beauty, pink-sand beaches, and stunning turquoise waters. Even more alluring and welcoming are our friendly people who will be roadside acknowledging your efforts and cheering for you.

The 2024 Chubb Bermuda Triangle Challenge is pleased to have as guest speaker the 2004 Olympic Bronze medalist and former world record holder in the marathon, Deena Kastor. Deena's participation in this weekend's events helps to ensure this will be a memorable occasion for all.

Hopefully, as the title of Deena's book compels, "Let Your Mind Run", and enjoy the abundance of things to do whilst in Bermuda beyond your competitions.

In closing, I would like to thank Bermuda's most precious treasure, its people. You will see in our volunteers, and sponsors and first responders, the warmth, friendliness, and spirit of hospitality which is part of the Bermuda culture and will ensure you have a weekend of experiences that you won't soon forget.

Yours in sports,

DR. FREDDIE EVANS

President of the Bermuda National Athletic Association



BERMUDA

TOURISM AUTHORITY

Dear Runners, Walkers, and Cheer Squads,

Lace up for one of the first and most unforgettable runcations of the year!

The entire team at the Bermuda Tourism Authority are downright giddy to welcome you to the sun-soaked playground that is Bermuda, and the grand stage for the Chubb Bermuda Triangle Challenge 2024.

So, tie up those sneakers, buckle up for an adrenaline rush, and prepare to uncover the magic of our tiny island paradise!

You've travelled miles to be here, and we've been busily preparing to make your time here as radiant and awe-striking as the Bermuda sunset on a pink sand beach. We're handing you an all-access pass to dive into our vibrant culture, savour the local culinary delights, and soak in the awe-inspiring beauty that makes Bermuda a globe-trotter's dream. Get ready to stray from the well-trodden path and sprinkle your adventure with the enchanting Bermuda mystique.

This isn't just your run-of-the-mill race weekend – it's a celebration of friendships, a journey with formidable obstacles, and a treasure chest of memories not lost but waiting to be found. We guarantee you'll be absolutely obsessed with our picture-perfect locales and awe-struck by the warm hospitality of our residents.

Thank you for choosing Bermuda. Whether you are here to run, jog, walk or grab as much rum from the Gosling "hydration" stations on the race route, we invite you to make Bermuda one of your runcation destinations for 2024 and beyond.

Here's to an unforgettable time together, Bermuda style!

Keep running, keep exploring,

HAZEL CLARK

Director of Global Sales and Business Development

Bermuda Tourism Authority

3X USA Olympian

BERMUDA

GoToBermuda.com

Run Away from the Ordinary.

It's never too early to start planning your next runcation in Bermuda.

Join us for our exciting 2024 running events:

Zooma Bermuda Challenge
Bermuda Triple Challenge
Bermuda Half Marathon Derby
USATF Bermuda Grand Prix



When time and distance matter.

Westchester to Bermuda: 785 miles - less than 2 hours

Boston to Bermuda: 779.2 miles - less than 2 hours

Fort Lauderdale to Bermuda: 1029 miles - 2hrs 30 mins



OFFICIAL AIRLINE PARTNER OF THE BERMUDA TRIANGLE CHALLENGE

BERMUDAIR flybermudair.com





CHUBB®

On behalf of Chubb, I would like to welcome all participants to the Bermuda Triangle Challenge 2024.

As a leading property and casualty insurer in the U.S. and around the world, Chubb helps businesses, families and individuals take challenges in stride. Chubb is proud to sponsor this event, attracting a full spectrum of the running community, both locally and from abroad. The Bermuda Triangle Challenge offers participants multiple racing formats, that in turn provide the opportunity to include all athletic levels.

It is exciting to see so many runners from overseas taking part in this race event, which provides the opportunity to experience Bermudian culture and to enjoy the beauty of our island home. We are also immensely proud of the continued local participation in the event, which highlights the competitive spirit of our Bermuda residents and the continued strength of the sport on the island.

We thank you for your participation and wish you all the best with the races.

Sincerely,

A handwritten signature in black ink that reads "Samantha Froud". The signature is written in a cursive, flowing style.

SAMANTHA FROUD
Chief Administration Officer
Bermuda Operations



Stay The Course.

Proud sponsor of the
2024 Bermuda Triangle Challenge.

Best of luck to all participants!

[chubb.com](https://www.chubb.com)

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Welcome

We are delighted to be sponsoring the Butterfield Mile once again as part of the Chubb Bermuda Triangle Challenge 2024.

Whichever race you are running, you'll find yourself among talented international and local competitors, with cheering supporters in an atmosphere that makes this weekend one of the most popular on-island.

We wish all the runners much success, and we thank everyone who is involved in making this event happen.

Good luck!

Butterfield



Supporting our community



Proud sponsor of the 2024 Butterfield Mile.

THE BANKER



BANK OF THE YEAR
2023

BERMUDA

butterfieldgroup.com

 BUTTERFIELD

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On behalf of all at BF&M, I would like to extend a very warm welcome to all the participants in the 2024 Chubb Bermuda Triangle Challenge. As a leading health insurer and wellness partner in Bermuda, we are proud to be the lead sponsor of the 10k Run & Walk—a race which draws participation from many members of our community.

With three wonderful but challenging events and strong local community support, the Bermuda Triangle Challenge is a major event on the running calendar. To all visitors, in addition to your running experience we hope you are able to enjoy the beauty of our island home and experience the enthusiasm of local running fans.

We thank you for your participation in the Bermuda Triangle Challenge and wish you much success in your race(s).

Sincerely,

A stylized, handwritten signature in black ink, consisting of a large 'A' followed by a dot.

ABIGAIL CLIFFORD

Group President and Chief Executive Officer
BF&M Limited

Love your life.

With **BF&M** you can.

Insurance gives you the confidence to live life as you should, knowing you're protected. That's why at BF&M, we're proud to help protect what matters most. It's also why we're proud to sponsor the BF&M 10K Run & Walk as part of the 2024 Chubb Bermuda Triangle Challenge—so you can keep running and keep on loving life.





PwC Bermuda welcomes you to the 2024 Chubb Bermuda Triangle Challenge (BTC).

As the title sponsor of the PwC Bermuda Marathon, Half Marathon and Half Marathon Relay, we are thrilled to be a part of this international running celebration that has been a Bermuda success for 48 years.

The PwC Bermuda Marathon and Half Marathon have always provided an opportunity for participants of all ages, abilities and fitness levels to test themselves physically and mentally while traversing our scenic island.

The introduction of the PwC Half Marathon Relay last year was an exciting addition to the weekend's activities that will allow an even greater number of participants to experience what is a truly special event.

Look out for our PwC Cheer Station and Water Stop volunteers, who will be out in force to support race participants. We are excited to continue to grow this event and we look forward to welcoming the runners and their families and friends to Bermuda.

See you at the Starting Line!

COLM HOMAN
Partner, PwC Bermuda



Proud sponsor of the

PwC Bermuda Marathon, Half Marathon and Half Marathon Relay



Go the distance!





Runners, family, friends and fans,

The 2024 Bermuda Triangle Challenge is shaping up to be one of the best yet, and on behalf of Global Atlantic Re, I would like to extend an enthusiastic welcome to Bermuda and the island's signature race! The courses are scenic, the competition is strong, and the environment is sure to be electric.

The Bermuda Triangle Challenge traces its roots back to 1975, when seven competitors ran what was then known as the Bermuda International Marathon. Nearly five decades later, the Bermuda Triangle Challenge has grown to become a high-profile experience for running enthusiasts from around the world, boasting three fantastic and challenging events in one of the most extraordinary racing environments imaginable.

Bermuda-based Global Atlantic Re, a leading reinsurance provider, is an active member of the island community and a proud sponsor of this year's Bermuda Triangle Challenge. To all visitors, we hope you get the most out of your tourism and running experience, while also making time to enjoy everything Bermuda and its unique culture has to offer.

We thank you for your participation and wish you tremendous success in your race(s)!

Sincerely,

DARRYL HERRICK

Managing Director & Co-Head of Reinsurance
Global Atlantic Financial Group



Inspired by Bermuda's winning spirit

Global Atlantic Financial Group and Global Atlantic Re are proud to support Bermuda's rich culture and thriving community as a sponsor of the Bermuda Triangle Challenge. We welcome all the athletes and wish them the best.

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globalatlantic.com



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Welcome to the Bermuda Triangle Challenge of 2024!

For Aspen, sustainability is about helping our clients when they need us, delivering for our shareholders, supporting our communities, and creating a nurturing, diverse and inclusive working environment for our colleagues. We're here for the long term.

Our approach to sustainability is committed, open minded, pragmatic and comes from the heart of our business. We believe we can make greater impact by taking thoughtful and responsible actions today, ultimately playing our part in a more sustainable future.

Aspen has a commitment to the power of partnerships and is proud to support the Bermuda Triangle Challenge and their sustainability program. As the event delivers on an amazing Bermuda experience for its participants, we want to do our part to help mitigate the impact it has on the Bermuda environment. We commend the efforts of the BTC organizers as they have worked diligently to develop a sustainable plan and we trust that competitors will do their part to make a positive difference.

We thank you for your participation in the Challenge and wish all the runners tremendous success. Lastly, we hope that you take the time to make personal connections while in Bermuda and create memories that will last a lifetime.

Regards,

ADAM BARBOZA

Vice President, Corporate Social Responsibility
Aspen Group



Aspen is proud to sponsor
the 2024 Bermuda
Triangle Challenge.

Good luck to
all runners!



SUSTAINABILITY INITIATIVE

The Chubb Bermuda Triangle Challenge is turning over a new leaf and doing our part to go green with support from our Official Sustainability Partner, Aspen Bermuda Limited, alongside Keep Bermuda Beautiful and the Bermuda Zoological Society.

All of us are feeling and seeing the effects of a changing global climate, but small island nations (or large ocean states), such as Bermuda, are increasingly exposed to the impacts. As one of the largest sporting events on the island, we wanted to make meaningful changes in how we run our event in an effort to reduce our climate impacts, both locally and abroad (where many of our products are sourced), while also making nature-positive contributions to Bermuda's environment.

BEFORE YOU ARRIVE

We've made it easy to start the Chubb Bermuda Triangle Challenge sustainability journey before you even set foot on a plane (or out your front door, if you're local). Here's how we're helping reduce environmental impacts and support our community before race weekend:

- Our event produces an entirely digital event programme to reduce paper waste.
- All participants have the option to donate to [several local charities](#), or to raise money for a charity that does work in their own community.
- If you're traveling from overseas, you also have the option to [calculate your carbon footprint](#) using a United Nations-approved emissions calculator, then offset your travel-related carbon emissions by contributing to a variety of United Nations-approved [carbon offset projects](#).
- Bermuda only recycles tin, aluminum, and glass, so please remember to bring a re-usable water bottle to carry along with you

throughout the weekend. There are public water refilling stations located throughout Hamilton and your host hotels will also have water available. This is a great way to help the island reduce its reliance on single use plastics.

- Attention paid to increasing the number of products sourced from local Bermuda-based companies, including minority- and female-owned small businesses.

ONCE YOU'RE HERE

Now that you're here and the Chubb Bermuda Triangle Challenge weekend is about to begin, there are even more ways that you can help us go green (many without even trying!):

- At the finish festivals on Saturday and Sunday there will be separate bins for trash, recyclables, and compost (food waste). Please pay attention to the signs indicating the appropriate bin for your waste.
- Many host hotels will be offering shuttle services or taxis to the race start lines or other weekend events, such as the Expo and Pre-Race Pasta Dinner. If you have the opportunity, take advantage of these options (carpooling reduces greenhouse gas emissions!)
- Alternatively, if you want a little more freedom, Bermuda offers the option to rent fully-electric vehicles. Check out [Current Vehicles](#) for more information on availability and pricing.
- Beginning this year, in partnership with Gu and Terracycle, we will be upcycling sports nutrition wrappers from gels, chews, stroopwafels, bars, drink mixes, and recovery drink single serve mixes. If you consume any of these (any brand!) while on the race course, please deposit your wrappers at a water station so we can return them to be upcycled.

- Don't forget to check out your virtual race bag! That's right – in addition to the swag bag you get at the Expo, you'll also get access to a virtual race bag in the pre-race newsletter filled with discounts to local restaurants and merchants. In the past, these would've been coupons and flyers in your swag bag, but this way we can cut down on paper waste.

