



**5k Road Race  
Run & Walk**  
Starting from Butterfield & Vallis,  
Orange Valley Road, Devonshire  
Sunday July 12<sup>th</sup>, 2015

**Start times: 8:15am for walkers • 8:30am for runners**  
**Organised by the Mid Atlantic Athletic Club**  
**Sanctioned by the Bermuda National Athletics Association**  
**Timing supplied by Bermuda Timing Systems**

**ROUTE:** Start at Butterfield & Vallis, take left onto Middle Road. Go down the hill and left onto Parsons Lane. Follow Parsons Lane all the way to Palmetto Road. Take left on Palmetto Road and left on Frog Lane. Keep left at the roundabout and go up Montepelier Road and left onto Middle Road. Turn left into Orange Valley and right down into Butterfield & Vallis.

**ENTRIES:** Return signed entry form below along with correct cash or cheque\* to the Sportseller, or enter online at [www.racedayworld.com](http://www.racedayworld.com) no later than 6.00pm. on FRIDAY JULY 10<sup>TH</sup>. \*Please make cheques payable to MAAC

**ENTRY FEES:** Juniors - \$15.00 Adults - \$30.00 MAAC members - \$25.00  
Gold Club members - \$7.00 (BNAA fee)  
**ALL FEES INCLUDE A MANDATORY \$7.00 BNAA REGISTRATION FEE**

**LATE ENTRIES:** \$35.00 at race number pick-up at Butterfield & Vallis, Orange Valley between 10am and 12 noon on Saturday July 11<sup>th</sup>. NO LATE entries on day of event.

**N.B.** Race numbers and t-shirts should be picked up at Butterfield & Vallis, Orange Valley between 10am and 12 noon Saturday July 11<sup>th</sup>.

**AWARDS** Prizes for 1<sup>st</sup> & 2<sup>nd</sup> Male & Female runner in - under 18; 18 – 29; 30 – 39; 40 – 49; 50 – 59; 60+; 1<sup>st</sup> & 2<sup>nd</sup> Male & Female walker  
**DRAW PRIZES INCLUDE – TREK HYBRID PEDAL CYCLE FROM WINNERS' EDGE, iPod SHUFFLE & GIFT VOUCHERS FROM SPORTSELLER**

**Race Directors:** - Melissa Logie – 707-2417 or email [meljlogie@gmail.com](mailto:meljlogie@gmail.com)  
& Terri Durrant - 3354870 or email [terridurrant@gmail.com](mailto:terridurrant@gmail.com)

*Please ensure that your race form is filled out completely and clearly.*  
*HIGHLAND SPRING WATER SUPPLIED BY BUTTERFIELD & VALLIS and*  
*POWERADE SUPPLIED BY JOHN BARRITT & SON LTD.*

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**ENTRY FORM**

Name : (First) \_\_\_\_\_ (Last) \_\_\_\_\_ Male  Female

Date of Birth (mm/dd/yy) \_\_\_\_\_ Age on race day: \_\_\_\_\_

Tick One:  RUNNER  COMPETITIVE WALKER  NON-COMPETITIVE WALKER

**Please note: COMPETITIVE WALKERS MUST WALK the entire distance.**  
**If you plan to run at anytime, you MUST enter the run category or enter as a non-competitive walker**

Telephone number(s): (H) \_\_\_\_\_ (Cell) \_\_\_\_\_ Email: \_\_\_\_\_

Emergency contact name & number on race day: \_\_\_\_\_

**WAIVER:** In consideration of your acceptance of this entry in the 2015 Healthy Choice 5K Race & Fitness Walk, I hereby waive and release the Mid Atlantic Athletic Club, Butterfield & Vallis, all Race Officials and Sponsors, the BNAA, Bermuda Timing Systems Ltd and other competitors of any claims for injury or damages incurred during the event.

**Waiver must be signed by runner (or parent if participant is under 18 years old)** \_\_\_\_\_