



BERMUDA MARATHON WEEKEND

MILE | 10K | HALF | MARATHON

OFFICIAL PROGRAM





Race to BERMUDA

**Congratulations on your participation in
Bermuda's Race Weekend. *Ready to add more
medals to your collection?***

Come participate in the ITU World Triathlon Series
Bermuda on April 27, 2019. Visit TriBermuda.com
for more details.





PRESIDENT'S WELCOME

Dear Friends,

The Bermuda National Athletics Association would like to welcome you to Bermuda and to our 44th running of the Bermuda Marathon Weekend. We appreciate your support of this event and wish you much success and hope you achieve your goal.

If this is your first time visiting Bermuda we welcome you and if you are a repeat visitor to the island we welcome you back to our beautiful island. Hopefully you will be able to enjoy some of the Bermuda culture during your stay. To our local runners we wish you all of the best as we appreciate your support of the local running events.

We have no doubt you will have an enjoyable time but remember to spread the word to your family and friends and invite them to be a part of this great event January 17th - 19th, 2020. We look forward to seeing you at the starting line whether you compete in the Front Street Mile, Bermuda 10K, Bermuda Half or Full Marathon or the Bermuda Triangle Challenge.

Good luck!!

A handwritten signature in black ink, consisting of a stylized initial 'D' followed by a long, sweeping horizontal line.

MRS. DONNA RAYNOR
President & Public Relations
Bermuda National Athletics Association



Go The Distance.

Chubb is proud to support
the 2019 Bermuda
Marathon Weekend.

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BERMUDA TRIANGLE CHALLENGE

Participants in this daring event will try to survive while running '3 races in 3 days': [a Mile, 10K and either the Marathon or Half Marathon]. Participants will complete the mile starting in un-seeded waves. They will then join the field for the Bermuda 10K, Marathon & Half Marathon. The female and male with the lowest accumulated time will be declared the winner. Those running the Bermuda Triangle Challenge [Mile, 10K & Marathon] will be scored separately from those running the Bermuda Triangle Half Challenge [Mile, 10K & Half Marathon].

YOUR RACE NUMBER

Please remember, your race number has been assigned to you exclusively and should not be used by anyone else. Wear your race number on the front of your shirt as race officials need to be able to see it. Your race number is 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 imbedded 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 Bermuda Triangle Challenge races.*

THE FINISH AREA

After crossing the finish line, listen to the instructions of the race officials. You will receive your finishers medal as you walk through the finish chute. On Sunday, you will also receive your Bermuda Triangle Challenge medal in addition to your Bermuda Marathon or Half Marathon medal. Medical support and refreshments will also be available after leaving the finish chute.

FLUIDS AND POST RACE REFRESHMENTS

Once again, the Bermuda Marathon Weekend will offer ample Gatorade and Aquafina water to participants on the race course and in the finish area.

FINISH FESTIVAL

After you have completed your race, please join us at our Finish Festival. Here you can reunite with family and friends and enjoy light food and beverages.

MEDICAL ATTENTION

The 2019 Bermuda Marathon Weekend will be supported by medical volunteers of St. John Ambulance Bermuda with both stationary and mobile medical support. There will be ambulance's patrolling the race course to assist you.

Please be sure to complete the medical information form on the back of your race number 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, volunteer at a water stop or another race official.**

*The King Edward VII Memorial Hospital is centrally located at 7 Point Finger Rd. 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 Bermuda Marathon Weekend website results page: www.bermudaraceweekend.com/results

Results will also be posted at: www.bermudatiming.com and in the Royal Gazette newspaper.

AWARDS

Awards will be presented after each race in the following categories:

Bermuda 10K age group awards

12-19, 20-29, 30-39, 40-49, 50-59, 60-69,
70-79 & 80 +
[1st through 3rd male & female]

Bermuda and Marathon age group awards

16-19 [1st male & female only]
20-29, 30-39, 40-49, 50-59, 60-69, 70-79, 80 +
[1st through 3rd male & female]

Bermuda Marathon age group awards

16-19 [1st male & female only]
20-29, 30-39, 40-49, 50-59, 60-69,
[1st through 3rd male & female]
70 + *[1st male & female only]*

Bermuda Triangle Half Challenge

[1st male & female only]

Bermuda Triangle Challenge

[1st male & female only]

FINISHER'S CERTIFICATES

Your Official Finishers Certificate will be emailed to you in the days after the Bermuda Marathon Weekend concludes and race results have been made official. Certificates will be emailed as a jpg and will be available for download and printing. Printing and framing your Official Finishers Certificate is a nice way to commemorate your 2019 Bermuda Marathon Weekend performance.