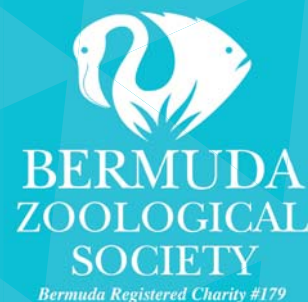
WHAT WE'RE DOING PRE-RACE AND ALONG THE COURSE

Truth be told, we soft launched our Sustainability Initiative last year and learned a lot in the process. As we start to work with the Council for Responsible Sport and their certification process, these are the changes we've made to our race planning process for 2024:

- We're working more closely with [Keep Bermuda Beautiful](#), the Corporation of Hamilton, and Recycle Bermuda to develop more efficient waste management plans that (with your help!) will improve the percentage of waste that is diverted to the recycling and compost facilities.
- We listened to your feedback about the amount of plastic used in the awards handed out in 2024, so this year we're trying something new and purchased awards from a 100% sustainable, renewable source, while also supporting a small business. We can't wait until you see them!
- We also heard your concerns about the amount of single use plastic being used along the race courses. As many of you know, this is an ongoing conversation with many major

running events and we are actively listening to how other races are making changes in this area. This is particularly difficult for our race as Bermuda doesn't recycle plastic. However, here is how we're reducing single use plastics for 2024:

- Our sponsor Butterfield & Vallis has worked hard to ensure the paper cups used at the water stops are lined with wax, not plastic, which means they can be composted. These cups will be placed by our volunteers in separate bags to be trucked to the local compost facility.
- Butterfield & Vallis has also sourced water in larger bottles, which means less plastic will be used overall.
- Goslings will be offering re-usable souvenir cups for participants to enjoy their rum-based cocktails in during the Finish Festivals on Saturday and Sunday.
- Bermuda Craft Brewery will be offering their craft beers in aluminum cans during the Finish Festivals on Saturday and Sunday.
- For 2024, Chubb Bermuda Triangle Challenge participant t-shirts, volunteer t-shirts and 1/4-zip long sleeve shirts (for sale) were all sourced from [Scimitar](#) and are made from recycled sustainable fabric. We're proud to partner with Scimitar, as they also embrace [sustainability practices](#) throughout their corporate value chain.



INTERVIEW WITH DEENA KASTOR

ACCLAIMED OLYMPIC MARATHONER



Deena is our guest speaker for the 2024 Chubb Bermuda Triangle Challenge Pre-Race Pasta Dinner, hosted and presented by Global Atlantic Re on Saturday, January 13th | 6-8pm at the Hamilton Princess & Beach Club

1. WHAT WAS THE MOST CHALLENGING RACE FOR YOU AND WHY/HOW WAS IT CHALLENGING?

The most challenging race for me was the 2015 Chicago marathon when I was trying to break the American Masters record for the distance. I had a terrible build up and a challenging race, but every time an excuse popped up I waded through my mind until a supportive thought arose. I did this endlessly for a couple of months, then during the entire race. It worked, and reinforced how important our perspective is on the outcomes we are striving to reach. It was a struggle, worth it, and a valuable lesson I still rely on today.

2. WHAT DO YOU DO OR SAY TO YOURSELF WHEN YOU ARE STRUGGLING DURING A RACE – HOW DO YOU GET THROUGH THE TOUGH TIMES?

Running is mostly a challenge, but it doesn't have to be a struggle. And to be honest, our times and finishing places, although often representing our goals, don't really matter. What matters is that we push ourselves in order to learn tools for resilience and perseverance so that we can easily rely on these lessons in life. When we focus on using the sport to aid in our personal growth and support who we want to be we are using it for its highest value.

3. WHAT ARE YOUR TOP 3 TIPS FOR A SUCCESSFUL RACE?

Confidence is born from preparation, so prepare the best you can for the distance you are trying to accomplish. Even if your preparations weren't as you wanted them to be, you still have an

opportunity to express your best self during the race. Show up as that version of yourself. The night before, think of what benefits you gained from the build up so that you emphasize that the journey has already enhanced you physically and mentally. This reflective step can take away pre-race jitters. Take it all in. We can dream up a perfect day, but chances are there will be some mishaps. Emphasize the good and use everything around you as inspiration to keep going.

4. WHAT ADVICE DO YOU HAVE FOR MAINTAINING ENDURANCE RUNNING AS WE AGE AND ARE PAST OUR PEAK RUNNING YEARS?

As we age, we may not be able to lower our personal bests, but we can still use the sport to bring out the best in us. Keep moving, keep pushing your boundaries, and add new challenges. When I could no longer handle the demands of more than one 20 mile run prior to a marathon, I would do 12 mile runs on back-to-back days over the weekend. This tactic, I learned from ultra-runners in order to teach my body to run through fatigue.

INTERVIEW WITH DEENA KASTOR CONTINUED

5. WHAT LIFE LESSONS HAS LONG DISTANCE RUNNING TAUGHT YOU?

Distance running has shaped every aspect of my life because I've long used the sport to build my character along with building fitness. I use the lessons of time-management, discipline, resiliency, perseverance, community, and passion that the sport has taught me and made those lessons traits to live by. At fifty years old, the time for personal bests is over, but I'll never retire from reaping the great benefits that the sport offers.

over a meal with family and friends. So, it's the sharing of miles and food with people I cherish and adore that find me smiling most widely.

6. DO YOU THINK THE 2-HOUR BARRIER WILL BE OFFICIALLY BROKEN IN A MAJOR MARATHON?

We are in an era of World Records and personal bests. Let's take advantage of it! I have long believed there is potential for men to break 2 hours in the marathon. We'll see that happen very soon. More surprising, is that we'll soon see a woman break 2:10. Seriously! What a great time to be a runner or a fan of the sport.

7. WHAT ADVICE DO YOU HAVE FOR THE NEXT GENERATION OF ATHLETES?

My advice is always to make running joyful. If we create joy in the process, chances are we'll be in the sport for decades and reap all the benefits the miles have to offer. Also, use everything around you as inspiration. We can be internally motivated while simultaneously using the scenery and sounds to help bring out the best in us.

8. WHAT MAKES YOU HAPPY?

Connecting with others is when I'm my happiest (although I also indulge in quiet reflective time). Highlights within every day are conversations with teammates while running and connecting



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SCHEDULE
JANUARY 12TH - 14TH, 2024

| DATE | TIME | EVENT | LOCATION |
|----------------------------------|------------------|--|---|
| FRIDAY January, 12th | 10:00am - 6:00pm | Packet Pick-Up, Late Registration & Race Expo | Hamilton Princess, 76 Pitts Bay Rd. |
| | 6:30pm | Performance by The Royal Bermuda Regiment Band | Front Street, Hamilton |
| | 7:00pm | Butterfield Mile (1st race in The Chubb Bermuda Triangle Challenge Series) | Front Street, Hamilton |
| SATURDAY January, 13th | 9:00am | BF&M Bermuda 10k Run & Walk (2nd race in The Chubb Bermuda Triangle Challenge Series) | National Sports Centre, Prospect, Devonshire (North Field) |
| | 9:00am - 12:00pm | Finish Festival | National Sports Centre, Prospect, Devonshire (North Field) |
| | 11:00am | Awards Presentation | National Sports Centre, Prospect, Devonshire (North Field) |
| | 3:00pm - 5:00pm | Full/Half Marathon and Half Marathon Relay Packet Pick-Up & Late Registration | Hamilton Princess, 76 Pitts Bay Rd. |
| | 6:00pm - 8:00pm | Pre-Race Pasta Dinner Hosted and Presented by Global Atlantic Re | Hamilton Princess, 76 Pitts Bay Rd. |
| SUNDAY January, 14th | 7:15am | PwC Bermuda Marathon (3rd race in The Chubb Bermuda Triangle Challenge Series) | Start Location: Royal Naval Dockyard Finish Location: Barr's Bay Park |
| | 9:00am | PwC Bermuda Half Marathon (3rd race in The Chubb Bermuda Triangle Challenge Series) and PwC Bermuda Half Marathon Relay | Start/Finish Location: Barr's Bay Park, Hamilton |
| | 9:00am - 3:00pm | Finish Festival | Barr's Bay Park, Hamilton |
| | 11:30am | PwC Bermuda Marathon, PwC Bermuda Half Marathon, and PwC Half Marathon Relay Awards Presentation and Chubb Full Challenge and Chubb Half Challenge Awards Presentation | Barr's Bay Park, Hamilton |

EXPO EXHIBITOR/ VENDOR LIST

FEATURED BOOTHS

- Chubb Bermuda Triangle Challenge Merchandise Booth: bermudatrianglechallenge.com
- Bermuda Tourism Authority: gotobermuda.com
- Sportseller: [Instagram](#) & [Facebook](#)

EXHIBIT/VENDOR BOOTHS

- Chubb Bermuda Triangle Challenge Information/Transportation: bermudatrianglechallenge.com
- Bermuda Bookstore: bookstore.bm
- Bermuda Rum Cakes: bermudarumcakes.com
- Alexandra Mosher: alexandramosher.com
- Goslings: goslingslimited.com
- Mid-Atlantic Running Club: maac.bm
- Marathon Tours: marathontours.com
- Dreamscape Designs: dreamscapedesignsbda.com
- Bermuda Brand Box: [Instagram](#)
- Ems Gems: [Facebook](#)
- KBB: kbb.bm
- BF&M: bfm.bm
- Oat Believable: [Instagram](#) & [Facebook](#)

Information above correct at time of going to press. Vendor list could be subject to change.



HAMILTON PRINCESS

BERMUDA

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*Dedicated to
being Exceptional*

CONGRATULATIONS TO ALL THE ATHLETES

At the Hamilton Princess & Beach Club, we admire the strength and commitment to being the best and achieving one's goals.

Every day we are dedicated to turning hospitality into something more than just a service with our commitment to turn moments into memories for our guests.



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AMERICA**



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AMERICA**



EUROPE



AFRICA



ASIA



OCEANIA



ANTARCTICA

Now that you are starting 2024 off on the right foot...visit the Marathon Tours & Travel Booth to plan your next race destination!

Since 1979, we have offered running adventures to our clients and their travel companions on all seven continents. Our packages include a guaranteed entry with something to offer everyone.

Whether you wish to run a **marathon, ultra, half-marathon, 10K or 5K**, look to us to help make your race bucket list your reality list!

GOOD LUCK TO ALL RUNNERS!



marathontours.com
[@marathontours](https://www.instagram.com/marathontours)



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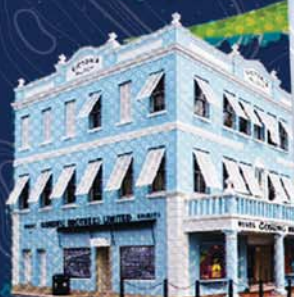
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INTERNATIONAL TOUR OPERATOR OF THE
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family first

since 1806



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ANDREW GOSLING
1806-1880



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THE CHUBB BERMUDA TRIANGLE CHALLENGE

Participants in this daring event will try to survive while running '3 races in 3 days': a Mile, a 10k, and either a Full Marathon or Half Marathon. Participants will complete the Butterfield Mile on Friday, January 12th starting in un-seeded waves. The participants will then join the field for the BF&M 10k Run & Walk on Saturday, January 13th, and either the PwC Bermuda Marathon or PwC Bermuda Half Marathon on Sunday, January 14th. The female and male with the lowest accumulated time will be declared the winner. Those participants running the Chubb Bermuda Triangle Challenge [Mile, 10k, and Marathon] will be scored separately from those running the Chubb Bermuda Triangle Half Challenge [Mile, 10k, and Half Marathon].

YOUR RACE NUMBER

Please remember that your race number has been assigned to you exclusively and should not be used by anyone else. Wear your race number bib so that it is clearly visible to race officials who need to be able to see it. Your race number bib is the same for all three events. *Please fill in medical information on the back of your race number.*

TIMING

The finish line will be very well marked by an overhead banner. The official time will be displayed on a clock at the finish line. Your timing chip is embedded in your race number and does not have to be returned. Please be very careful not to bend or fold your race number as this can affect your timing chip. *You should wear your race number for all three races of The Chubb Bermuda Triangle Challenge.*

THE FINISH AREA

After crossing the finish line, listen to the instructions of the race officials. You will receive your race medal in the finishing area of each event after you walk through the finishing chute. If you participated in the Chubb Bermuda

Triangle Challenge event on Sunday, January 14th, you will also receive your Chubb Bermuda Triangle Challenge medal in addition to your PwC Bermuda Marathon or PwC Bermuda Half Marathon medal. Medical support, restrooms, and refreshments will also be available after leaving the finish chute.

FLUIDS AND POST RACE REFRESHMENTS

The Chubb Bermuda Triangle Challenge will offer ample Dasani water and Powerade to participants on the race course and at the finish area.

FINISH FESTIVAL

After you have completed your race and gone through the finishing chute area please join us at our Finish Festival, on Saturday at the infield of the North field of the National Sports Centre, and on Sunday at Barr's Bay Park, Hamilton. Here you can reunite with family and friends and enjoy light food and beverages (both alcoholic and non-alcoholic). There will also be music from a resident DJ. You will have earned some well-deserved down time to celebrate your achievement!

MEDICAL ATTENTION

The Chubb Bermuda Triangle Challenge will be supported by medical volunteers of St. John Ambulance Bermuda with both stationary and mobile medical support. There will be ambulances patrolling the race course to assist you. In addition, the Bermuda Red Cross will also provide help and support to St. John for the PwC Bermuda Marathon, PwC Bermuda Half Marathon, and PwC Bermuda Half Marathon Relay.