VICTORY CELEBRATION

You are invited to join us in celebrating your performance at the Bermuda Marathon Weekend Victory Celebration in the Jasmine Lounge at the Fairmont Southampton on Sunday - January 20, 7:00 pm - 9:00 pm, featuring the energetic band Prestige. You are sure to work off some of your soreness.

APPEALS

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

- Front St. Mile - 10:00 pm
- Bermuda 10K & 10K Walk - 11:00 am
- Bermuda Marathon & Half Marathon 2:00 pm

POST RACE COMMENTS

Your post-race comments are appreciated and should be sent to us at: runbermuda@gmail.com

CANCER TALKS: CERVICAL CANCER

All women, regardless of race/ethnicity, are at risk of developing cervical cancer.



MOST FREQUENTLY
DIAGNOSED IN WOMEN
AGED 35 - 44

American Cancer Society

WHEN

January 22, 2019
5:30 - 7:30pm

WHERE

Bermuda Underwater
Exploration Institute (BUEI)

WHAT

Cervical Cancer Talk and
Panel Discussion

TOPICS

- HPV Vaccination at ages 11-12 (*boys and girls*)
- Pap test starting at age 21
- Pap and HPV co-test started at age 30
- Cervical Cancer Treatment

GUESTS

Dr. Chris Fosker, MBChB, BSc, MRCP, FRCR
Dr. Joanna Sherrart-Wyer, MA(Oxon), BMedSci,
BMBS, DRCOG, MRCGP

RSVP

This is a FREE event
Please RSVP at www.chc.bm

OUR SERVICES: MAMMOGRAPHY, BREAST & PROSTATE BIOPSIES, ULTRASOUND SERVICES, BONE DENSITOMETRY, RADIATION THERAPY



236-1001



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With only a few months to live, Michele Baldwin did the unthinkable and broke a world record by paddleboarding over 700 miles down the Ganges River to help raise awareness about cervical cancer.

To learn more about Lady Ganga, visit LadyGanga.org

*January is Cervical Cancer Awareness Month
Please join Bulova and Global Film Fund
at the live screen event for the award-winning film
"Lady Ganga: Nilza's Story".*

*January 17th, 2019, 7-9PM
Coco Reef Resort*

*Please RSVP to
cheryl@globalfilmfund.org*

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The American Cancer Society does not endorse any service or product.



BULOVA

A History of Firsts



BERMUDA 10K & 10K WALK INSTRUCTIONS: PLEASE READ INSTRUCTIONS CAREFULLY

START

The Bermuda 10K & 10K Walk will start at 9:00 am

Participants are required to be in the start area on Parsons Rd. outside the National Sports Centre no later than 8:40 am.

Announcements will be made at 8:30 am 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 faster runners.*

ROUTE

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

BIB NUMBERS

All participants are required to wear their bib numbers on the front of their shirt. If you are not wearing a bib number, you will not be allowed to cross the finish line. Do not place 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.

Note: The Bermuda National Athletics Association requires you wear a shirt during the race or risk being disqualified in accordance with IAAF policy.

FINISH

The Bermuda 10K & 10K Walk finish line is on the running track inside the National Sports Centre. Refreshments will be available after you leave the finish chute.

MEDALS

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

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 Rd. / Vermont Rd. 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 directed by marshals at Frog Ln. where participants will be directed to the right side of the center line in preparation for entering 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.

WATER STOPS

There will be 3 water stops on the Bermuda 10K course at approximately 1 ½ miles, 3 miles and 4 ½ miles. Aquafina water will be available at each water stop. Gatorade will be available at the 2nd and 3rd water stops.

BERMUDA 10K AWARDS

Awards will be presented at the conclusion of the Bermuda 10K on the infield stage at 11:00 am. [1st - 3rd, male & female] 12-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79 & 80 +
Awards must be collected and will not be mailed unless arranged with the event secretary.

RUNNER BAGS

Participants may choose to leave their bags in a tent at the southern end of the West Grandstand. The Bermuda National Athletics Association nor the National Sports Centre will be responsible for security of your bags. Bags and clothing not collected by 11:30 am will be donated to Charity.