Please be sure to complete the medical information form on the back of your race number bib and notify your family/friends of your race number. Note: The medical area is off limits to everyone but those requiring medical attention. If you are having difficulty and need medical attention, please notify a course

marshal, a volunteer at a hydration station, or another race official who will be happy to assist you. *The King Edward VII Memorial Hospital is centrally located at 7 Point Finger Road in Paget. Telephone Number: 441-236-2345*

RESULTS

Your unofficial results will be emailed to you after the race. Results can be found on the Chubb Bermuda Triangle Challenge website results page: www.bermudatrianglechallenge.com/results. Results will also be posted at: www.bermudatiming.com and in The Royal Gazette newspaper.

AWARDS

BUTTERFIELD MILE

The Butterfield Invitational Mile Awards will be presented immediately following each race in the following categories for both males & females: 1st through 3rd for Elite Running Club Mile, Primary School, Middle School, Senior School, Adult (18-39), Masters (40-59), Senior Masters (60-69), and Superstar Masters (70+).

Cash prize awards (overall, for both male and female races, no age group):

1st place: \$500
2nd place: \$250
3rd place: \$100

If the winner of the elite running club men's mile breaks 4 minutes, there is a prize of \$10,000. If the winner of the elite running club women's mile breaks 4:25 there is a prize of \$10,000. *There are no Awards presented for the Bermuda Triangle Challenge and Open Mile sections of the Butterfield Mile.*

BF&M 10K RUN & WALK

BF&M 10k Run cash prize awards will be presented in the following categories for both males and females: male and female overall (no age group):

First place: \$500
Second place: \$250
Third place: \$100

There will be no cash awards for age group winners, or for the 10k walk. Age group awards will be made available for the 10k run for both males and females in the following categories: 12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

PwC BERMUDA HALF MARATHON

PwC Bermuda Half Marathon cash prize awards will be presented in the following categories: male and female overall (no age group):

First place: \$500
Second place: \$250
Third place: \$100

There will be no cash awards for age group winners. Age group awards will be made available for both males and females in the following categories: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

PwC BERMUDA MARATHON

PwC Bermuda Marathon cash prize awards will be presented in the following categories: male and female overall (no age group):

First place: \$500
Second place: \$250
Third place: \$100

There will be no cash awards for age group winners. Age group awards will be made available for both males and females in the following categories: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

THE CHUBB BERMUDA TRIANGLE CHALLENGE

The times for your three days of racing will be added together and the male and female with the lowest accumulated time will be crowned the champion. Awards will be presented in both the 2024 Chubb Bermuda Triangle Half Challenge and the 2024 Chubb Bermuda Triangle Full Challenge categories for male and female overall (no age group), with cash prizes as follows:

First place: \$500

Second place: \$250

Third place: \$100

There will be no cash prizes for age group winners. Age group awards will be made available for both males and females in the Half and Full Challenges in the following categories: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

Awards must be collected and will not be mailed unless arranged with the event organisers.

FINISHER CERTIFICATES

Your Official Finishers Certificate will be emailed to you (at the email address provided during the sign-up process) in the days after the Chubb Bermuda Triangle Challenge concludes, and race results have been made official. Certificates will be emailed as a jpg format and will be available for download and printing. Printing and framing your Official Finishers Certificate is a nice way to commemorate your 2024 Chubb Bermuda Triangle Challenge performance.

APPEALS

No appeal against the decision of the race organizers will be heard unless it is received via email by the Race Director before:

- Butterfield Mile - 10:00pm
- BF&M 10k Run/Walk - 11:00am
- PwC Bermuda Marathon and PwC Bermuda Half Marathon - 2:00pm.

POST RACE COMMENTS

Your post-race comments are appreciated and should be sent to us at:

bermudatrianglechallenge@gmail.com

In addition, a post race survey will be sent to all 2024 Chubb Bermuda Triangle Challenge participants via email in the days following the event. We encourage you to complete this survey, as it provides organisers with a valuable way to receive feedback and make improvements for future events!

TRANSFORM RISK INTO RETURN

Having the right perspective to optimize capital, navigate markets and reduce volatility requires an advisor who can help you achieve your business goals.



BUTTERFIELD MILE INSTRUCTIONS

PLEASE READ CAREFULLY

START

The Butterfield Mile will start at 7:00pm. The first race will be the Challenge and Open Miles for participants in those divisions. These races start together in waves and will be completed before the start of the Invitational Miles which are started and finished by the invitational divisions (e.g., Primary, Middle, Senior Schools, Adult Male and Female, etc.) The starting area for runners doing the Half or Full Challenge, or the Butterfield Mile Open Division, will open at approximately 6:00pm. Runners will be required to be in the starting area by 6:40pm. The starting time for runners in wave 1 will be at 7:00pm, with each successive wave starting every 4-5 minutes afterwards. Announcements will be made at 6:15pm for participants to take their positions in the start area.

The start will be under the control of the starter and his assistant whose announcements prior to the start will be made by a powered megaphone. Due to the time constraints involved in a multi-race format event, all competitors should RUN the mile. Walking is not allowed except in the case of an injury mid-race

BUTTERFIELD MILE ROUTES

In order to eliminate the figure 8 cross-over for the runners participating in the Chubb Bermuda Triangle Challenge or the Butterfield Mile Open Division, the (wave) starting line will be east of Burnaby Street. This starting line will be clearly marked. Wave participants will assemble in No. 5 Car Park. Bag drop off points for the Chubb Bermuda Triangle Challenge mile runners and Mile Open Division runners will be clearly marked.

The elite running club, invitational, and school mile runners will start west of Burnaby Street and will run the mile course as originally designed.

This starting line will be clearly marked. Number pick up and bag drop off for the elite running club, invitational, and school mile runners will be at Pier 6 Lower Passenger Terminal.

BIB NUMBERS

All participants are required to wear their bib numbers on the front. If you are not wearing a bib number, you will not be allowed to cross the finish line. Please do not place safety pins through the tear off strip at the bottom of your bib number. Please do not bend or fold your bib number as a timing device has been attached to the back of your bib number which may be damaged if bent or folded.

FINISH

The Butterfield Mile finish will be in front of The Bank of N.T. Butterfield Bank on Front Street.

MEDALS

Commemorative finishers medals for participants will be presented in the finish area as you leave the finish chute.

MARKERS

There will be ¼ miles marked on the left side [surface] of the road.

HYDRATION STATION

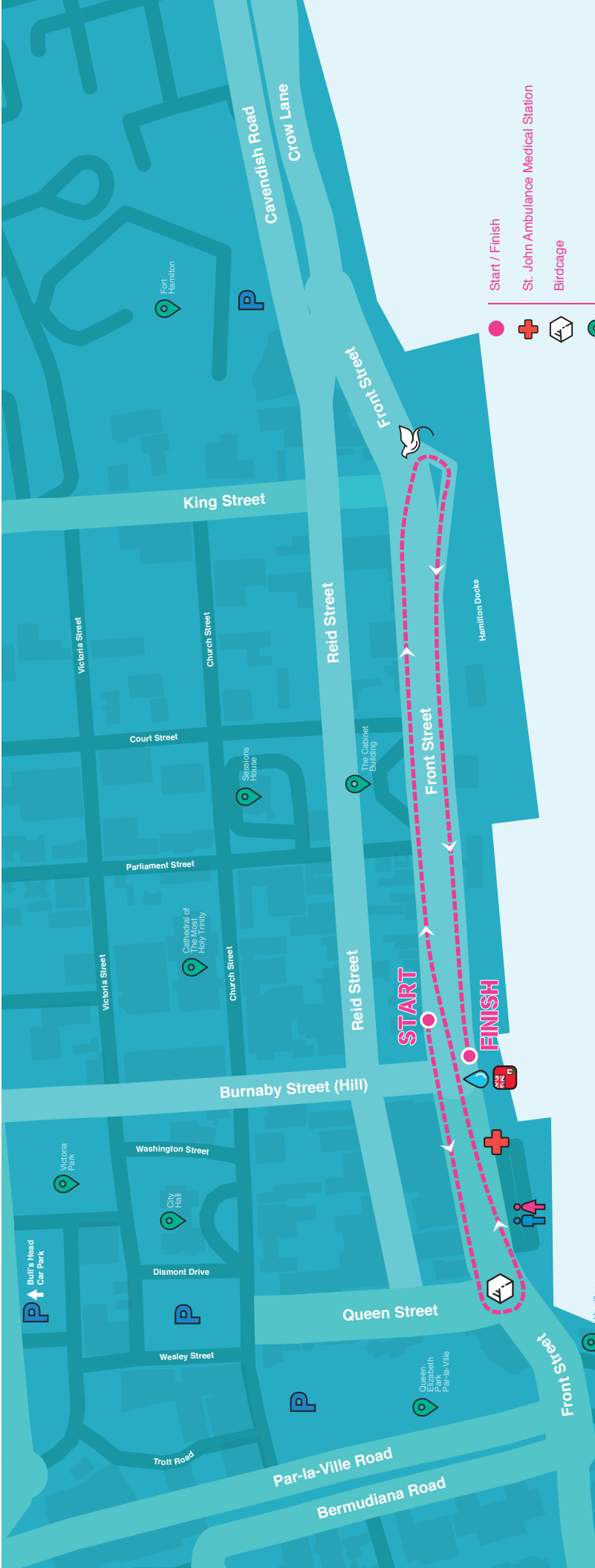
There will be a hydration station at the end of the finish chute. Dasani water and Powerade will be available at the hydration station.

TOILETS

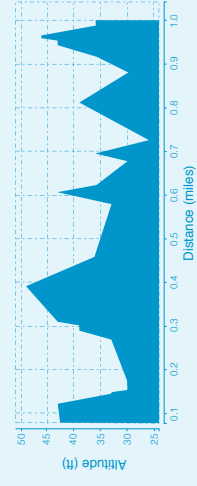
Toilet facilities will be available on Front Street near the start of the Chubb Bermuda Triangle Challenge and Butterfield Mile Open Division runner wave start and end of the Butterfield Mile finish chute, close to the No. 5 Car Park.

BUTTERFIELD MILE AWARDS

Awards will be presented for the elite running club, invitational, and school mile runners at the conclusion of each Butterfield Mile race for those categories.



Total elevation of 16 feet and total descent of 23 feet



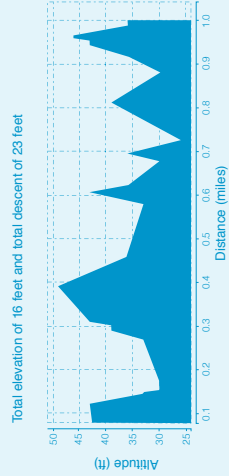
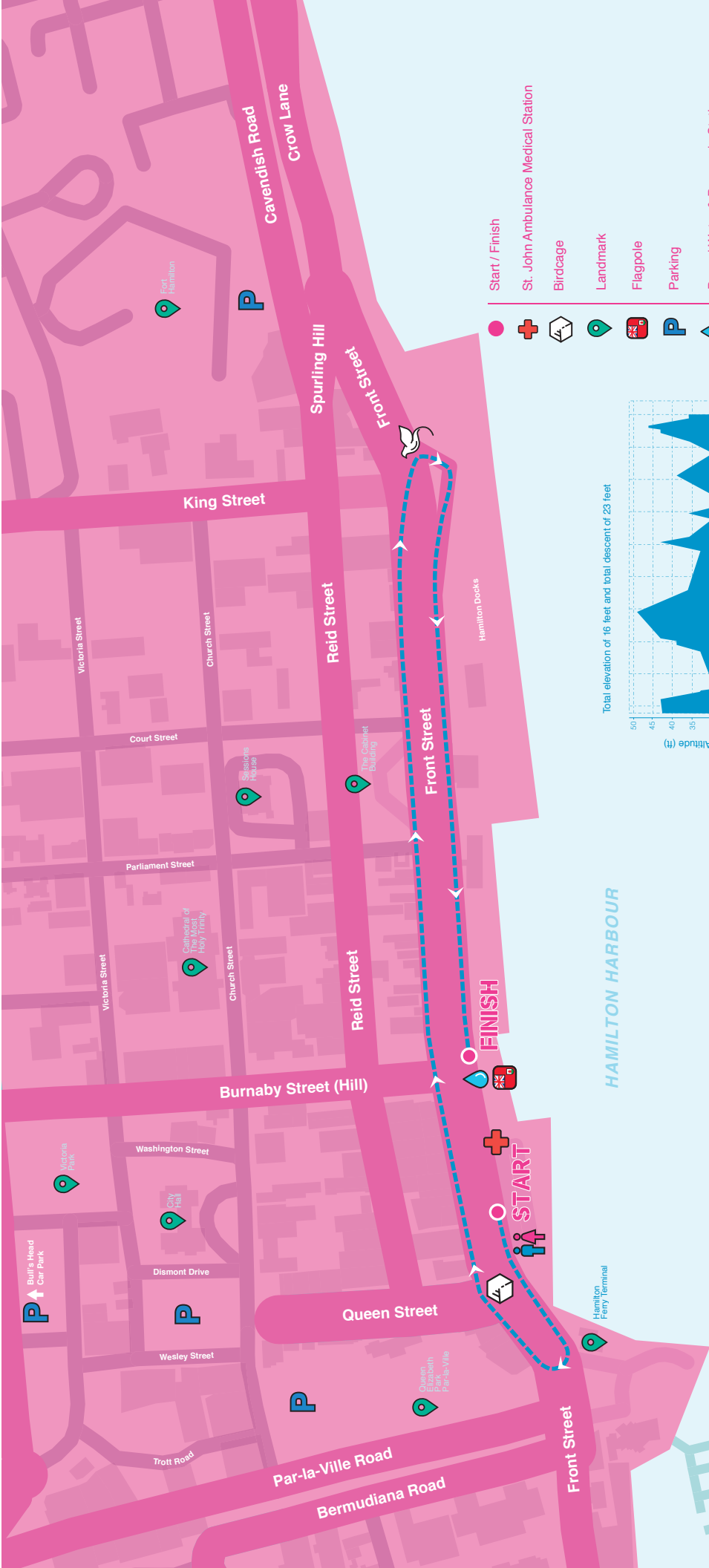
- Start / Finish
- + St. John Ambulance Medical Station
- 🏠 Birdcage
- 📍 Landmark
- 🚩 Flagpole
- P Parking
- 💧 Dasani Water & Powerade Station
- 🦋 Longtalis Statue
- 🚻 WC / Toilet



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BUTTERFIELD MILE - ELITE, YOUTH & LOCAL QUALIFIERS

For More Information Visit:
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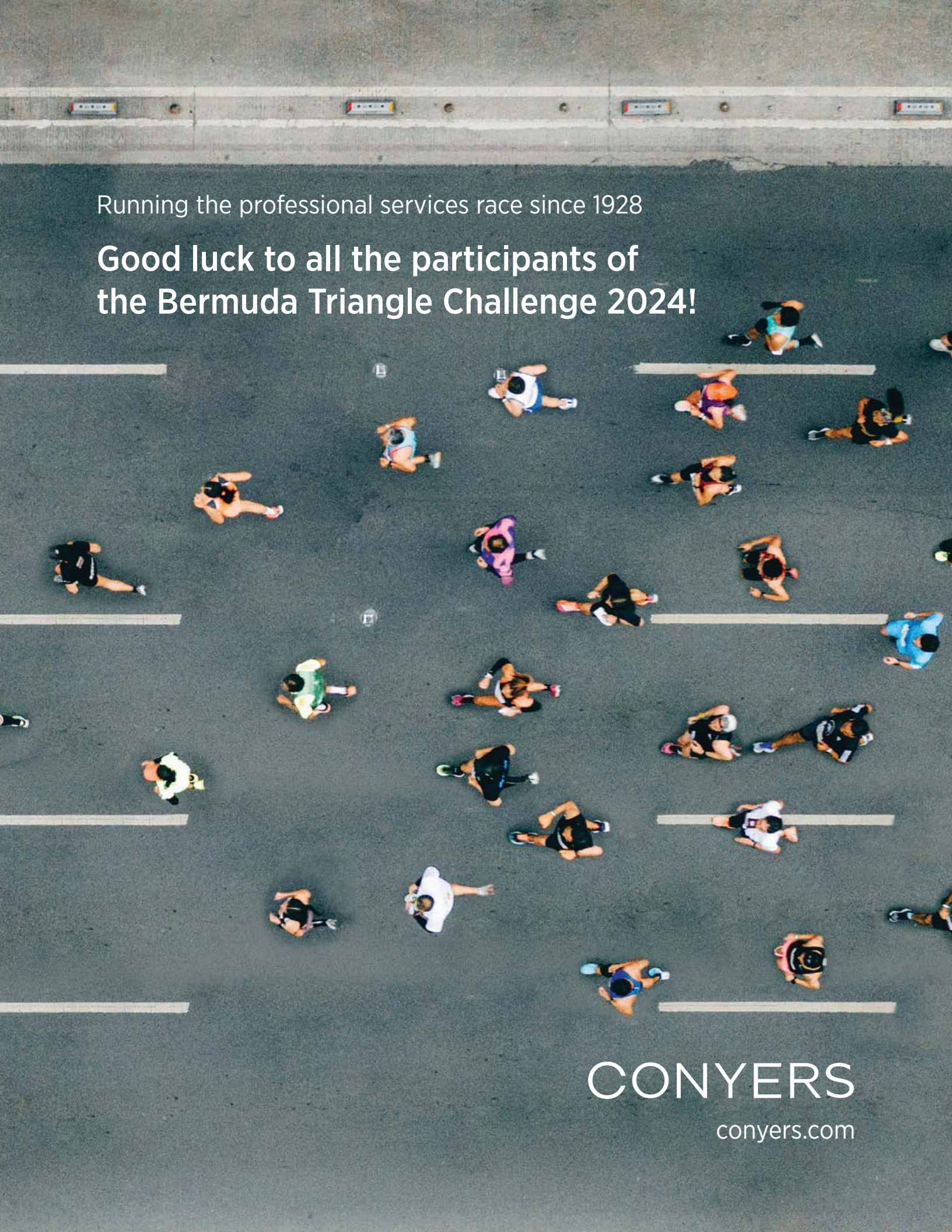
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TRIANGLE CHALLENGE

**CHALLENGE MILE &
BUTTERFIELD MILE - OPEN DIVISION**

For More Information Visit:
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**Good luck to all the participants of
the Bermuda Triangle Challenge 2024!**



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BF&M 10K RUN/WALK INSTRUCTIONS

PLEASE READ CAREFULLY

START

The BF&M 10k Run will start at 9:00am and the BF&M 10k Walk will start at 9:05am.

Participants are required to be in the start area on Frog Lane outside the National Sports Centre no later than 8:40am for the 10k run and 8:45am for the 10k walk.

Time announcements will be made at 8:30am for participants to take their positions in the start area. The start will be under the control of the starter and his assistant whose announcements prior to the start will be made by a powered megaphone.

As this is a self-seeding event, it is requested that the slower runners and walkers start behind the runners.

BF&M 10K ROUTE

Frog Lane to Montpelier Road to Middle Road, left onto Middle Road to Flatts Hill, left onto North Shore Road, after roundabout at the bottom of Barkers Hill, take left onto Palmetto Road. While on Palmetto Road turn left onto Frog Lane and continue as directed to the finish line inside the North Field of the National Sports Centre.

BIB NUMBERS

All participants are required to wear their bib numbers on the front. If you are not wearing a bib number, you will not be allowed to cross the finish line. Please do not place safety pins through the tear off strip at the bottom of your bib number. Please do not bend or fold your bib number as a timing device has been attached to the back of your bib number which may be damaged if bent or folded.

FINISH

The BF&M 10k Run/Walk finish line is on the running track inside the North Field of the National Sports Centre. Refreshments will be available after you leave the finish chute. Restrooms are also located near the finish chute.

MEDALS

Commemorative finishers medals for participants will be presented in the finish area as you leave the finish chute.

MARKERS

There will be ¼ miles marked on the left side [surface] of the road.

BF&M 10K RULES OF THE ROAD

For approximately the first 2 ¼ miles, participants are allowed use of the full width of the road. At the Middle Road / Verdmont Road junction, participants will be directed to the left side of the center line. From this point, participants must remain on the left side of the center line through the remainder of the race until Frog Lane where participants will be directed to the right side of the center line in preparation for entering the North Field of the National Sports Centre and finish area. ***Safety - After the first approximately 2 ¼ miles, participants must stay on the left side of the center line as traffic may be traveling in the opposite direction on the other side of the road.***

MILE MARKERS

Each mile will be marked on the left side [surface] of the road.

HYDRATION STATIONS

There will be two (2) hydration stations on the BF&M 10k Run/Walk course at approximately 3 miles and approximately 4 ½ miles. Dasani water and Powerade will be available at each hydration station.

TOILETS

Toilet facilities will be available in the Start Area and Finish Area of the North field of the National Sports Centre. There will also be portable toilets along the course, and these will be available at approximately 3 miles and approximately 4 ½ miles.

BF&M 10K RUN/WALK AWARDS

Awards will be presented at the conclusion of the BF&M 10k Run/Walk on the infield stage at approximately 11:00am.

There will be no cash awards for age group winners, or for the 10k walk. Age group awards will be made available for both males and females in the following categories:

12-15, 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

Awards must be collected and will not be mailed unless arranged with the event organisers.

RUNNER BAGS

Participants may choose to leave their bags in the check bag tent. Neither the Bermuda National Athletics Association, nor the National Sports Centre, will be held responsible for the security of your bags. Bags and clothing not collected by 11:30am will be donated to local charities.



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Menu &
Reservations

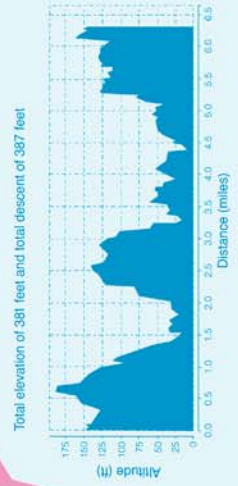


Cambridge Beaches
30 Kings Point Road



BF&M 10K RUN & WALK ROUTE

- Start / Finish
- Mile Marker
- Dasani Water & Powerade Station
- WC / Toilet
- St. John Ambulance Medical Station (with following route)
- Landmark



For More Information Visit:
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Get Started!



PwC BERMUDA MARATHON INSTRUCTIONS

PLEASE READ CAREFULLY

GETTING TO THE START

The PwC Bermuda Marathon will start at the historic Royal Naval Dockyard.

A ferry will be provided to take marathon runners from Hamilton to the Royal Naval Dockyard. The ferry will leave Albuoy's Point in Hamilton (which is located next to the Hamilton Ferry Terminal) at **5:45am sharp** on Sunday, January 14th. The journey is about 30 minutes, and the boat will arrive at the Royal Naval Dockyard at approximately 6:15am. Runners participating in the PwC Bermuda Marathon are encouraged to take the ferry. The ferry service is free to all marathon runners who present their runner bib number at Albuoy's Point. ***Please do not be late for the ferry!***

If you are not planning to take the free ferry service, and you wish to make your own way to the Royal Naval Dockyard, there are parking facilities there and areas to disembark (if you are coming by taxi or bus).

At the Royal Naval Dockyard, there will be toilet facilities, refreshments in the form of Dasani water, Powerade, coffee and pastries, and a bag drop area.

RUNNER BAGS

Marathon participants may choose to leave their bags in a truck located at the North Lawn at the Royal Naval Dockyard adjacent to the PwC Bermuda Marathon start line. All bags must be handed over to the bag drop area no later than 7:00am. The truck will then transport all runner bags to the Finish Area at Barr's Bay Park in Hamilton for runners to collect after they have completed the race. Neither the Bermuda National Athletics Association, nor the City of Hamilton, will be responsible for the security of your bags. Bags and clothing not collected by

2:00pm will be donated to local charities.

START TIME FOR THE PwC BERMUDA MARATHON: 7:15AM

Runners are asked to be in the Start Area no later than 6:55am.

Time announcements and final instructions will be given at the start, so it is important to be present. The start will be under the control of the starter and his assistant whose announcements prior to the start will be made using a powered megaphone. It is requested that slower runners and walkers start behind the faster runners.

MARATHON ROUTE

The marathon participants will commence at Camber Road and participants will travel in a northeasterly direction to Dockyard Terrace, then an easterly direction to Maritime Lane, a westerly direction to Smithery Lane, and then a westerly direction along Clock Tower Parade to Pender Road. Marathon participants will then travel westerly towards Cross Island, where they will travel in a clockwise direction around Cross Island before travelling in a westerly direction along Pender Road to Cockburn Road. Marathon participants will then travel in a westerly direction along Malabar Road, then travel in a westerly direction along Mangrove Bay Road to Beacon Hill junction. From there, marathon participants will turn south on Beacon Hill Road and travel towards the Railway Trail, then travel in a southerly direction along the Railway Trail to the junction with Somerset Road near Somerset Bridge, then travel in a westerly direction across Somerset Bridge to Middle Road, then travel in a westerly direction along Middle Road to Overplus Lane, then turn at the Railway Trail and travel in an easterly direction along the Railway Trail to Tribe Road 5, then turn and travel in a westerly direction along Tribe Road 5 to Middle Road. The marathon participants will continue in an easterly direction along Middle Road to the junction at Whale Bay Road, then travel in an easterly direction along

the Railway Trail to Frank's Bay and the Middle Road junction, then travel in an easterly along Middle Road until reaching the junction with South Road. Then the marathon participants will cross over from the Middle Road east bound lane to South Road east bound lane at this junction, then travel in an easterly direction through Parishes Southampton, Warwick, Paget (crossing over from the east bound lane to the west bound lane in front of the Bermuda College before proceeding on to the Railway Trail in Paget, entering the Railway Trail from the Railway Trail pedestrian crossing at Paget and exiting the Railway Trail on to the east bound lane at South Road before the South Road Roundabout), Devonshire, and Smiths along South Road, until reaching Devil's Hole Hill and South Road junction. From there, the marathon participants will then travel in a westerly direction along Devil's Hole Hill to Harrington Sound Road, then travel in a westerly direction along Harrington Sound Road to Middle Road near Flatt's Village and North Shore Road, then travel in a westerly direction along North Shore Road to Spanish Point Road. Once they reach Spanish Point Road, the marathon participants will then travel in a southerly direction along Spanish Point Road to St John's Road then travel in a southerly direction to Pitt's Bay Road, then travel in a southerly direction along Pitt's Bay Road and then finish at Barr's Bay Park, at the City of Hamilton.