THE CITY OF HAMILTON IS PROUD TO SUPPORT THE 2019 BERMUDA MARATHON WEEKEND

Keep current on City updates & events!

SUBSCRIBE TO THE CITYZEN The City's Official Newsletter at www.cityofhamilton.bm



PREVENT INJURY BEFORE IT STRIKES!

Is your training making you tight and sore? Muscle Tension can lead to injury.

Sports Massage Therapy is effective in preventing and treating sports injuries.

Our proven neuromuscular and sports massage techniques help athletes maintain optimum fitness during intense training. Prevent onset of injury and improve your overall performance with the help of the **Ashlan Clinic** team.

- Enhance performance
- Increase circulation
- Decrease muscle soreness
- Improve joint range of motion

**10% OFF SPORTS
MASSAGE THERAPY**
Expires March 1st, 2019

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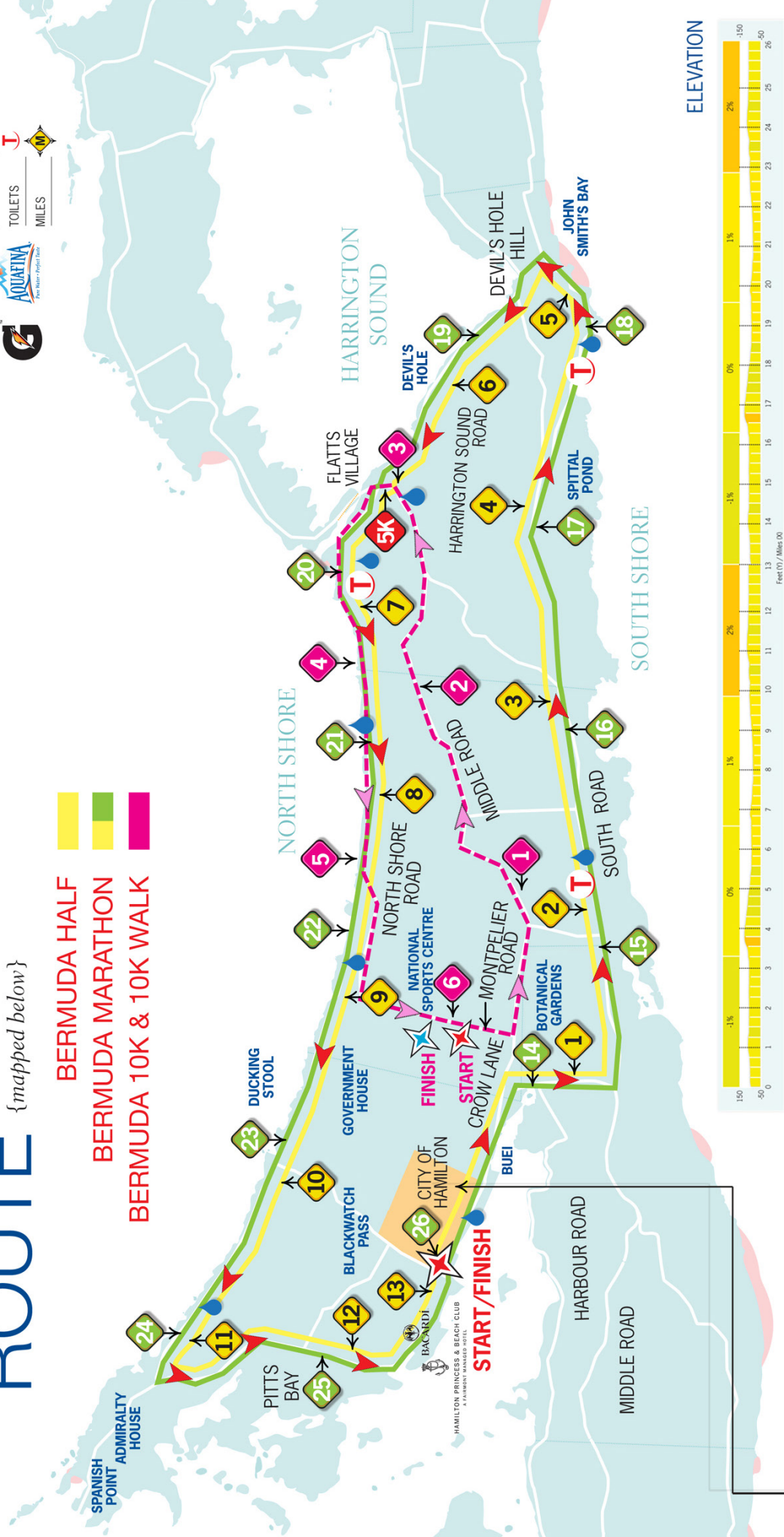
 **ASHLAN CLINIC**