BIB NUMBERS

All marathon participants are required to wear their bib numbers so that it is clearly visible to the race officials. If you are not wearing a bib number, you will not be allowed to cross the finish line. Do not place safety pins through the tear off strip at the bottom of your bib number. Please do not bend or fold your bib number as a timing device has been attached to the back of your bib number which may be damaged if bent or folded.

PwC BERMUDA MARATHON RULES OF THE ROAD

From the Royal Naval Dockyard to the Middle Road junction with South Road, with the exception of the Railway Trail, when on the road, marathon participants must always be on the left side of the centre line of the road. From the Middle Road junction with South Road to South Road opposite the Bermuda College, the marathon participants will continue to run on the left side of the centre line of the road. At the Bermuda College junction on South Road, marathon participants, under the instructions of the road marshals, will then cross over from the east bound lane to the west bound lane before proceeding on to the Railway Trail in Paget, entering the Railway Trail from the Railway Trail pedestrian crossing at Paget and exiting the Railway Trail on to the east bound lane at South Road before the South Road Roundabout. The west bound lane closure to the Point Finger Road junction on South Road will be under Bermuda Police Service control. From the South Roundabout at South Road, the marathon runners will move back to the left side of the center line and join the half marathoner and half marathon relay participants. The rest of the roads will not be closed to vehicular traffic but will be patrolled by Bermuda Police Service officers who will stop/divert traffic where necessary. Traffic will be traveling in the opposite direction to the race. In some instances, marathon participants may also encounter vehicular traffic traveling in the same direction. ***Marathon participants are strongly advised not to cut corners on the road bends as there may be danger from oncoming vehicular traffic. Further, by doing so, they may render themselves liable to disqualification. Please follow the directions of the Bermuda Police Service officers and course marshals.***

CUT-OFF TIME – 6 HOURS!

We are required to keep to a strict schedule on the total time allowed to complete the PwC Bermuda Marathon, to adhere to Bermuda Police Service road safety instructions. The cut-off time for the marathon is 6 hours, which is a pace per mile of approximately 13.44 minutes. If you cannot stay ahead of this pace, you will be required to move onto the side of the road and make use of the sidewalks available to complete the event. Race officials and the Bermuda Police Service will not be able to ensure your safety and you will be running the event at your own risk after this cut-off time.

MILE MARKERS

Each mile will be marked on the left side [surface] of the road and Railway Trail.

WALKING

At some point, perhaps through tiredness, cramp, blisters, etc., you may be forced to walk. If this happens to you, please move over to the side of the road or Railway Trail to allow runners to overtake.

DROPPING OUT

If you need to drop out, you should make your way to the nearest hydration station, give them your running bib number and they will notify a race official. The race official will ensure your details are passed on to the Information Point at the finish. If you require medical assistance, St. John Ambulance will be alerted and will come to your attention.

If you do not require medical assistance, you will be dropped off at the Finish Area at Barr's Bay Park, where you will be able to retrieve your runner bags and make your onward journey. Alternatively, you can make your own way back to the Finish Area using public transport providers (buses or taxis), although there will be a fee for such services.

HYDRATION STATIONS

Dasani water bottles and Powerade cups will be available at approximately: 2 miles, 3.6 miles, 4.9 miles, 6.5 miles, 8.5 miles, 10 miles, 11.25 miles, 12.6 miles, 13.8 miles, 16.1 miles, 17.7 miles, 18.7 miles, 19.7 miles, 20.6 miles, 22.1 miles, 23.4 miles, and 24.4 miles.

At each hydration station, Dasani water bottles (11oz) will be available first and then Powerade energy drinks will be served in paper cups. Please be prepared to pick up your own bottles and cups. Hydration stations will remain open based on a 13.44 minute per mile pace, which equates to a 6-hour marathon time.

GU GEL STATIONS

GU Gel Stations will be available at approximately: 14 miles, 18.7 miles, and 22.1 miles.

GU Gel Stations will remain open based on a 13.44 minute per mile pace, which equates to a 6-hour marathon time.

GOSLINGS RUM STOPS

Goslings Rum Stops (yes, you read that right, we have rum stops for the PwC Bermuda Marathon with Bermuda's finest rum from Goslings) will be available at approximately: 18.7 miles and 23.4 miles.

Goslings Rum Stops will remain open based on a 13.44 minute per mile pace, which equates to a 6-hour marathon time.

TOILETS

Toilet facilities will be available at the Start Area of the PwC Bermuda Marathon, at the Royal Naval Dockyard, and at the Finish Area, at Barr's Bay Park in Hamilton. There will also be portable toilets along the course, and these will be available at approximately: 3.6 miles, 6.5 miles, 8.8 miles, 12.6 miles, 14 miles, 16.1 miles, 18.7 miles, 20.7 miles, 22.1 miles, and 24.4 miles.

FINISH

The PwC Bermuda Marathon finish is at Barr’s Bay Park in Hamilton. Refreshments will be available after you exit the finish chute.

MEDALS

Commemorative finishers medals for marathon participants will be presented in the Finish Area at Barr’s Bay Park as you leave the finish chute.

PWC BERMUDA MARATHON AWARDS

PwC Bermuda Marathon awards will be presented at 11:30am at Barr’s Bay Park, in Hamilton.

PwC Bermuda Marathon cash prize awards will be presented in the following categories: male and female overall (no age group):

First place: \$500

Second place: \$250

Third place: \$100

There will be no cash awards for age group winners. Age group awards will be made available for both males and females in the following categories: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+. *Awards must be collected and will not be mailed unless arranged with the event organisers.*

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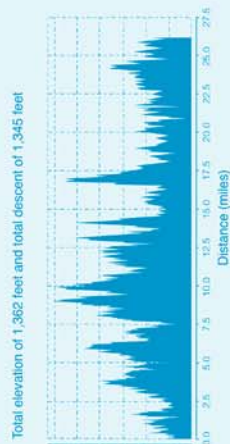
EMAIL INFO@SJABERMUDA.ORG FOR MORE INFORMATION





PWC BERMUDA MARATHON ROUTE

- Start / Finish
- Mile Marker
- Dasani Water & Powerade Station
- WC / Toilet
- St. John Ambulance Medical Station
- Landmark
- Gosling's Rum Stop
- GU Gel Station



For More Information Visit:
bermudatrianglechallenge.com



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3:15:39 | Male portion

4:22:25 | Female portion

▶ Chubb Half Challenge

1:45:29 | Male portion

2:06:28 | Female portion

SIDES

▶ Butterfield Triangle Challenge Mile

4:17:60 | Male & Female portion

▶ PwC Bermuda Marathon

2:29:55 | Male & Female portion

▶ BF&M Bermuda 10k Walk

1:08:30 | Male & Female portion

▶ BF&M Bermuda 10k Run

32:39 | Male & Female portion

DESSERT

▶ PwC Bermuda Half Marathon Relay

32:39 | Male & Female portion



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*2023 portions shown, subject to change in 2024

PwC BERMUDA HALF MARATHON INSTRUCTIONS

PLEASE READ CAREFULLY

GETTING TO THE START

The PwC Bermuda Half Marathon will start on Pitt's Bay Road, near Barr's Bay Park and at the entrance to the Hamilton Princess Hotel, in Hamilton.

Barr's Bay Park, in Hamilton, is the official Start Area and Finish Area for the event. Barr's Bay Park will be open to all participants from 7:30am on Sunday, January 14, 2024.

At Barr's Bay Park, there will be toilet facilities, refreshments in the form of Dasani water and Powerade, and a bag drop area.

RUNNER BAGS

Participants may choose to leave their bags in a bag drop tent area located at Barr's Bay Park. All bags must be handed over to the bag drop no later than 8:40am to allow you enough time to get to the start. Neither the Bermuda National Athletics Association, nor the City of Hamilton, will be responsible for the security of your bags. Bags and clothing not collected by 2:00pm will be donated to local charities.

START TIME FOR THE PwC BERMUDA HALF MARATHON: 9:00AM

Runners at Barr's Bay Park will be escorted to the Start Area by race officials no later than 8:40am.

Time announcements and final instructions will be given at the start, so it is important to be present. The start will be under the control of the starter and his assistant whose announcements prior to the start will be made using a powered megaphone. It is requested that slower runners and walkers start behind the faster runners.

PwC BERMUDA HALF MARATHON ROUTE

Half marathon participants will commence at the entrance of the Hamilton Princess Hotel, on Pitt's Bay Road. Participants will travel in an easterly direction through the City of Hamilton, then easterly along Crow Lane, and southerly along Trimmingham Road toward South Road. From there, half marathon participants will then travel in an easterly direction along South Road, until they reach Devil's Hole Hill and South Road junction. From there, the half marathon participants will then travel in a westerly direction along Devil's Hole Hill to Harrington Sound Road, then travel in a westerly direction along Harrington Sound Road to Middle Road near Flatt's Village and North Shore Road, then westerly along North Shore Road to Spanish Point Road. Once they reach Spanish Point Road, the half marathon participants will then travel in a southerly direction along Spanish Point Road to St John's Road, southerly to Pitt's Bay Road, then in a southerly direction along Pitt's Bay Road to finish at Barr's Bay Park in the City of Hamilton.

BIB NUMBERS

All half marathon participants are required to wear their bib numbers so that it is clearly visible to the race officials. If you are not wearing a bib number, you will not be allowed to cross the finish line. Do not place safety pins through the tear off strip at the bottom of your bib number. Please do not bend or fold your bib number as a timing device has been attached to the back of your bib number which may be damaged if bent or folded.

PwC BERMUDA HALF MARATHON RULES OF THE ROAD

With the exception of the start line at the entrance to the Hamilton Princess Hotel to the Bird Cage in the City of Hamilton, when on the road, participants must always be on the left side of the centre line of the road. The roads will not be closed to vehicular traffic but will be patrolled by Bermuda Police Service officers who

will stop/divert traffic where necessary. Traffic will be traveling in the opposite direction to the race. In some instances, participants may also encounter vehicular traffic traveling in the same direction. stop/divert traffic where necessary. *Half marathon participants are strongly advised not to cut corners on the road bends as there may be danger from oncoming vehicular traffic. Further, by doing so, they may render themselves liable to disqualification. Please follow the directions of the Bermuda Police Service officers and course marshals.*

CUT-OFF TIME – 4 HOURS!

We are required to keep to a strict schedule on the total time allowed to complete the PwC Bermuda Half Marathon, to adhere to Bermuda Police Service road safety instructions. The cut-off time for the half marathon is 4 hours, which is a pace per mile of approximately 18.18 minutes. If you cannot stay ahead of this pace, you will be required to move onto the side of the road and make use of sidewalks available to complete the event. Race officials and the Bermuda Police Service will not be able to ensure your safety and you will be running the event at your own risk after this cut-off time.

MILE MARKERS

Each mile will be marked on the left side [surface] of the road.

WALKING

At some point, perhaps through tiredness, cramp, blisters, etc., you may be forced to walk. If this happens to you, please move over to the side of the road to allow runners to overtake.

DROPPING OUT

If you need to drop out, you should make your way to the nearest hydration station, give them your running bib number and they will notify a race official. The race official will ensure your details are passed on to the Information Point at the finish. If you require medical assistance, St. John Ambulance will be alerted and will come to your attention.

If you do not require medical assistance, you will be dropped off at the Finish Area at Barr's Bay Park, where you will be able to retrieve your runner bags and make your onward journey. Alternatively, you can make your own way back to the Finish Area using public transport providers (buses or taxis), although there will be a fee for such services.

HYDRATION STATIONS

Dasani water bottles and Powerade cups will be available at approximately: 3.0 miles, 4.5 miles, 5.5 miles, 6.5 miles, 7.5 miles, 9.0 miles, 10.3 miles and 11.2 miles.

At each hydration station, Dasani water bottles (11oz) will be available first and then Powerade energy drinks will be served in paper cups. Please be prepared to pick up your own bottles and cups. Hydration stations will remain open based on an 18.18 minute per mile pace, which equates to a 4-hour half marathon time.

GU GEL STATIONS

GU Gel Stations will be available at approximately: 5.5 miles and 9.0 miles.

GU Gel Stations will remain open based on an 18.18 minute per mile pace, which equates to a 4-hour half marathon time.

GOSLINGS RUM STOPS

Goslings Rum Stops (yes, you read that right, we have rum stops for the PwC Bermuda Half Marathon with Bermuda's finest rum from Goslings) will be available at approximately: 5.5 miles and 10.3 miles.

Goslings Rum Stops will remain open based on an 18.18 minute per mile pace, which equates to a 4-hour half marathon time.

TOILETS

Toilet facilities will be available at the Start Area and Finish Area of the PwC Bermuda Half Marathon, at Barr's Bay Park in Hamilton. There will also be portable toilets along the course, and these will be available at approximately: **3.0 miles, 5.5 miles, 7.5 miles, 9.0 miles and 11.2 miles.**

FINISH

The PwC Bermuda Half Marathon finish is at Barr's Bay Park in Hamilton. Refreshments will be available after you exit the finish chute.

MEDALS

Commemorative finishers medals for participants will be presented in the Finish Area at Barr's Bay Park as you leave the finish chute.

PwC BERMUDA HALF MARATHON AWARDS

The PwC Bermuda Half Marathon awards will be presented at 11:30am at Barr's Bay Park, in Hamilton.

PwC Bermuda Half Marathon cash prize awards will be presented in the following categories: male and female overall (no age group):

First place: \$500

Second place: \$250

Third place: \$100

There will be no cash awards for age group winners. Age group awards will be made available for both males and females in the following categories: 16-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70+.

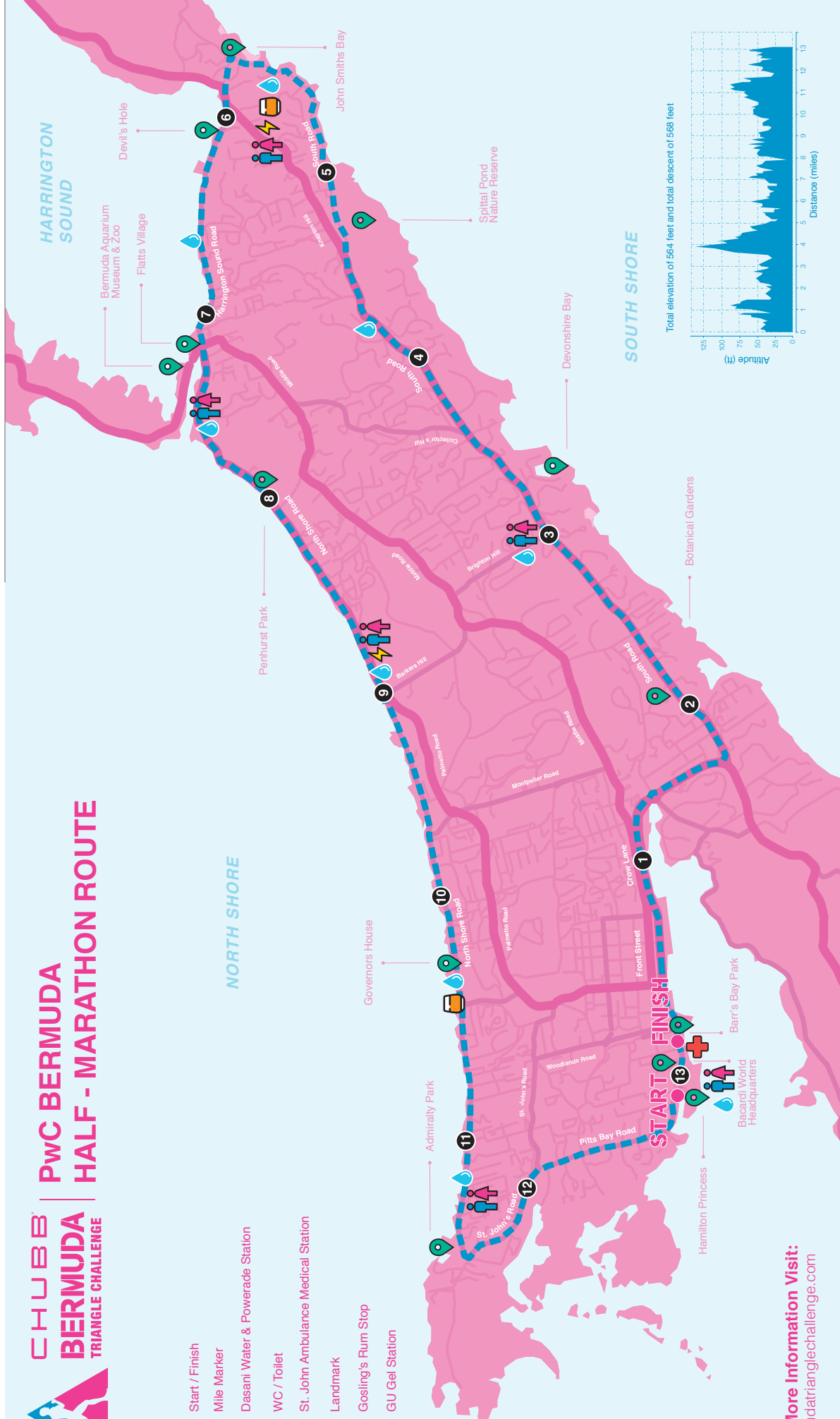
Awards must be collected and will not be mailed unless arranged with the event organisers.



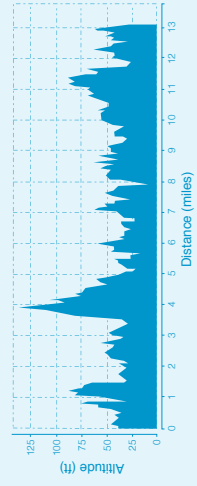
CHUBB BERMUDA TRIANGLE CHALLENGE

PWC BERMUDA HALF - MARATHON ROUTE

- Start / Finish
- Mile Marker
- Dasani Water & Powerade Station
- WC / Toilet
- St. John Ambulance Medical Station
- Landmark
- Gosling's Rum Stop
- GU Gel Station



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PwC BERMUDA HALF MARATHON RELAY INSTRUCTIONS

PLEASE READ CAREFULLY

The PwC Bermuda Half Marathon Relay will have teams of TWO (2) to FOUR (4) people who will run the same course as the PwC Bermuda Half Marathon. Team members will exchange a baton, which contains the timing chip, at designated “handover zones”, between course legs.

GETTING TO THE START

The PwC Bermuda Half Marathon Relay will start on Pitt’s Bay Road, near Barr’s Bay Park and at the entrance to the Hamilton Princess Hotel, in Hamilton.

Barr’s Bay Park, in Hamilton, is the official Start Area and Finish Area for the event. Barr’s Bay Park will be open to all half marathon relay participants from 7:30am on Sunday, January 14, 2024.

At Barr’s Bay Park, there will be toilet facilities, refreshments in the form of Dasani water and Powerade, and a bag drop area.

RUNNER BAGS

Half marathon relay participants may choose to leave their bags in a bag drop tent area located at Barr’s Bay Park. All bags must be handed over to the bag drop no later than 8:40am to allow you enough time to get to the start. Neither the Bermuda National Athletics Association, nor the City of Hamilton, will be responsible for the security of your bags. Bags and clothing not collected by 2:00pm will be donated to local charities.

START TIME FOR THE PwC BERMUDA HALF MARATHON RELAY: 9:00AM

Runners at Barr’s Bay Park will be escorted to the Start Area by race officials no later than 8:40am.

Time announcements and final instructions will be given at the start, so it is important to be present. The start will be under the control of the starter and his assistant whose announcements prior to the start will be made using a powered megaphone. It is requested that slower runners and walkers start behind the faster runners. Each Team will be issued one (1) race chip which will be attached to a baton that must be passed at each leg and carried from start to finish. Race batons will be handed out at the Start Area at around 8:50am.

PwC BERMUDA HALF MARATHON RELAY ROUTE

Half marathon relay participants will commence at the entrance of the Hamilton Princess Hotel, on Pitt’s Bay Road. Participants will then travel in an easterly direction through the City of Hamilton, then easterly along Crow Lane, then southerly along Trimmingham Road toward South Road. From there, half marathon relay participants will then travel in an easterly direction along South Road, until they reach Devil’s Hole Hill and South Road junction. From there, the half marathon relay participants will then travel in a westerly direction along Devil’s Hole Hill to Harrington Sound Road, then travel in a westerly direction along Harrington Sound Road to Middle Road near Flatt’s Village and North Shore Road, then westerly along North Shore Road to Spanish Point Road. Once they reach Spanish Point Road, the half marathon relay participants will then travel in a southerly direction along Spanish Point Road to St John’s Road, southerly to Pitt’s Bay Road, then in a southerly direction along Pitt’s Bay Road to finish at Barr’s Bay Park, at the City of Hamilton.

BIB NUMBERS

All half marathon relay participants are required to wear their bib numbers so that it is clearly visible to the race officials. If you are not wearing a bib number, you will not be allowed to cross the finish line. Do not place safety pins through the tear off strip at the bottom of your bib number.

BATONS

Half marathon relay participants will be responsible for any cost incurred to replace lost batons/chip.

PwC BERMUDA HALF MARATHON RELAY RULES OF THE ROAD

With the exception of the start line at the entrance to the Hamilton Princess Hotel to the Bird Cage in the City of Hamilton, when on the road, half marathon relay participants must always be on the left side of the centre line of the road. The roads will not be closed to vehicular traffic but will be patrolled by Bermuda Police Service officers who will stop/divert traffic where necessary. Traffic will be traveling in the opposite direction to the race. In some instances, half marathon relay participants may also encounter vehicular traffic traveling in the same direction. *Half marathon relay participants are strongly advised not to cut corners on the road bends as there may be danger from oncoming vehicular traffic. Further, by doing so, they may render themselves liable to disqualification. Please follow the directions of the Bermuda Police Service officers and course marshals.*

PwC BERMUDA HALF MARATHON RELAY COURSE LEGS

The PwC Bermuda Half Marathon Relay course legs are as follows:

- Leg 1: From Hamilton Princess entrance to South Road, Devonshire entrance to Melville Estate (Vegetable Stand) (Approx. 3.00 miles)
- Leg 2: From South Road, Devonshire entrance to Melville Estate (Vegetable Stand) to John Smith's Bay (Approx. 2.75 miles)
Note: while shorter in distance, it does have the steepest gradient with McGall's Hill
- Leg 3: From South Road, near John Smith's Bay to North Shore Road, Devonshire (near Barker's Hill) (Approx. 3.25 miles)
- Leg 4: North Shore Road, Devonshire (near Barker's Hill) to Finish, Barr's Bay Park, Hamilton (Approx. 4.1 miles)

There will be a Relay Baton Handover sign at the start of each leg.

PARKING AT PwC BERMUDA HALF MARATHON RELAY BATON HANDOVER/CHANGE OVER POINTS

Please do not park on private property or block private driveways!

Do not park on roadways with a yellow line as your vehicle may be ticketed by the Bermuda Police Service.

Specific parking information for each leg:

- Leg 2 (between mile 3 & 4): From South Road, Devonshire entrance to Melville Estate (Vegetable Stand)
 - Parking is available at Lindo's Market & Pharmacy, 4 Watlington Road, Devonshire, DV08. It is a short five-minute walk from Lindo's Market & Pharmacy to the entrance to Melville Estate (Vegetable Stand). We thank the Lindo's Family for providing their car park facilities that day.
- Leg 3 (between mile 5 & 6): John Smith's Bay
 - Parking is available at the John Smith's Bay car park.
- Leg 4 (between mile 9 & 10): North Shore Road, Devonshire, near Barker's Hill
 - Parking is available at either Robinson Bay Park or near the Railway Trail/entrance at the top of Palmetto Hill. It is a short five-minute walk from either Robinson Bay Park or the Railway Trail/entrance at the top of Palmetto Hill to the base of Barker's Hill.

CUT-OFF TIME – 4 HOURS!

We are required to keep to a strict schedule on the total time allowed to complete the PwC Bermuda Half Marathon Relay, to adhere to Bermuda Police Service road safety instructions. The cut-off time for the half marathon relay is 4 hours, which is a pace per mile of approximately 18.18 minutes. If you cannot stay ahead of this pace, you will be required to move onto

the side of the road and make use of sidewalks available to complete the event. Race officials and the Bermuda Police Service will not be able to ensure your safety and you will be running the event at your own risk after this cut-off time.

MILE MARKERS

Each mile will be marked on the left side [surface] of the road.

WALKING

At some point, perhaps through tiredness, cramp, blisters, etc., you may be forced to walk. If this happens to you, please move over to the side of the road to allow runners to overtake.

DROPPING OUT

If you need to drop out, you should make your way to the nearest hydration station, give them your running bib number and they will notify a race official. The race official will ensure your details are passed on to the Information Point at the finish. If you require medical assistance, St. John Ambulance will be alerted and will come to your attention.

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HYDRATION STATIONS

Dasani water bottles and Powerade cups will be available at approximately: **3 miles, 4.5 miles, 5.5 miles, 6.5 miles, 7.5 miles, 9 miles, 10.3 miles, and 11.2 miles.**

At each hydration station, Dasani water bottles (11oz) will be available first and then Powerade energy drinks will be served in paper cups. Please be prepared to pick up your own bottles and cups. Hydration stations will remain open

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TOILETS

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FINISH

The PwC Bermuda Half Marathon Relay finish is at Barr's Bay Park in Hamilton. Refreshments will be available after you exit the finish chute.