ROUTE

{mapped below}



- BERMUDA HALF
- BERMUDA MARATHON
- BERMUDA 10K & 10K WALK



Bermuda Marathon runners will complete two loops of the Bermuda Half Marathon course. Start at the Flag Pole on Front St. Hamilton; proceed east to Crow Ln., and the South roundabouts, east on South Rd., to Devil's Hole Hill, left onto Harrington Sound Rd., west to Flatts Village, west along North Shore Rd. to St. John's Rd., left onto St. John's Rd., Pitts Bay Rd., turn left onto Bermudiana Rd. making a turn just before Gorham Rd., proceed on the left side of the road back to Front St. turning left and continuing on the right side of the Bird Cage to finish.

Note: the marathon runners will stay left of the Bird Cage and complete the above route a second time before passing to the right.

Bermuda 10K & 10K Walk: Montpelier Rd. to Middle Rd., left (east) on Middle Rd. to Flatts Hill, left through Flatts Village, west along North Shore Rd., left up Palmetto Rd., left onto Frog Ln. to the National Sports Centre.

Diabetes: are **you** at risk?

Thank you for supporting us.
Good luck to all!

the risk factors



family
history



unhealthy
diet



overweight



lack of
exercise

the warning signs



frequent
urination



lack of
energy



weight
loss



excessive
thirst

It's Our 40th Anniversary & We'll Be On The Move!

An enhanced diabetes education and resource centre, with an expanded community pharmacy is coming soon!

Location

Our Pharmacy and Resource Centre is located on the corner of Dundonald Street and Cedar Avenue in Hamilton

Operating Hours:

8:30 am - 2:00 pm

Contact Details:

Phone: 297-8427
Fax: 292-6960
Email: info@diabetes.bm
Web: www.diabetes.bm



Bermuda Diabetes
ASSOCIATION

Butterfield & Vallis



2019

Sunday, January 27th, 2019

Sign up **TODAY**

for the

Butterfield & Vallis 5K

www.racedayworld.com

Shirts and goodie bags for first 1,000

at number pick-up

Medals to first 1,000 to cross the finish line.

1K route for Lower Primary School Students

2.7K for Primary & Middle School Students

5K walk/run for Senior School Students & Adults

Proceeds to the Bermuda Heart Foundation

NewYork-
Presbyterian



AXE



40 YEARS 1979-2019

Sportseller

30%

OFF EVERYTHING!

SALE RUNS FROM: JANUARY 18th - JANUARY 23rd

WASHINGTON MALL, 9 REID STREET, HAMILTON | TEL: 441-295-2692 | STORE HOURS: 10 AM - 5 PM, MON - SAT



GARMIN



KIAVA

CAMELBAK



TYR



BERMUDA MARATHON & HALF MARATHON INSTRUCTIONS: **PLEASE READ INSTRUCTIONS CAREFULLY**

START

**The Bermuda Marathon & Half Marathon will start at 8:00am
Runners are asked to be in the start area no later than 7:40 am.**

Time announcements and final instructions will be made 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.

ROUTE

Bermuda Marathon participants will complete two loops of the Bermuda Half Marathon course. Start on Front St. in Hamilton, proceed east to Crow Ln. and the South roundabout, and east on South Rd. to John Smith Bay where you will turn left onto Hillview and left onto Harrington Sound Rd. West to Flatts Village, west along North Shore Rd. to St. Johns Rd. Cox's Hill and Pitts Bay Rd. Turn left onto Bermudiana Rd. making a u-turn just before Gorham's Rd., proceed on the left side of the road back to Front St. where you will turn left and continue on the right side of the Bird Cage to the finish line.

Note: Marathon participants will stay left of the Bird Cage during their first lap and complete the above route a second time before passing on the right side of the Bird Cage and continuing to the finish line on Front St.

BIB NUMBERS

All participants are required to wear their bib numbers on the front of their shirt. If you are not wearing a bib number, you will not be allowed to cross the finish line. Do not place 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.

Note: The Bermuda National Athletics Association requires you wear a shirt during the race or risk being disqualified in accordance with IAAF policy.

FINISH

The Marathon & Half Marathon finish is on Front St. 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 as you leave the finish chute.

MARATHON & HALF MARATHON RULES OF THE ROAD

Except for the start and approximately ¼ mile, to the junction of Parliament St. and Front St. participants must always be on the left side of the center 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.

Note: The course is measured on the left side of the center line and so 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.

MILE MARKERS

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

WATER STOPS

There will be 3 water stops on the Bermuda 10K course at approximately 1 ½ miles, 3 miles and 4 ½ miles. Aquafina water will be available at each water stop. Gatorade will be available at the 2nd and 3rd water stops.

BERMUDA MARATHON & HALF MARATHON AWARDS

Bermuda Half Marathon awards will be presented at 11:00 am in the Number 1 Car Park.

Bermuda Marathon awards will be presented at 12:00 pm in the Number 1 Car Park.

- Half Marathon - [1st - 3rd, male & female] 12-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79 & 80 +
- Marathon - [1st - 3rd, male & female] 12-19, 20-29, 30-39, 40-49, 50-59, 60-69, 70-79 & 80 +

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

RUNNER BAGS

Participants may choose to leave their bags in a tent located in the Number 1 Car Park on Front St. adjacent to the Marathon & Half Marathon start/finish line. 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 2:00 pm will be donated to Charity.

WATER STOPS

Aquafina Water and Gatorade will be available at approximately:

2 ¾ mile	9 miles	14 ¼ miles	20 miles
5 miles	11 miles	15 ¾ miles	22 miles
7 miles	12 ¼ miles	18 miles	24 ¾ miles

At each water stop, Gatorade will be available first and then Aquafina water. Please be prepared to pick up your own cups. Water stops will remain open based on a 14 minute per mile pace.

TORONTO MARATHON

A Toronto Tradition since 1977



MARATHON®
HALF MARATHON
10K • 5K • RELAY

**DOWNHILL
SCENIC
FAST**



**BOSTON
QUALIFIER**

**RUN YOUR P.R.
SUNDAY, MAY 5, 2019**

TORONTOMARATHON.COM
MARATHON • HALF • 10K • 5K • RELAY



BERMUDA MARATHON WEEKEND

MILE | 10K | HALF | MARATHON

SCHEDULE

JANUARY 18TH - 20TH

DATE	TIME	EVENT	LOCATION
FRIDAY, January 18th	3:30pm - 6:30pm	Packet Pick Up & Late Registration	Hamilton Princess, Pitts Bay Rd.
	7:00pm - 9:30pm	Front St. Mile	Front Street, Hamilton
SATURDAY, January 19th	9:00am - 11:00am	Bermuda 10K & 10K Walk	National Sports Centre, Devonshire
	9:30am - 11:30am	Finish Festival	National Sports Centre, Devonshire
	3:00pm - 5:00pm	Packet Pick Up & Late Registration	Hamilton Princess, Pitts Bay Rd.
SUNDAY, January 20th	8:00am - 2:00pm	Bermuda Marathon & Half Marathon	Front Street, Hamilton
	9:00am - 2:00pm	Finish Festival	Number 1 Car Park, Hamilton
	11:00am	Bermuda Half Marathon & Triangle Half Challenge Awards Presentation	Number 1 Car Park, Hamilton
	12:00pm	Bermuda Half Marathon & Triangle Half Challenge Awards Presentation	Number 1 Car Park, Hamilton
	7:00pm - 9:00pm	Victory Celebration	Jasmine Lounge, Fairmont Southampton

BERMUDA MARATHON WEEKEND

VICTORY CELEBRATION

FAIRMONT SOUTHAMPTON

JASMINE LOUNGE

7:00PM - 9:00PM

SUNDAY, JANUARY 20TH, 2019



**We love great food. We love runners.
Join us for race weekend and
eat where the runners eat**

rungry
[run-gree] adj

when you are so hungry
from your long run that
you must eat everything



- EAT WELL -



Utopia Eatery 17 Front street, Hamilton. Right across from the Ferry Terminal
downtown. Minutes from the finish line. Reservations highly recommended

2968788 or eat@uttopia.bm



BERMUDA MARATHON WEEKEND

MILE | 10K | HALF | MARATHON

**JOIN US JANUARY 17TH - 19TH, 2020
FOR ANOTHER BERMUDA
MARATHON WEEKEND!**