MEDALS

Commemorative finishers medals for participants will be presented in the Finish Area at Barr's Bay Park as you leave the finish chute.

PwC BERMUDA HALF MARATHON RELAY AWARDS

PwC Bermuda Half Marathon Relay awards will be presented at 11:30am at Barr's Bay Park, in Hamilton.

Awards will be presented for first, second, and third place in the PwC Bermuda Half Marathon Relay in the following categories:

- All male adult team
- All female adult team
- Mixed adult team
- All male youth team
- All female youth team
- Mixed youth team

Awards must be collected and will not be mailed unless arranged with the event organisers.

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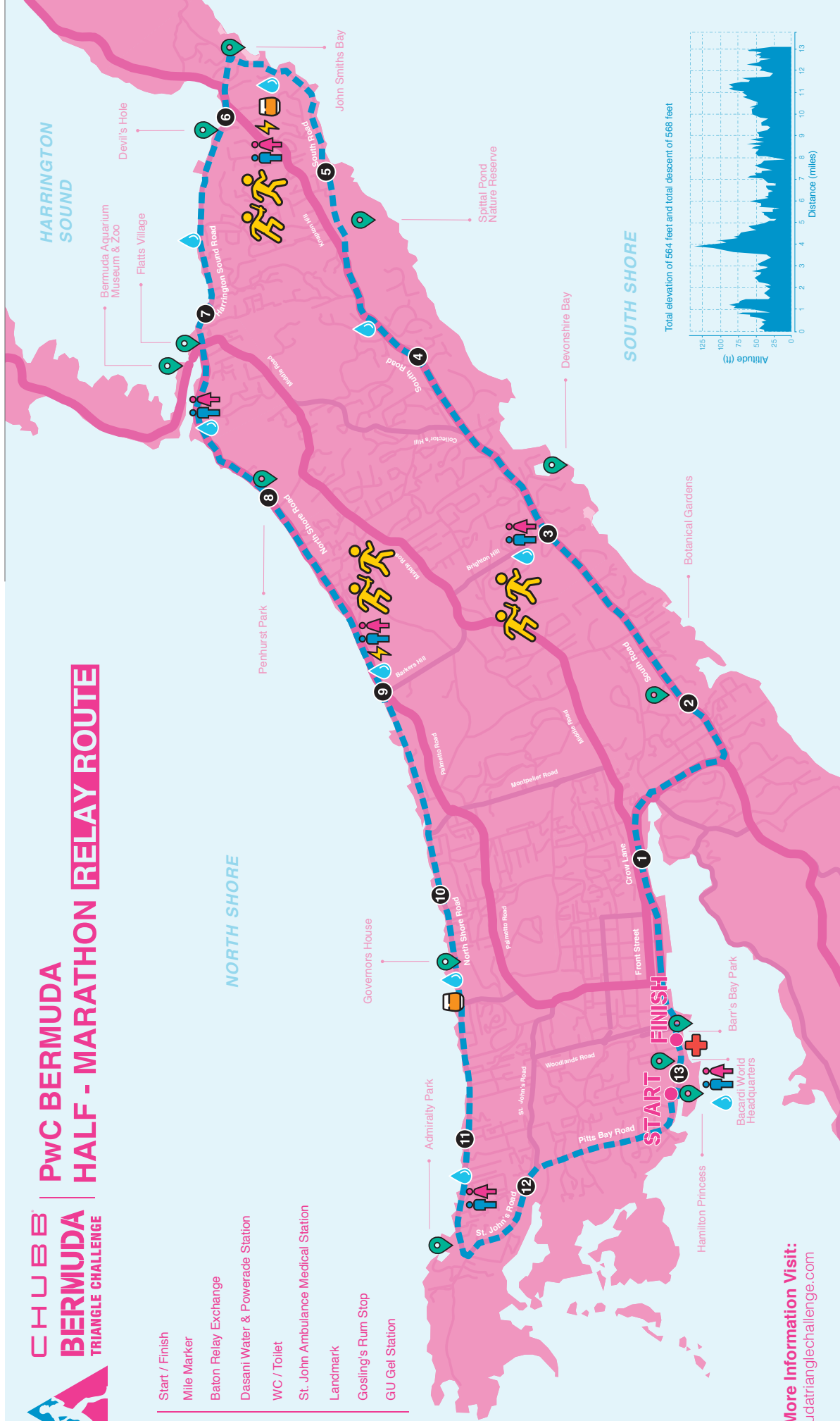
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PWC BERMUDA HALF - MARATHON RELAY ROUTE

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MEDICAL ADVICE

PLEASE READ CAREFULLY

As you know, taking part in these events is beneficial to your health if you are aware of the correct ways to train, drink, and eat. Participants need to take responsibility for their own health by equipping themselves with the right information.

The following simple advice on how to look after your body will help you to have a safe and healthy race. Please make it your priority to be informed.

MEDICAL PROBLEMS

Discuss any medical problems with your doctor. This advice supplements anything your doctor says. See your doctor if you have a problem that makes it a risk to run a race such as a half or full marathon. The following details provide further useful and comprehensive advice which you should keep handy.

FIT TO COMPETE

Running is good for the heart, and while many of you run on a routine basis, there have been several cases worldwide of fatalities during marathons in which runners were found to have suffered from serious heart disease, but were apparently unaware they had a problem. Sadly, their condition could have been detected if they had had medical advice and the relevant heart tests. A 'fitness test' is not sufficient to detect these problems.

If you have a family history of heart disease or sudden death, or have a high risk of heart disease from high cholesterol or high blood pressure, but particularly if you have symptoms of heart disease, such as chest pain or discomfort on exertion, sudden shortness of breath or rapid palpitations, see your doctor who can arrange for you to have a proper cardiac assessment.

Such an assessment may not be instantly available, but continuing to run with the symptoms may shorten your running career catastrophically!

TRAINING

Muscular aches and pains occur most commonly after an increase in training. Training should be increased gradually so that you do not suffer prolonged exhaustion. Separate days of heavy mileage with one or two days of lighter training, or rest days, so that your body can refuel your muscles with muscle glycogen.

To reduce injury risk, vary your training runs, the running surface (road, parkland or hills), the pace and distance, and do not always use the same pair of shoes. Always run facing oncoming traffic and be visible – at night wear bright or reflective clothing.

Stress fractures commonly occur in endurance running and generally affect the shin bones, but may also affect the hip bones. Such fractures are more common in women. If you are a runner and noticed a gradual increase in hip or groin pain with running training, or during a race, you are advised to stop and seek medical attention. Early diagnosis and management will prevent a potentially more serious injury from occurring.

ILLNESS AND TRAINING

If you have flu (or COVID-19 symptoms), a feverish cold, or a stomach bug, do not train until you have fully recovered – then start gently and build up gradually. Do not attempt to catch up on lost mileage after illness or injury, as this may cause further damage. If you have flu, or COVID-19, it can take as long as a month to recover. If you cannot run 15 miles comfortably one month before embarking on a marathon, you will not manage it safely or enjoy it; please do not run the marathon if this is the case.

DRINKING

Fluid lost in sweat must be replaced, otherwise your body becomes dehydrated (short of water) and less efficient. Alcoholic drinks, tea, and coffee are dehydrating. Take plenty of non-alcoholic drinks, especially when training in hot weather. Drink enough to keep your urine a pale straw colour.

Drink plenty of liquids after training, especially after long runs, and practice drinking during longer training runs. Try electrolyte beverages, such as Powerade (which will be provided during the entire Chubb Bermuda Triangle Challenge weekend), during training to see if you like them and can tolerate them. They taste quite different after 20 miles and drinking in the races needs practice.

Drink plenty of fluids, but preferably no alcohol, in the two days leading up to a race. Do not drink excessively just before a race or during a race, or gulp water after a race as you may develop hyponatremia (see 'Drinking Safely', below).

DRINKING ON THE DAY

Start every race well-hydrated, and if you are not already bursting, drink half a pint (250ml) of water or sports drink in the half hour before the start. Do not take extra bottles of drinking water to pour over yourself, as you may be depriving slower runners of much-needed drinks. If it is a hot weekend for the Chubb Bermuda Triangle Challenge, additional Dasani water will be provided to help runners cool down.

DRINKING SAFELY

Drinking too little on the run can lead to problems, as you need to replace some of the fluid you lose as sweat. However, drinking too much can also be very dangerous and lead to hyponatremia (water intoxication), fits, and even death.

Drink when you feel the need and do not gulp large volumes of fluids before, during, or after

the race. Your needs vary with your build, your speed, and above all the weather.

Faster runners (under 3:30 for a marathon) on a warm day may need as much as a litre of fluid (two pints) per hour. Slower runners should need to drink less, particularly on a cool day, and should not drink more than 500ml of fluid per hour.

At the Chubb Bermuda Triangle Challenge, there will be frequent hydration stations with Dasani water, so you might not need to drink at every hydration station. If you're trained successfully with Powerade, have that as well.

After the Finish do not drink large amounts of water. It can be quite normal to not pass urine for several hours after a race such as a marathon. You can only rehydrate (replace lost fluids) gradually over the next 24 to 48 hours. Try to eat some salty food as well as spacing out your drinks. This way you will not get hyponatremia and will still replace the water, salt, and glycogen lost during the long-distance races, such as a half marathon or a marathon.

EATING

Large doses of supplementary vitamins and minerals (such as iron) are not essential and produce no benefit if you are on a healthy, balanced diet, but additional vitamin C in small doses is reasonable when fresh fruit and vegetables are in short supply. Training (with adequate rest) helps you to sustain a high level of muscle glycogen as long as you eat enough carbohydrates. If you can, eat within two hours of your long runs. This helps to rapidly replace the muscle glycogen and speeds recovery.

Do not change your normal diet drastically in the last week before a long run, such as a half marathon or full marathon, but eat less protein (meat) and eat more carbohydrate (pasta, bread, potatoes, cereals, rice, and sweet things), especially for the last three days when

you should be markedly reducing your training (tapering).

This loads the muscles with glycogen and delays or prevents you 'hitting the wall'. Unless you reduce your protein intake, you will not eat enough carbohydrates. (Not all runners are helped by first depleting carbohydrate with a long run and low-carb diet and then loading, as this can make your muscles feel very heavy.)

FEELING UNWELL?

Do not run if you feel unwell or have just been unwell, even if you are raising money for charity. Most medical emergencies occur in people who have been unwell but do not wish to miss the event. If you feel feverish, have been vomiting, have had severe diarrhoea or any chest pains, or otherwise feel unwell, it is unfair to you, your family, and your charity to risk serious illness and become a medical emergency. You are unlikely to do your justice. There will be many other races.

ON THE DAY

Wear appropriate clothes for the weather when you're racing. On a cold, wet day, you can become very cold if you reduce your running pace or walk. A hat and gloves will prevent heat loss and are easily carried. If it is hot, wear loose mesh clothing, start slowly and, if possible, run in the shade. Please don't wear multiple layers and don't try to attempt a personal best. Please wear shoes you know from experience will not give you blisters.

AT THE FINISH

Once you have completed a race, do not stand about getting cold. Keep walking, especially if you feel dizzy, and try to drink to replace lost liquid. Get your kit and change into warm, dry clothing. Foil blankets will not stop you from becoming cold. Keep on drinking slowly and try to have something to eat. Some runners feel faint more than half an hour after finishing a race, often because they have taken insufficient fluid and/or have not eaten anything. Again, do not drink excessively.



Congratulations to Participants!

We understand the determination and commitment required to successfully participate in a marathon.

At BELCO, we mirror this commitment with the training and development of our employees as they work hard everyday to pursue excellence.

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BELCO

TRAFFIC ORDER

BUTTERFIELD MILE

FRIDAY, JANUARY 12TH, 2024

This Traffic Order shall be effective between 6.00 pm and 10.00 pm in conjunction with the Corporation of Hamilton Traffic Order for the staging of this event.

ROADS CLOSED:

CROW LANE: From the junction of Spurling Hill to the City of Hamilton's eastern boundary on Front Street, all westbound traffic will be diverted off Crow Lane up Spurling Hill and along Reid Street.

CITY OF HAMILTON CLOSURES:

NO. 1 AND NO. 5 CAR PARK: Closed from 4.00pm to 11:00pm.

- **FRONT ST. FROM SPURLING HILL TO PAR-LA-VILLE ROAD.**
- **COURT ST. BETWEEN REID ST. AND FRONT ST.**
- **BURNABY HILL BETWEEN REID ST. AND FRONT ST.**
- **QUEEN ST. BETWEEN FRONT ST. AND REID ST.**

Closed from 5.30pm to 11:00pm.

RACE ROUTE: The race route is carried out on Front Street within the Corporation of Hamilton jurisdiction

In addition, the Bermuda Police is hereby authorized to Close or Open streets or portions of streets and restrict service parking as the Commissioner of Police determines.

BF&M BERMUDA 10K RUN AND WALK

SATURDAY, JANUARY 13TH, 2024

For the convenience of persons attending the Bermuda National Athletics Association, 10K Run and Walk on the above date, the following advisory notice is given:

ROADS CLOSED:

The following list of roads will be closed to motorists during the schedule time of this road race.

PARSONS ROAD: From Roberts Avenue to Montpelier Road between 8.45am and 9.45am.

MONTPELIER ROAD: From Parsons Road to Middle Road between 8.45am and 9.45am.

FROG LANE (NORTH): From Palmetto Road to Parsons Road between 8.45am and 11.00am.

FROG LANE (SOUTH): From BFA Way to Parsons Road between 8.45am and 9.45am.

OLD MILITARY ROAD: From Parson Lane to Frog Lane between 8.45am and 11.00am Except for access at Cedar Park Estate.

MIDDLE ROAD: From Corkscrew Hill to Vermont Road junction between 8.45am and 10.15am.

LANE CLOSURE

The following list of roads will have their EASTBOUND traffic lane closed to motorists during the schedule time of this road race.

MIDDLE ROAD: From Vermont Road to Flatts near Harrington Sound Road junction between 8.45am and approximately 10.15am in the EASTBOUND direction.

LANE CLOSURE

The following list of roads will have their WESTBOUND traffic lane close to motorists during the schedule time of this road race.

NORTH SHORE ROAD: From Middle Road, Flatts to the Barkers Hill roundabout from 9.00am until 11.00am in a WESTBOUND direction.

PALMETTO ROAD: From North Shore Road to Frog Lane from 9.00am until 11.00am in the WESTBOUND direction

OLD MILITARY ROAD: From Parsons Lane to Frog Lane between 8.45am and 11.00am, except for access at Cedar Park Estate in the WESTBOUND direction.

BFA WAY: From Frog Lane to Headquarters Hill between 8.45am and 10.15am in the WESTBOUND direction.

NO PARKING (BETWEEN 8.00am and 11.00am):

PARSONS ROAD: From Roberts Avenue to Montpelier Road.

FROG LANE: From Palmetto Road to Parsons Road.

MONTPELIER: From Parsons Road to Middle Road.

BFA WAY: From Frog Lane to Fort Hill Road.

FLATT'S VILLAGE: North Shore Road (entrance to St. James Court) to Middle Road junction.

FORT HILL ROAD: From Alexander Road to BFA WAY.

RACE ROUTE: Commence on Frog Lane then travel in a southerly direction to Montpelier Road, and then to Middle Road, then travel in an easterly direction along Middle Road towards Flatts Village at North Shore Road, then travel in a westerly direction along North Shore Road toward Palmetto Road, then travel in a westerly direction along Palmetto Road to Frog Lane, then travel in a southerly direction along Frog Lane, and end at the Bermuda National Sport Centre north field.

In addition, the Bermuda Police is hereby authorized to Close or Open streets or portions of streets and restrict service parking as the Commissioner of Police determines.

PwC BERMUDA MARATHON

SUNDAY, JANUARY 14TH, 2024

For the convenience of persons attending the Bermuda National Athletics Association, Bermuda Full Marathon on the above date, the following advisory notice is given:

This Traffic Order shall be effective in conjunction with the Corporation of Hamilton Traffic Order for the staging of this event.

ROADS CLOSED:

DOCKYARD AREAS

CAMBER ROAD: From Clock Town area to Dock Yard Terrace between 6.00am and 7.45am.

DOCKYARD TERRACE: From Camber Road to Maritime Lane between 6.00am and 7.45am.

MARITIME LANE: From Dock Yard Terrace to Smithery Lane between 6.00am and 7.45am.

SMITHERY LANE: From Maritime Lane to Clock Tower Parade between 6.00am and 7.45am.

CLOCK TOWER PARADE: From Smithery Lane to Pender Road between 6.00am and 7.45am.

PwC BERMUDA MARATHON CONTINUED

PUBLIC ROAD AREAS

PENDER ROAD: From Clock Tower Parade to Cockburn Road between 6.45am and 8.45am.

COCKBURN: From Pender Road to Malabar Road between 6.45am and 8.45am.

MALABAR ROAD: From Cockburn Road to Mangrove Bay Road between 6.45am and 8.45am.

MANGROVE BAY ROAD: From Malabar Road to Beacon Hill Road between 6.45am and 8.45am.

BEACON HILL ROAD: From Mangrove Bay Road to Railway Trail between 6.45am and 8.45am.

RAILWAY TRAIL: From Beacon Hill Road to Somerset Road near Somerset Bridge between 6.45am and 9.15am.

SOMERSET ROAD: From Railway Trailer to Middle Road at Somerset Bridge between 7.15am and 9.15am.

MIDDLE ROAD: From Somerset Road to Over Plus Lane between 7.15am and 9.15am.

OVERPLUS LANE: From Middle Road to Railway Trail between 7.15am and 9.15am.

RAILWAY TRAIL: From Overplus Lane to Tribe Road No. 5, Southampton between 7.15am and 9.15am.

TRIBE ROAD NO. 5, SOUTHAMPTON: From Railway Trail to Middle Road between 7.15am and 9.45am.

MIDDLE ROAD: From Tribe Road No 5 to Whale Road and Railway Trailer junction between 7.15am and 9.45am..

RAILWAY TRAIL: From Whale Bay Road junction to Franks Bay and Middle Road junction between 7.15am and 9.45am.

MIDDLE ROAD: From Franks Bay to South Road junction between 7.15am and 9.45am.

SOUTH ROAD, SOUTHAMPTON, WARWICK, PAGET, DEVONSHIRE, SMITH: From Middle Road, Southampton to Devil's Hole, Smith junction

Between 7.15am and 11.15am. The Eastbound lane will be closed from South Road and Middle Road. Southampton, to the junction with South Road Roundabout and the lane between South Road Roundabout and Point Finger Road. The Eastbound traffic lane along South Road will be closed from the South Road Roundabout until the junction with Devil's Hole Hill is reached.

TRIMMINGHAM ROAD: From the North Roundabout to the South Roundabout between 8.30am and 10.10am.

CITY OF HAMILTON CLOSURES:

- **PITTS BAY/Front STREET BETWEEN HAMILTON PRINCESS AND SPURLING HILL.**
- **COURT ST. BETWEEN REID ST. AND FRONT ST.**
- **BURNABY HILL BETWEEN REID ST. AND FRONT ST.**
- **PAR-LA-VILLE BETWEEN ROSEBANK RD. AND FRONT ST.**

Closed from 7.30am to 10:00am.

RACE ROUTE: Commence at Camber Road and travel in a north easterly direction to Dockyard Terrace, travel in an easterly direction to Maritime Lane and then travel in a westerly direction to Smithery Lane then travel in a westerly direction along Clock Tower Parade to Pender Road, then

travel in a westerly direction along Pender Road to Cockburn Road, then travel in a westerly direction along Malabar Road, then travel in a westerly direction along Mangrove Bay Road to Beacon Hill junction. Turn south on Beacon Hill Road and travel to Railway Trail, then travel in a southerly direction along the railway trail to the junction with Somerset Road near Somerset bridge, then travel in a westerly direction across Somerset Bridge to Middle Road, then travel in a westerly direction along Middle Road to Over Plus Lane, then turn at the Railway Trail and travel in an easterly direction along the Railway Trail to Tribe Road 5, then turn and travel in a westerly direction along Tribe Road 5 to Middle Road, continue in an easterly direction along Middle Road to the junction at Whale Bay Road, then travel in an easterly direction along the Railway Trail to Frank Bay and the Middle Road junction, then travel in an easterly direction along Middle Road until reaching the junction with South Road. Then the participants will cross over from the Middle Road east bound lane to South Road east bound lane at this junction, then travel in an easterly direction through Parishes Southampton, Warwick, Paget (crossing over from the east bound lane to the west bound lane in front of the Bermuda College before proceeding on to the Railway Trail in Paget, entering the Railway Trail from the Railway Trail pedestrian crossing at Paget and exiting the Railway Trail on to the east bound lane at South Road before the South Road Roundabout), Devonshire and Smiths along South Road, until reaching Devil's Hole Hill and South Road junction, then travel in a westerly direction along Devil's Hole Hill to Harrington Sound Road, then travel in a westerly direction along Harrington Sound Road to Middle Road near Flatt's Village and North Shore Road, then travel in a westerly direction along North Shore Road to Spanish Point Road, then travel in a southerly direction along Spanish Point Road to St John's Road then travel in a southerly direction to Pitt's Bay Road, then travel in a southerly direction along Pitt's Bay Road and end at Barr's Bay Park, at the city of Hamilton.

In addition, the Bermuda Police is hereby authorized to Close off or Open streets or portions of streets and restrict service parking as the Commissioner of Police determines. Where necessary the Police will detour motorists towards Middle Road and then they can travel in an easterly direction and then turn on South Road and then travel in a westerly direction to their destination.

PwC BERMUDA HALF MARATHON/HALF MARATHON RELAY

SUNDAY, JANUARY 14TH, 2024

For the convenience of persons attending the Bermuda National Athletics Association, Bermuda Half Marathon and Bermuda Half Marathon Relay on the above date, the following advisory notice is given:

This Traffic Order shall be effective in conjunction with the Corporation of Hamilton Traffic Order for the staging of this event.

ROADS CLOSED:

PITT'S BAY ROAD: From the junction of Bermudiana Road to the junction with Hamilton Princess exit from 7.30am until 3.00pm.

PITT'S BAY ROAD: From the junction of Hamilton Princess exit to the junction with the road known as between the Walls from 7.30am until 9.15am.

CROW LANE: From Spurling Hill to the City of Hamilton's Eastern boundary on Front Street between 8.30am and 10.00am.

FLORA DUFFY HILL: From Middle Road to Crow Lane, Paget between 8.30am and 10.00am.

TRIMMINGHAM ROAD: From the North Roundabout to the South Roundabout between 8.30am and 10.00am.

PwC BERMUDA HALF MARATHON/HALF MARATHON RELAY CONTINUED

OTHER ROADWAYS: See other roads to be closed and used for this race on the Bermuda Full Marathon traffic order.

CITY OF HAMILTON CLOSURES:

- **PITTS BAY/FRONT STREET BETWEEN HAMILTON PRINCESS AND SPURLING HILL.**
- **COURT ST. BETWEEN REID ST. AND FRONT ST.**
- **BURNABY HILL BETWEEN REID ST. AND FRONT ST.**
- **PAR-LA-VILLE BETWEEN ROSEBANK RD. AND FRONT ST.**

Closed from 7.30am to 10:00am.

RACE ROUTE: Commence at the entrance of Hamilton Princess Hotel, on Pitt's Bay Road, then travel in an easterly direction through the City of Hamilton, then travel in an easterly direction along Crow Lane, then travel in a southerly direction along Trimmingham Road toward South Road, then travel in an easterly direction along South Road to Devils Hole Hill, then travel in a westerly direction along Devils Hole Hill to Harrington Sound Road, then travel in a westerly direction along Harrington Sound Road to Middle Road near Flatt's Village and North Shore Road, then travel in a westerly direction along North Shore Road to Spanish Point Road, then travel in a southerly direction along Spanish Point Road to St John's Road, then travel in a southerly direction to Pitts Bay Road, then travel in a southerly direction along Pitt's Bay Road and end at Barr's Bay Park, at the city of Hamilton.

In addition, the Bermuda Police is hereby authorized to Close off or Open streets or portions of streets and restrict service parking as the Commissioner of Police determines.



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OCAB is the acronym for Ovarian Cancer Awareness Bermuda. We are passionate about raising awareness about this silent killer that is taking the lives of many women: simply because it is not detected early enough. Early detection, knowledge of the symptoms and heightened awareness of the disease increases the survival rate of this silent and deadly cancer. This is why every brochure, every ad on awareness and every voice raised breaking the silence aids our awareness campaign to save lives. Devoye Darrell was one of the funding members of the OCAB charity. She fought a strong fight for several years before she succumbed to this deadly disease in April of 2016. The continuation of this charity represents fruition of her passion and her vision for raising awareness. Especially because this year also represents 10 years of OCAB raising awareness throughout the community. So we raise awareness via forums, community events, advertisements, and our annual 5k where we engage the community to run and walk in honour of the memory of every woman that has died to this disease as well as to support those currently fighting it. The more that we inform and raise awareness, the stronger we become in our mission and mandate to save lives. Teal is the colour for Ovarian Cancer Awareness worldwide. Our mission is to raise a "wave" of awareness so that we can break the silence on this topic. So we encourage you to educate yourself and please partner with us! **Feel the teal. Ride the wave. Break the silence!**

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RACE DATES:

ED SHERLOCK 8K - SUNDAY, FEBRUARY 11TH, 2024

RAY SWAN 8K - SUNDAY, MARCH 24TH, 2024

LUDWIG CAN 10K - SUNDAY, APRIL 27TH, 2024

SIR STANLEY BURGESS 5K - SUNDAY, MAY 5TH, 2024



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